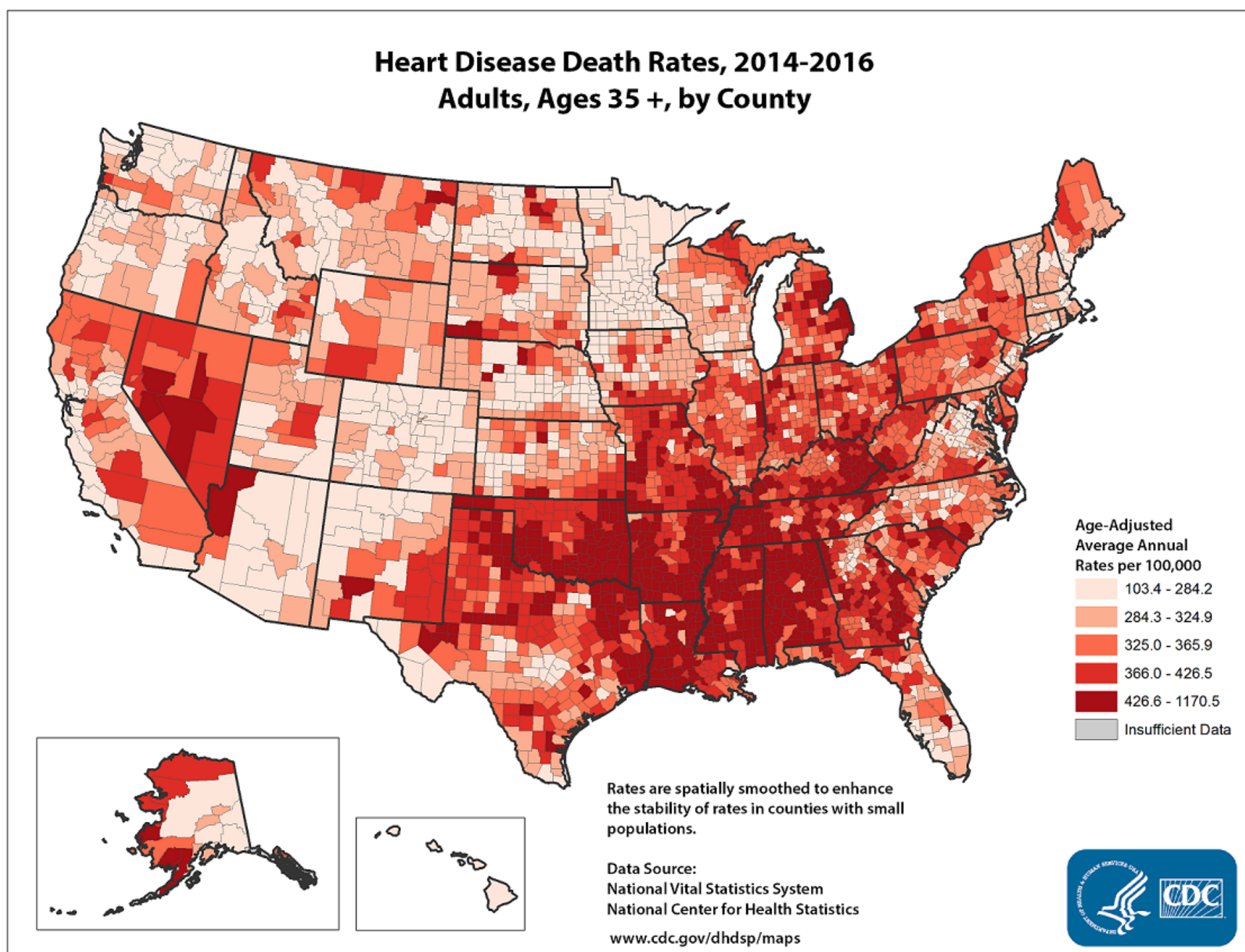


Heart Disease Facts



Source: [Interactive Atlas of Heart Disease and Stroke](#).

[View Larger](#)

Learn more about heart disease and its risk factors. It's important for everyone to know the facts about heart disease.

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 36 seconds** in the United States from cardiovascular disease.¹
- About **659,000 people in the United States** die from heart disease each year—that's **1 in every 4 deaths**.²
- Heart disease costs the United States about **\$363 billion** each year from 2016 to 2017.² 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 360,900 people in 2019.⁴
- 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.⁴

Heart Attack

- In the United States, someone has a heart attack every 40 seconds.³
- Every year, about **805,000 people in the United States** have a heart attack.³ Of these,
 - 605,000 are a first heart attack³
 - 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](#).

