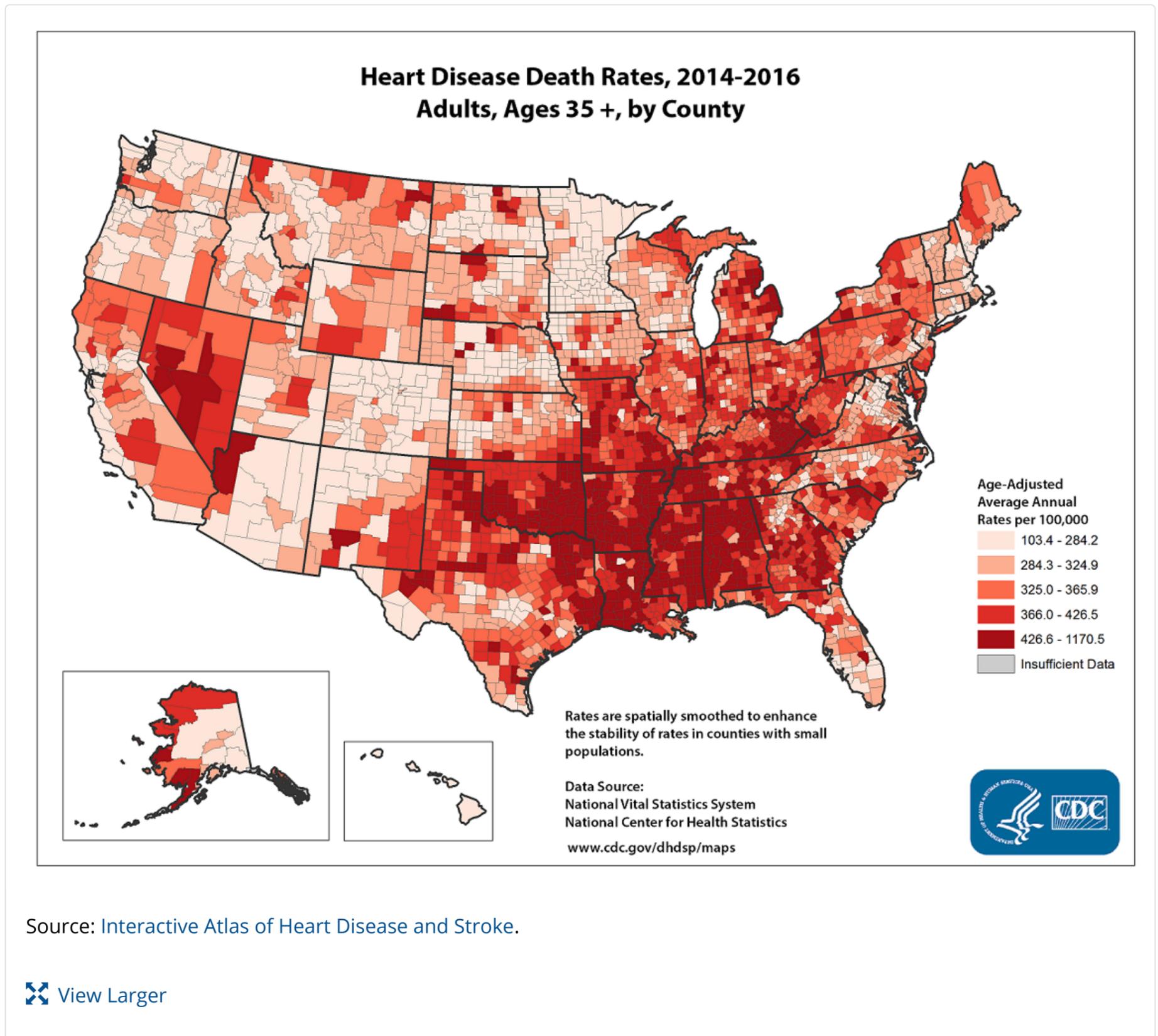


Heart Disease

Heart Disease Facts



Learn more about heart disease and its risk factors. It's important for everyone to [know the facts about heart disease](#) [PDF-243K].

Heart Disease in the United States

- Heart disease is the **leading cause of death** for men, women, and people of most racial and ethnic groups in the United States.¹
- **One person dies every 37 seconds** in the United States from cardiovascular disease.¹
- About **647,000 Americans** die from heart disease each year—that's **1 in every 4 deaths**.^{2,3}
- Heart disease costs the United States about **\$219 billion** each year from 2014 to 2015.³ This includes the cost of health care services, medicines, and lost productivity due to death.

Coronary Artery Disease

- Coronary heart disease is the most common type of heart disease, killing 355,914 people in 2017.²

- Coronary heart disease is the most common type of heart disease, killing 365,914 people in 2017.
- About **18.2 million adults** age 20 and older have CAD (about 6.7%).³
- About 2 in 10 deaths from CAD happen in adults less than 65 years old.²

Heart Attack

- In the United States, someone has a heart attack every 40 seconds.³
- Every year, about **805,000 Americans** have a heart attack.³ Of these,
 - 605,000 are a first heart attack
 - 200,000 happen to people who have already had a heart attack³
 - About **1 in 5 heart attacks is silent**—the damage is done, but the person is not aware of it.³

Early Action Is Important for Heart Attack
Know the warning [signs and symptoms of a heart attack](#).

