



## 2020 Heart Disease & Stroke Statistical Update Fact Sheet Males & Cardiovascular Diseases

### Cardiovascular Disease (CVD) (ICD-9 390 to 459; ICD-10 I00 to I99)

- According to 2013 to 2016 data, 51.2% of males age 20 and older had some form of CVD, compared with 44.7% of females.
- According to 2013 to 2016 data, of males age 20 and older, 60.1% of non-Hispanic (NH) black males, 50.6% of NH white males, 49.0% of Hispanic males, and 47.4% of NH Asian males had some form of CVD.
- In 2017, CVD caused the deaths of 440,460 males. Males represented 51.3% of deaths from CVD.
- In 2016, CVD was the first listed diagnosis of 2,629,000 males and 2,211,000 females discharged from short-stay hospitals.
- In 2014, 74.4% of bypass and 67.7% of percutaneous coronary intervention (PCI) patients were male. Of the recipients in 2018, 69.8% of heart transplant patients were male.

### Coronary Heart Disease (CHD) (ICD-9 410 to 414, 429.2; ICD-10 I20 to I25, includes MI ICD-10 I21 to I22)

- According to data from 2013 to 2016, about 9.4 million males (7.4%) 20 years of age and older had CHD. 5.1 million males (4.0%) had a history of myocardial infarction (MI, or heart attack).
- Among males age 20 and older between 2013 and 2016, 7.7% of NH whites, 7.2% of NH blacks, 6.0% of Hispanics, and 4.8% of NH Asians had CHD.
- Based on data from 2005 to 2014, each year new and recurrent MI and fatal CHD impact an estimated 610,000 males age 35 years and older.
- CHD caused the deaths of 213,295 males in 2017; 64,436 males died from MI.
- 664,000 males diagnosed with CHD were discharged from short-stay hospitals in 2016.

### Stroke (ICD-9 430 to 438; ICD-10 I60 to I69)

- Between 2013 and 2016, the prevalence of stroke among males age 20 years and older was 3.2 million.
- Among males age 20 and older, the following had a previous stroke: 2.4% of NH whites; 3.1% of NH blacks, 2.0% of Hispanics. and 1.1% of NH Asians.
- In 2017, stroke caused the deaths of 61,645 males (42.1% of total stroke deaths).
- In 2016, 438,000 males were discharged from short-stay hospitals after having a stroke.

### High Blood Pressure (HBP) (ICD-9 401 to 404; ICD-10 I10 to I15)

- Among males, age 20 years and older between 2013 and 2016, 49.0% had HBP.
- Between 2013 and 2016, a higher percentage of males than females had hypertension in all age categories until 64 years of age. For those age 65 years and older, the percentage of females with hypertension was higher than for males.
- Among males age 20 and older between 2013 and 2016, 48.2% of NH whites, 58.6% of NH blacks, 47.4% of Hispanics, and 46.4% of NH Asians had HBP.
- In 2017, 43,127 males died from HBP. They represented 47.9% of deaths from HBP.
- 246,000 males diagnosed with HBP were discharged from short-stay hospitals in 2016.

## Heart Failure (HF) (ICD-9 428, ICD-10 I50)

- About 3.0 million adult males alive between 2013 and 2016 had HF. In 2014, about 495,000 new cases were diagnosed in males age 55 years and older.
- Between 2013 and 2016, the overall prevalence of HF for males age 20 and older was 2.4%. Among adult males, the following had HF: 2.2% of NH whites; 3.5% of NH blacks, 2.5% of Hispanics and 1.7% NH Asians.
- In 2017, there were 36,824 male deaths from HF (45.8% of HF deaths).
- 415,000 males diagnosed with HF were discharged from short-stay hospitals in 2016.

## Cardiovascular Health

- According to data from 2015 to 2016, the prevalence of meeting  $\geq 5$  (of 7 possible) metrics at ideal levels of cardiovascular health was lower in males than in females. However, the prevalence of meeting  $\geq 5$  metrics at ideal levels was higher in adolescent males than females.

## Smoking

- According to 2017 data, lifetime use of tobacco products for individuals 12 to 17 years of age was greater in males than females (17.0% vs. 12.7%).
- In 2017, more adult males (15.8%) were current smokers than females (12.2%).
- In 2018, 22.6% of male high school students used e-cigarettes.
- Worldwide in 2017, tobacco caused 6.2 million male deaths.

