

Heart Disease and Stroke Statistics— 2020 Update: A Report From the American Heart Association

What's New This Year?



American
Heart
Association.

Contents of this Presentation

Chapters in the 2020 Statistical Update	Slide 3
Key Information	Slide 4
What's New Overall	Slide 10
New data	Slide 11
Additional Resources	Slide 12



2020 Statistical Update Chapters

Summary

1. About These Statistics
2. Cardiovascular Health

Health Behaviors

3. Smoking/Tobacco Use
4. Physical Inactivity
5. Nutrition
6. Overweight and Obesity

Health Factors and Other Risk Factors

7. High Blood Cholesterol and Other Lipids
8. High Blood Pressure
9. Diabetes Mellitus
10. Metabolic Syndrome
11. Kidney Disease
12. Sleep

Cardiovascular Conditions/Diseases

13. Total Cardiovascular Diseases
14. Stroke (Cerebrovascular Disease)
15. Congenital Cardiovascular Defects and Kawasaki Disease

16. Disorders of Heart Rhythm
17. Sudden Cardiac Arrest, Ventricular Arrhythmias, and Inherited Channelopathies
18. Subclinical Atherosclerosis
19. Coronary Heart Disease, Acute Coronary Syndrome, and Angina Pectoris
20. Cardiomyopathy and Heart Failure
21. Valvular Diseases
22. Venous Thromboembolism (Deep Vein Thrombosis and Pulmonary Embolism), Chronic Venous Insufficiency, Pulmonary Hypertension
23. Peripheral Artery Disease and Aortic Diseases Outcomes
24. Quality of Care
25. Medical Procedures
26. Economic Cost of Cardiovascular Disease

Supplemental Materials

27. At-a-Glance Summary Tables
28. Glossary



Key Information*

- The age-adjusted death rate attributable to cardiovascular disease (CVD), based on 2017 data, is 219.4 per 100,000.
- On average, someone dies of CVD every 37 seconds in the US. There are 2,353 deaths from CVD each day, based on 2017 data.
- On average, someone in the US has a stroke every 40 seconds. There are about 795,000 new or recurrent strokes each year, based on 1999 data.
- On average, someone dies of a stroke every 3.59 minutes in the US. There are about 401 deaths from stroke each day, based on 2017 data.



No change from 2016 data



Decreased from a CVD death every 38 seconds in 2016.



CVD deaths have increased from 2,303 each day in 2016.

No updates from the 2019 Statistical Update



Decreased from a stroke death every 3.70 minutes in 2016.



Stroke deaths increased from 389.4 per day in 2016.

*Please see the Heart Disease and Stroke Statistics-2020 Update for the sources of data and key information presented in this document.

Key Information

- 116.4 million, or 46% of US adults have hypertension, based on 2013 to 2016 data.
- 1 in 4 adults, or 24.3% of US adults, reported achieving adequate leisure-time aerobic and muscle-strengthening activities to meet the physical activity guidelines, based on 2017 data.
- 1 in 6 males and 1 in 8 females in the US are current smokers, based on 2017 data.
- In the prior 30 days, 4.9% of middle school and 20.8% of high school students used e-cigarettes, based on 2018 data. In the prior 30 days, 5.3% of adults used e-cigarettes, based on 2017 data.
- By 2035, 45.1% of the US population is projected to have some form of CVD. Total costs of CVD are expected to reach \$1.1 trillion in 2035, with direct medical costs projected to reach \$748.7 billion and indirect costs estimated to reach \$368 billion.

No updates from the 2019 Statistical Update



Increased from 22.5% in 2016



Decreased smoking prevalence for females from 1 in 7 in 2016 (no change for males)