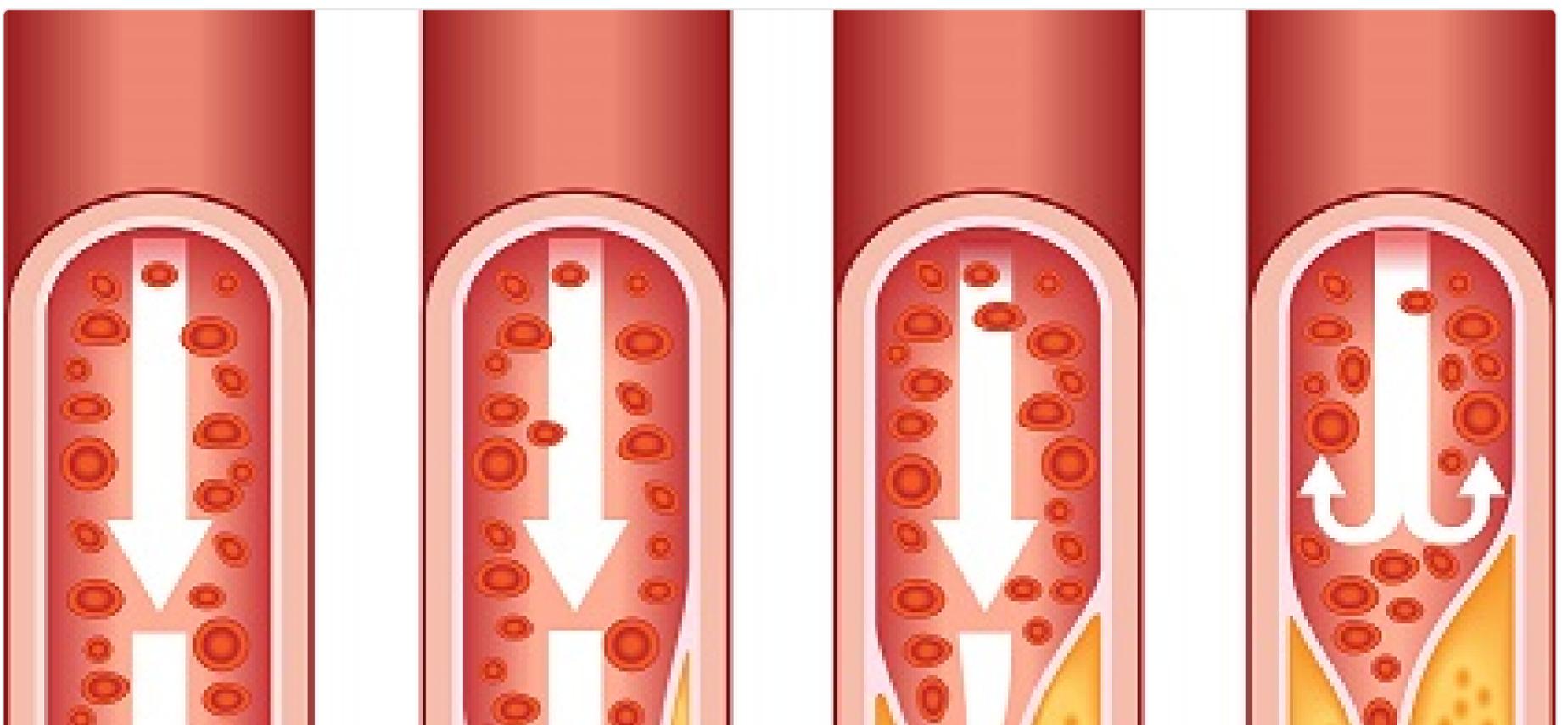
Heart Disease Deaths Vary by Sex, Race, and Ethnicity