## High Blood Cholesterol and Other Lipids

- According to 2013 to 2016 data, among children 6 to 11 years of age, the mean total cholesterol level was 157.8 mg/dL. For boys, it was 157.9 mg/dL; for girls, it was 157.7 mg/dL.
- According to 2013 to 2016 data, among adolescents 12 to 19 years of age, the mean total cholesterol level was 154.4 mg/dL. For boys, it was 151.6 mg/dL; for girls, it was 157.5 mg/dL.
- Among adults age 20 and older between 2013 and 2016:
  - 35.4% of males and 40.4% of females had total cholesterol levels of 200 mg/dL or higher.
  - 10.7% of males and 12.4% of females had levels of 240 mg/dL or higher.
  - 30.1% of males and 27.6% of females had low-density lipoprotein (LDL) cholesterol levels of 130 mg/dL or higher.
- 29.0% of males and 9.9% of females had high-density lipoprotein (HDL) cholesterol levels less than 40 mg/dL.

## Physical Inactivity

- In 2017 boys were less likely than girls to report inactivity (11.0% vs. 19.5%).
- According to 2017 data, almost double the percentage of high school-aged boys (35.3%) than girls (17.5%) reported having been physically active  $\geq 60$  min/d on all 7 days.
- Only 28.8% of adult males and 20.1% of females met the 2018 Federal Physical Activity Guidelines for both aerobic and strengthening PA in 2016.

## Overweight and Obesity

- According to 2013 to 2016 data, an estimated 34.2% of boys age 2 to 19 were overweight or obese; 30.9% of NH white boys, 32.4% of NH blacks, 43.8% of Hispanics, and 24.2% of NH Asians.
- According to 2013 to 2016 data for all boys age 2 to 19, 18.1% were obese; 15.3% of NH white boys, 17.9% of NH blacks, 24.3% of Hispanics, and 11.9% of NH Asians.

## Overweight and Obesity (continued)

- According to 2013 to 2016 data, an estimated 73.2% of males age 20 and older were overweight or obese; 73.6% of NH whites, 69.1% of NH blacks, 80.8% of Hispanics, and 48.8% of NH Asians.
- According to 2013 to 2016 data, of all adult males, 36.0% were obese; 35.8% of NH whites, 37.0% of NH blacks, 40.1% of Hispanics, and 11.1% of NH Asians.

## Diabetes Mellitus (DM) (ICD-9 250; ICD-10 E10 to E14)

- Of the estimated 26.0 million American adults with physician-diagnosed DM in 2013 to 2016, about 13.7 million were males (10.9% of all males); in all male adults, physicians diagnosed DM in 9.4% of NH whites, 14.7% of NH blacks, 15.1% of Hispanics and 12.8% of NH Asians.
- Of the estimated 9.4 million American adults (20 years of age or older) with undiagnosed DM in 2013 to 2016, about 5.5 million were males (4.6% of all males); in all male adults, DM was undiagnosed in 4.7% of NH whites, 1.7% of NH blacks, 6.3% of Hispanics and 6.1% of NH Asians.
- Of the estimated 91.8 million Americans adults with prediabetes in 2013 to 2016, about 51.7 million were males (44.0% of all males); in all adult males, prediabetes existed in 43.7% of NH whites; 31.9% of NH blacks, 48.1% of Hispanics and 47.1% of NH Asians.
- In 2017, there were 46,302 male DM deaths.
- 319,000 males of all ages diagnosed with DM were discharged from short-stay hospitals in 2016.
- Among national health survey participants between 2000 and 2009 diagnosed with DM, males had 1.56 times higher risk of death of all causes and females had 1.69 times higher risk than those without DM.

For additional information, charts and tables, see  
[Heart Disease & Stroke Statistics – 2020 Update](#)

Additional charts may be downloaded directly from the [online publication](#) or [www.heart.org/statistics](http://www.heart.org/statistics)

Many statistics in this Fact Sheet come from unpublished tabulations compiled for this document and can be cited using the document citation listed below. The data sources used for the tabulations are listed in the full document. Additionally, some statistics come from published studies. If you are citing any of the statistics in this factsheet, please review the full Heart Disease and Stroke Statistics document to determine data sources and original citations.

The American Heart Association requests that this document be cited as follows:

Virani SS, Alonso A, Benjamin EJ, Bittencourt MS, Callaway CW, Carson AP, Chamberlain AM, Chang AR, Cheng S, Delling FN, Djousse L, Elkind MSV, Ferguson JF, Fornage M, Khan SS, Kissela BM, Knutson KL, Kwan TW, Lackland DT, Lewis TT, Lichtman JH, Longenecker CT, Loop MS, Lutsey PL, Martin SS, Matsushita K, Moran AE, Mussolino ME, Perak AM, Rosamond WD, Roth GA, Sampson UKA, Satou GM, Schroeder EB, Shah SH, Shay CM, Spartano NL, Stokes A, Tirschwell DL, VanWagner LB, Tsao CW; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics— 2020 update: a report from the American Heart Association. *Circulation*. 2020;141:e1–e458. doi: 10.1161/CIR.0000000000000757

If you have questions about statistics or any points made in the 2020 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at [statistics@heart.org](mailto:statistics@heart.org). Please direct all media inquiries to News Media Relations at <http://newsroom.heart.org/newsmedia/contacts>.