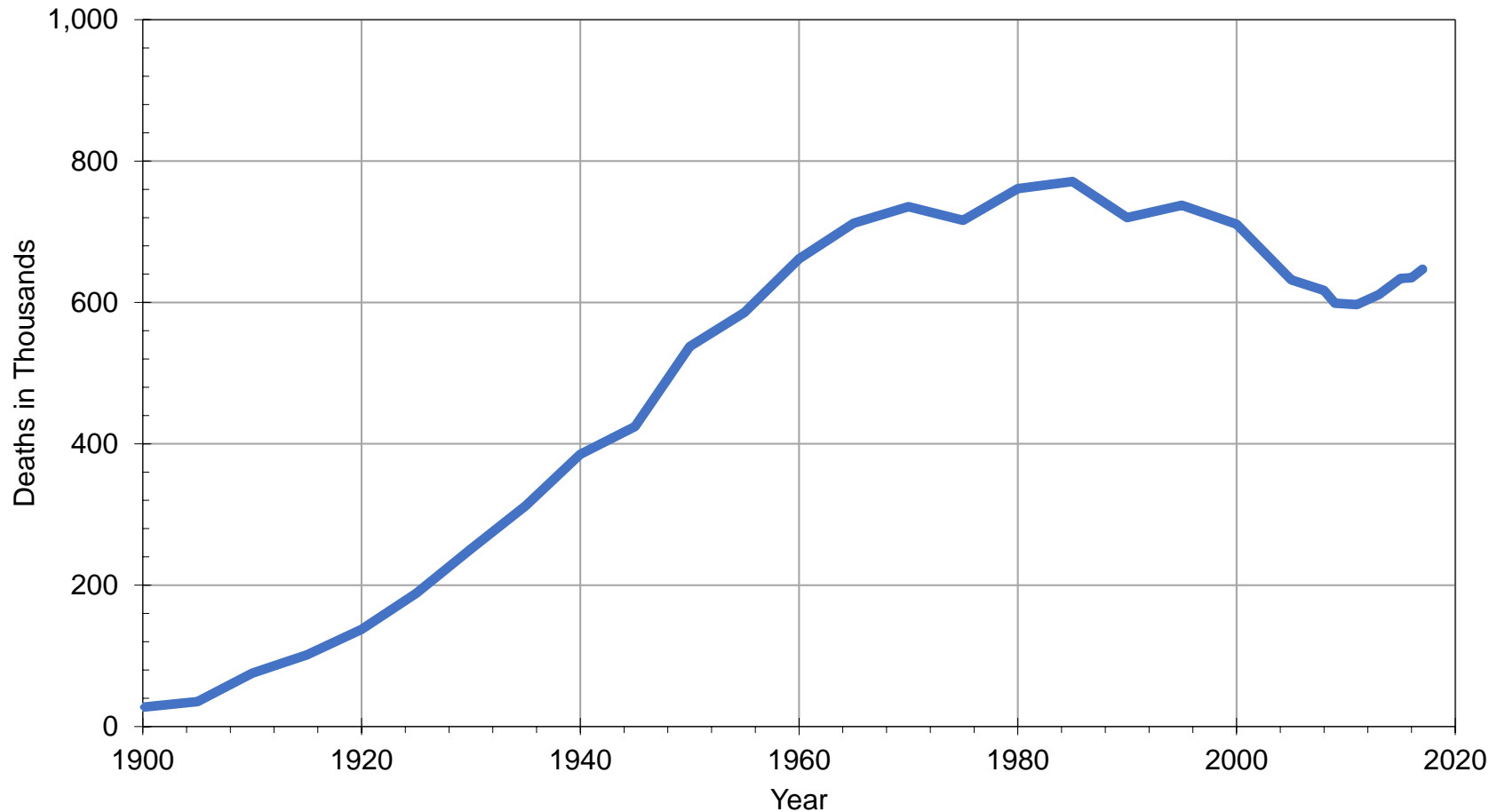


Increased for middle schoolers from 4.3% and high schoolers from 11.3% in 2016. Increased for adults from 3.8% in 2014.*