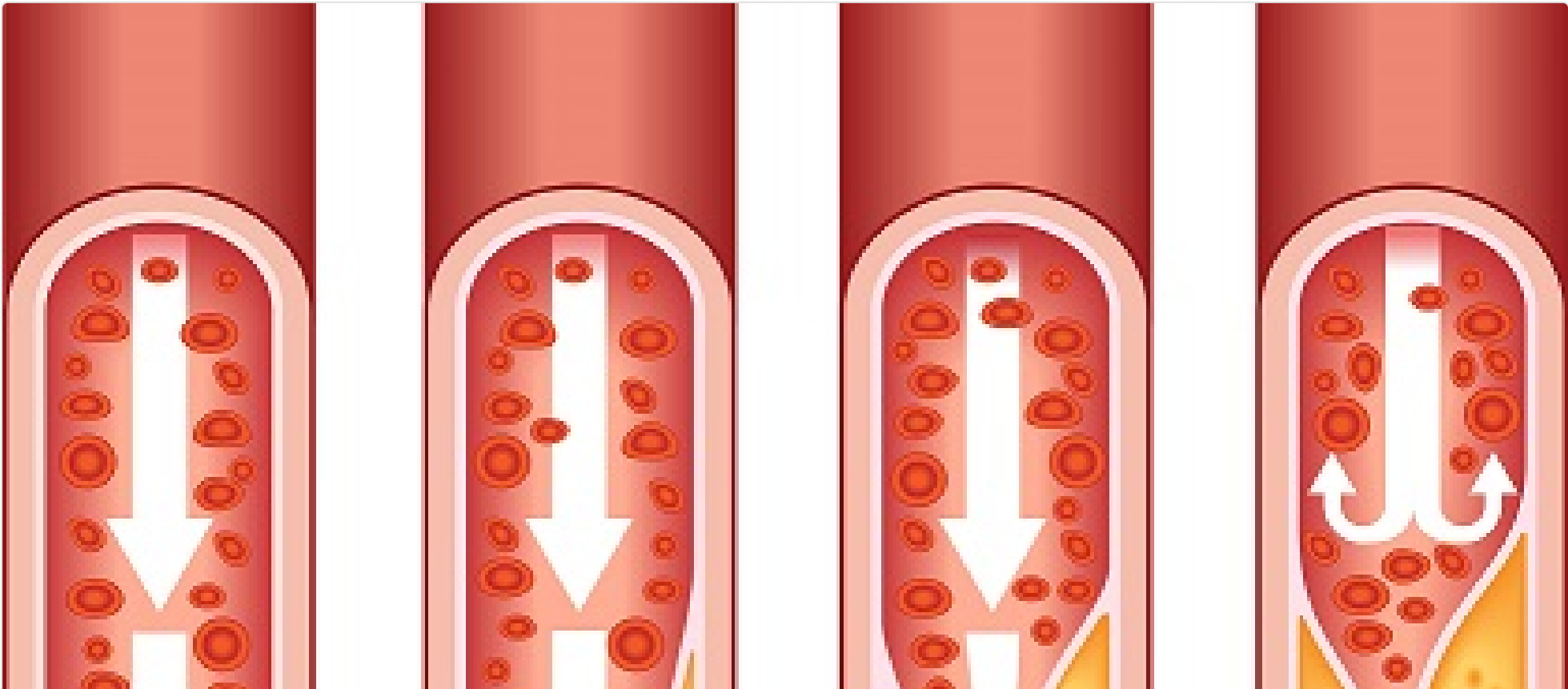
Heart Disease Deaths Vary by Sex, Race, and Ethnicity

