

HEART DISEASE AND HYPERTENSION STATISTICS 2017 AT-A-GLANCE

HEART DISEASE, STROKE AND CARDIOVASCULAR DISEASE RISK FACTORS

The American Heart Association gauges the cardiovascular health of the nation by tracking seven key health factors and behaviors that increase risks for heart disease and stroke. We call these “Life’s Simple 7” and we measure them to track progress toward our 2020 Impact Goal: to improve the cardiovascular health of all Americans by 20 percent and reduce deaths from cardiovascular diseases and stroke by 20 percent, by the year 2020. Life’s Simple 7 are: not-smoking, physical activity, healthy diet, body weight, and control of cholesterol, blood pressure, and blood sugar.

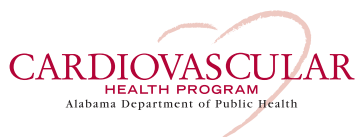
HEART DISEASE

- Heart Disease (including Coronary Heart Disease, Hypertension, and Stroke) remains to be the No. 1 cause of death in the US.
- Coronary heart disease accounts for 1 in 7 deaths in the US, killing over 360,000 people a year.
- About 790,000 people in the US have heart attacks each year. Of those, about 114,000 will die.
- The estimated annual incidence of heart attack in the US is 580,000 new attacks and 210,000 recurrent attacks. Average age at the first heart attack is 65.3 years for males and 71.8 years for females.
- Approximately every 40 seconds, an American will have a heart attack.
- From 2004 to 2014, the annual death rate attributable to coronary heart disease declined 35.5 percent – but the burden and risk factors remain alarmingly high.

- The estimated direct and indirect cost of heart disease in 2012 to 2013 (average annual) was \$199.6 billion.
- Heart attacks (\$11.5 billion) and Coronary Heart Disease (\$10.4 billion) were 2 of the 10 most expensive hospital principal discharge diagnoses.
- Between 2013 and 2030, medical costs of Coronary Heart Disease are projected to increase by about 100 percent.

HIGH BLOOD PRESSURE

- About 85.7 million, or 34 percent, of American adults have high blood pressure. The race and gender breakdown are:
 - 34.5 percent of NH white males
 - 32.3 percent of NH white females
 - 45.0 percent of NH black males
 - 46.3 percent of NH black females
 - 28.9 percent of Hispanic males
 - 30.7 percent of Hispanic females
 - 28.8 percent of NH Asian males
 - 25.7 percent of NH Asian females
- Of the hypertensives, about 76 percent of those are using antihypertensive medication, but only 54.4 percent of those have their condition controlled.
- About 77 percent of people who have a first stroke have blood pressure higher than 140/90 mm Hg.
- Nearly half of people with high blood pressure (45.6 percent) do not have it under control.
- Projections show that by 2030, about 41.4 percent of US adults will have hypertension, an increase of 8.4 percent from 2012 estimates.



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