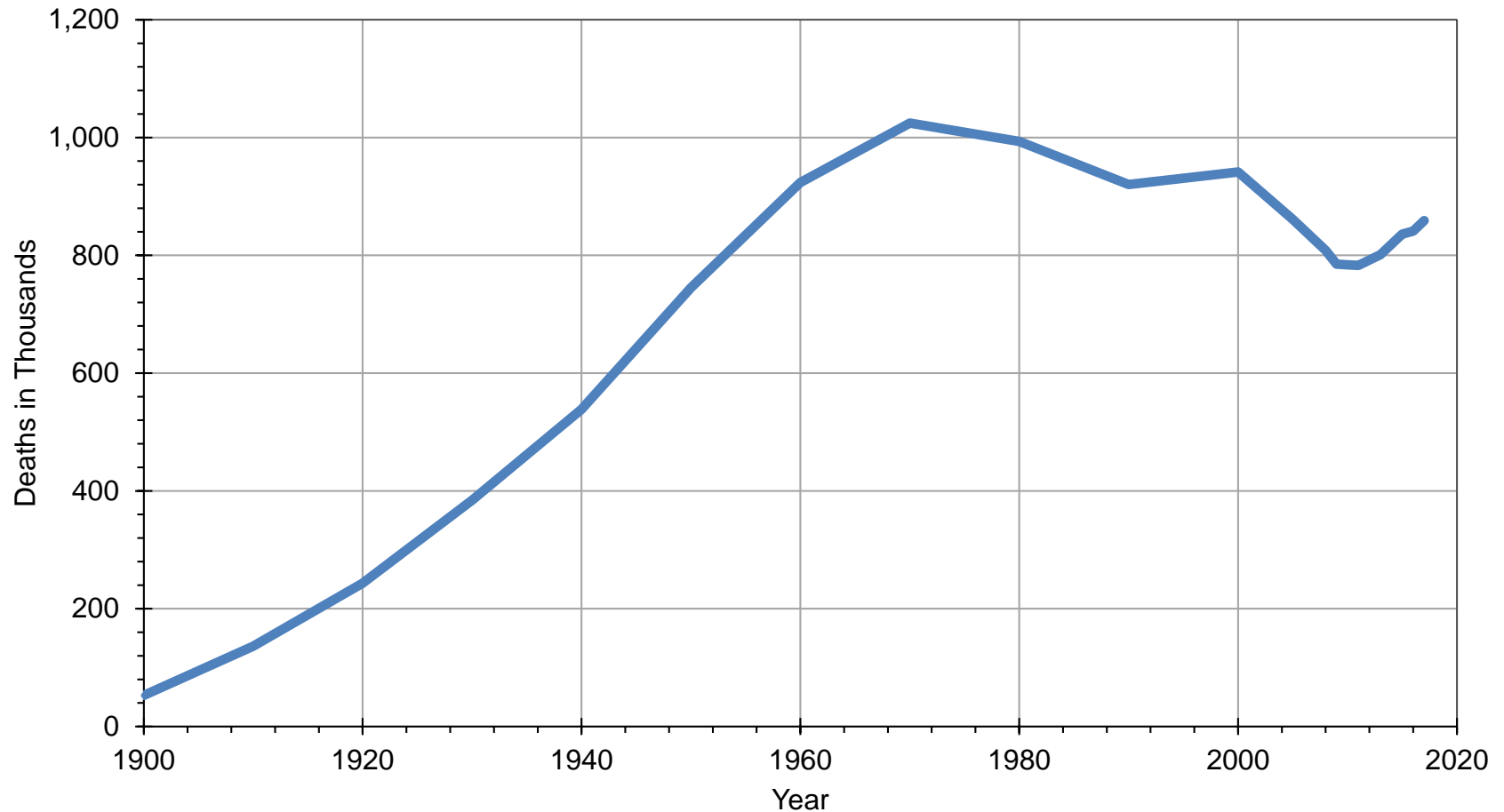
No updates from the 2019 Statistical Update

*Note adult e-cigarette prevalence data sources are different in 2014 and 2017.