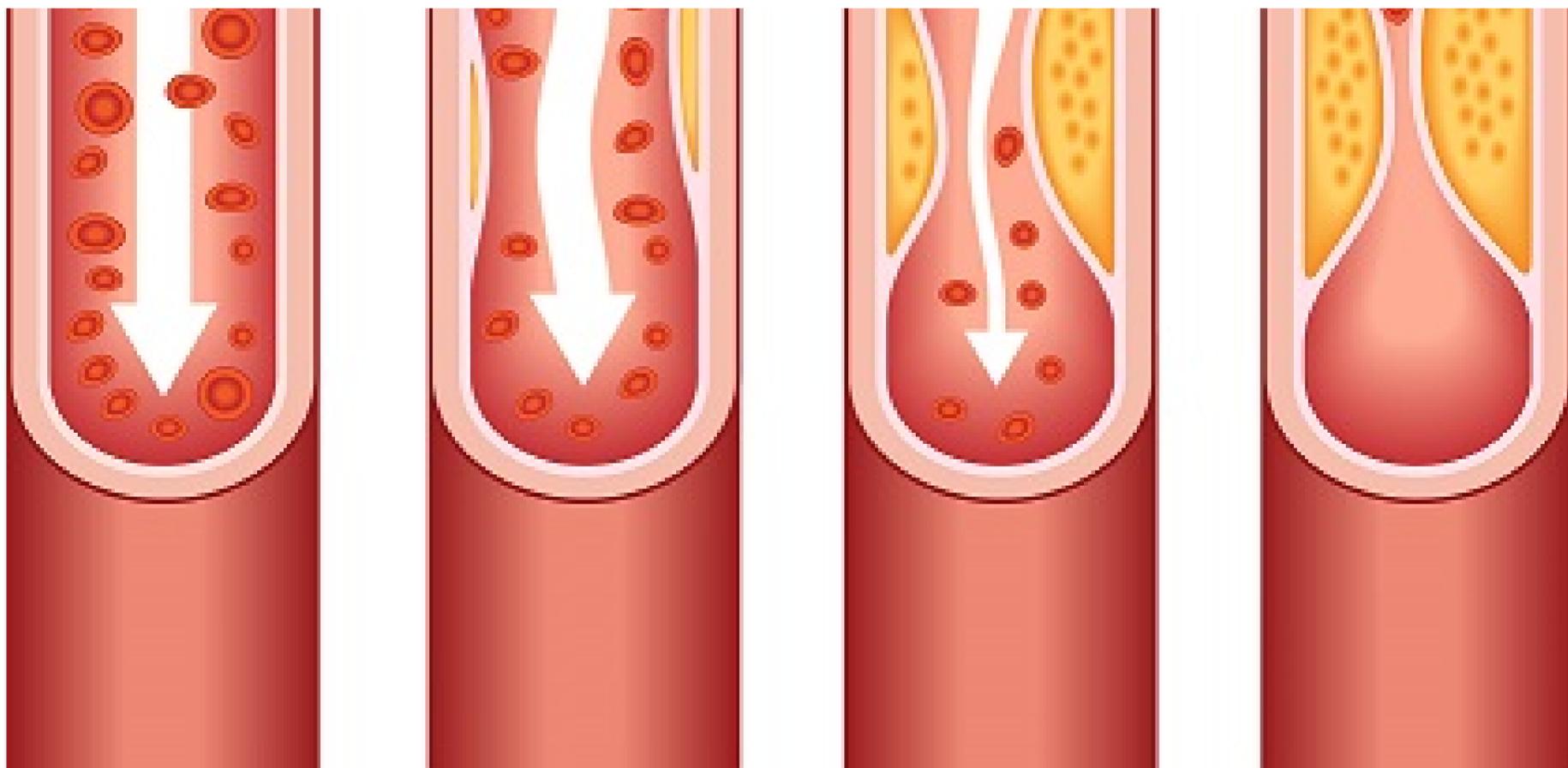
Heart disease is the **leading cause of death** for people of most racial and ethnic groups in the United States, including African American, American Indian, Alaska Native, Hispanic, and white men. For women from the Pacific Islands and Asian American, American Indian, Alaska Native, and Hispanic women, heart disease is second only to cancer.¹

Below are the percentages of all deaths caused by heart disease in 2015, listed by ethnicity, race, and sex.¹

| Race of Ethnic Group | % of Deaths | Men, % | Women, % |
|------------------------------------|-------------|--------|----------|
| American Indian or Alaska Native | 18.3 | 19.4 | 17.0 |
| Asian American or Pacific Islander | 21.4 | 22.9 | 19.9 |
| Black (Non-Hispanic) | 23.5 | 23.9 | 23.1 |
| White (Non-Hispanic) | 23.7 | 24.9 | 22.5 |
| Hispanic | 20.3 | 20.6 | 19.9 |
| All | 23.4 | 24.4 | 22.3 |

Americans at Risk for Heart Disease





As plaque builds up in the arteries of a person with heart disease, the inside of the arteries begins to narrow, which lessens or blocks the flow of blood. Plaque can also rupture (break open). When it does, a blood clot can form on the plaque, blocking the flow of blood.

High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease. About **half of Americans** (47%) have at least one of these three risk factors.⁴

Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Overweight and obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use

CDC Public Health Efforts Related to Heart Disease

- State Public Health Actions to Prevent and Control Chronic Diseases
- Million Hearts® [↗](#)
- WISEWOMAN

More Information

- [American Heart Association](#) [↗](#)
- [National Heart, Lung, and Blood Institute](#) [↗](#)

References

1. Heron, M. [Deaths: Leading causes for 2017](#) [📄](#) [PDF – 3 M]. *National Vital Statistics Reports*;68(6). Accessed November 19, 2019.
2. Benjamin EJ, Muntner P, Alonso A, Bittencourt MS, Callaway CW, Carson AP, et al. Heart disease and stroke statistics—2019 update: a report from the American Heart Association. *Circulation*. 2019;139(10):e56–528.
3. Fryar CD, Chen T-C, Li X. [Prevalence of uncontrolled risk factors for cardiovascular disease: United States, 1999–2010](#) [📄](#) [PDF-494K]. NCHS data brief, no. 103. Hyattsville, MD: National Center for Health Statistics; 2012. Accessed May 9, 2019.