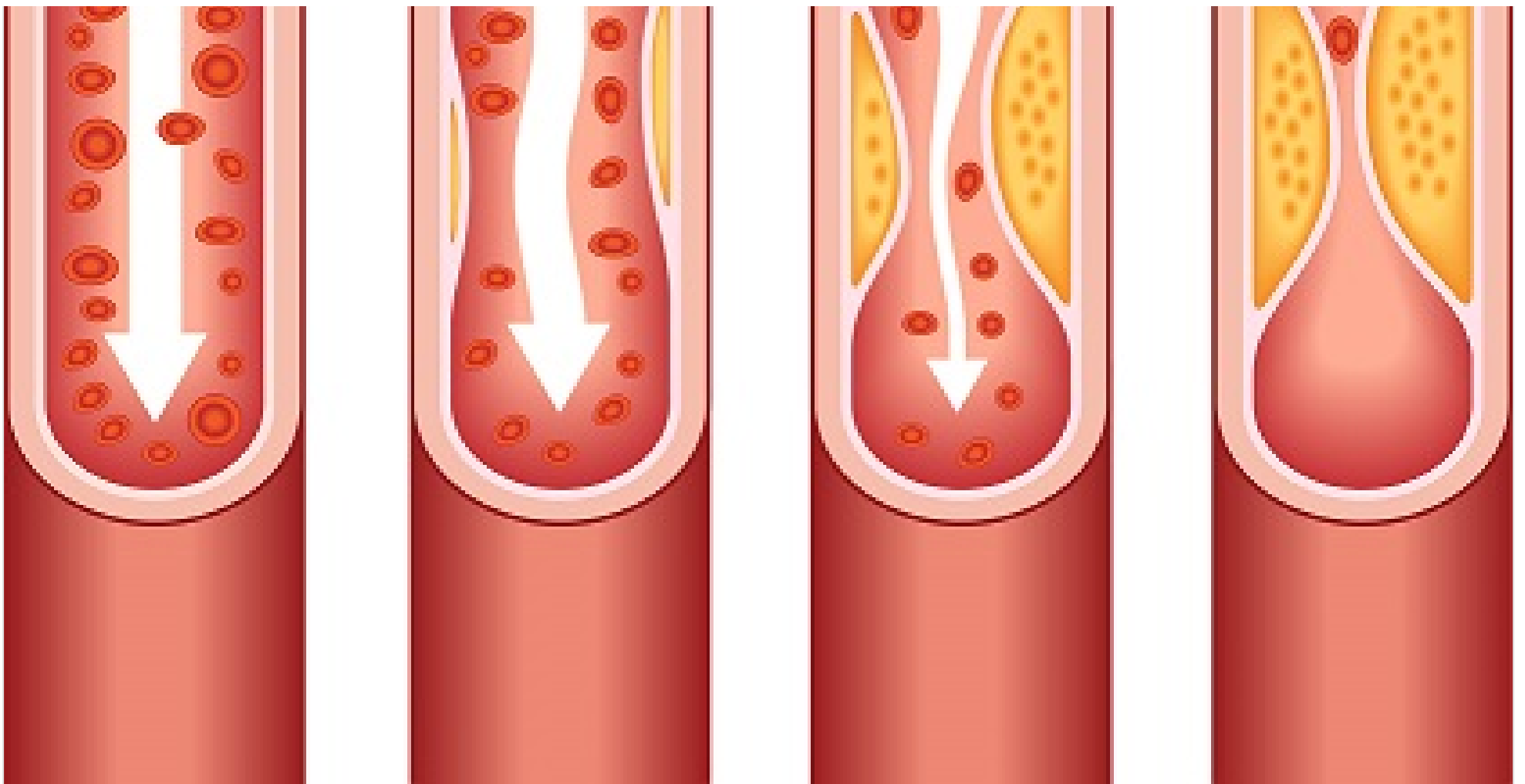
Heart disease is the **leading cause of death** for people of most racial and ethnic groups in the United States, including African American, American Indian, Alaska Native, Hispanic, and white men. For women from the Pacific Islands and Asian American, American Indian, Alaska Native, and Hispanic women, heart disease is second only to cancer.⁵

Below are the percentages of all deaths caused by heart disease in 2015, listed by ethnicity, race, and sex.⁵

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.

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

- CDC: Heart Disease Communications Kit
- American Heart Association [↗](#)
- National Heart, Lung, and Blood Institute [↗](#)

References

1. Centers for Disease Control and Prevention. [Underlying Cause of Death, 1999–2018](#). CDC WONDER Online Database. Atlanta, GA: Centers for Disease Control and Prevention; 2018. Accessed March 12, 2020.
2. Virani SS, Alonso A, Aparicio HJ, Benjamin EJ, Bittencourt MS, Callaway CW, et al. [Heart disease and stroke statistics—2021 update: a report from the American Heart Association](#) [↗](#) . *Circulation*. 2021;143:e254–e743.

3. Fryar CD, Chen I-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.
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5. Heron, M. [Deaths: Leading causes for 2017](#)  . National Vital Statistics Reports;68(6). Accessed November 19, 2019.

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