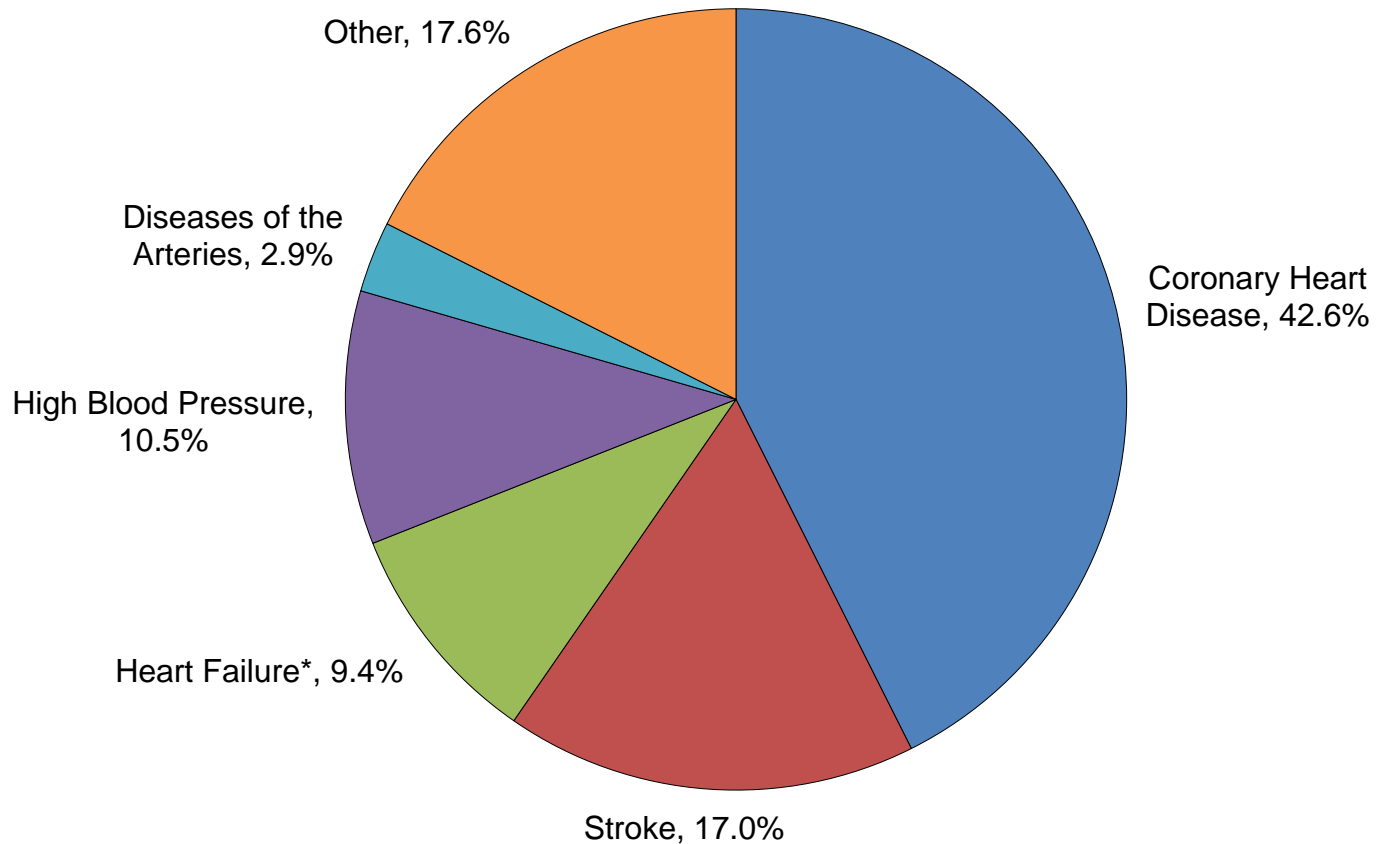
Deaths attributable to diseases of the heart, US, 1900-2017.



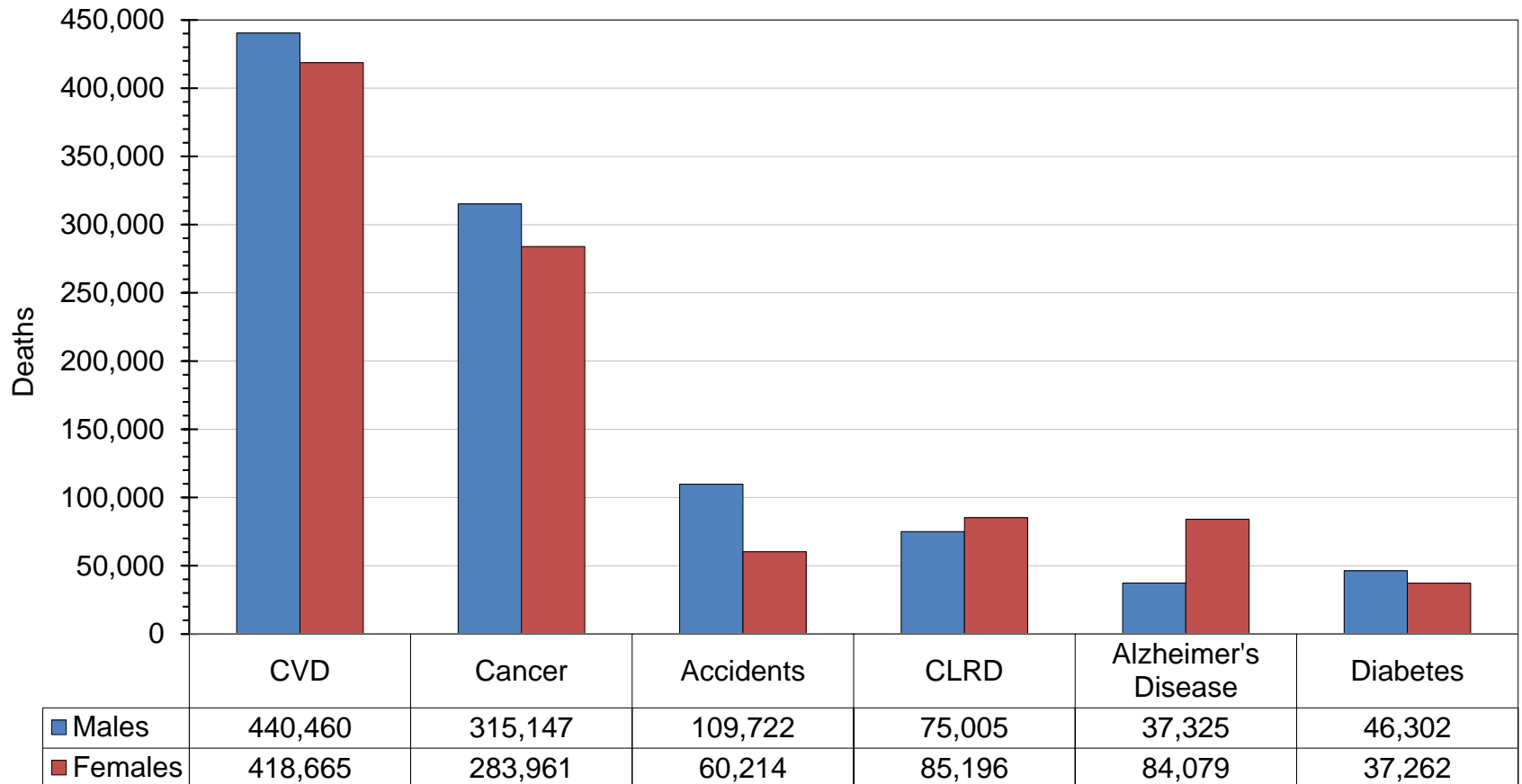
Deaths attributable to cardiovascular disease, US, 1900-2017.



Percentage breakdown of deaths attributable to cardiovascular disease, US, 2017



Cardiovascular disease and other major causes of death for all US males and females, 2017.



Causes of Deaths

What's New Overall?

The 2020 Statistical Update contains the same chapters as the 2019 Statistical Update.

- A new section on Brain Health was added to Chapter 14: Stroke (Cerebrovascular Disease).

Information on Social Determinants of Health (SDOH) was included for all chapters and a subsection for SDOH is included in all relevant chapters.

- SDOH are the circumstances in which people are born, grow up, live, work, and age that may affect health. Examples of the social factors that affect different behaviors, risk factors, and conditions highlighted in the 2020 Statistical Update are low income, unemployment, discrimination, unsafe neighborhoods, substandard education, and more.

New data

The 2020 Statistical Update contains updated data for many sources used in each annual Statistical Update. Updated data includes (parentheses include the newest year of data added to the 2020 Statistical Update):

- Mortality (2017)
- Hospital Discharges (2016)
- Physician Office Visits (2016)
- Emergency Department Visits (2016)
- Global CVD Mortality (2014-2017)
- Health Behaviors and Disease Prevalence (2017)
- Low-Density Lipoprotein Cholesterol (2013-2016)
- Global Burden of Disease (2017)
- Smoking (2018)
- Physical Activity (2017)
- Obesity (2013-2016)
- Youth Lipid Levels (1999 to 2016)
- Kidney Disease (2018)
- Diabetes (2017)
- Sleep (2015-2017)
- In-Hospital Cardiac Arrest and Out-of-Hospital Cardiac Arrest (2018)
- Quality of Care Data for Heart Failure, Stroke, Myocardial Infarction, and Resuscitation (2018)
- Medical Procedures (2018)
- Myocardial Infarction and Coronary Heart Disease Prevalence (2017)
- Each chapter in the Statistical Update contains new text bullets and reprinted charts and tables from a plethora of 2018 publications and a few early-2019 publications.



Additional Resources

[Heart Disease & Stroke Statistics – 2020 Update](#)

The Office of Science, Medicine and Health produces related Fact Sheets for the Association. These fact sheets contain key statistics for each of the following and will be available on January 29, 2020 at:

www.heart.org/statistics

American Indians/Alaska Natives and CVD
Asians/Pacific Islanders and CVD
Blacks and CVD
Children and CVD
Females and CVD
Hispanics/Latinos and CVD
Males and CVD
Older Americans and CVD
Whites and CVD

Cardiovascular Health
Congenital Heart Defects
Global Burden of Disease
Heart Disease and Stroke Statistics – At-a-Glance