Heart Disease and Stroke Statistics

2014 Update
Age-standardized prevalence for poor, intermediate and ideal cardiovascular health, US adults ≥20 years of age
(NHANES 2009-2010)

Percentage

Current Smoking  Body Mass Index  Physical Activity  Healthy Diet Score*  Total Cholesterol  Blood Pressure  Fasting Plasma Glucose

- Current Smoking: 3.2% Poor, 35.8% Intermediate, 66.3% Ideal
- Body Mass Index: 31.0% Poor, 10.9% Intermediate, 57.5% Ideal
- Physical Activity: 48.2% Poor, 27.0% Intermediate, 25.8% Ideal
- Healthy Diet Score*: 72.5% Poor, 13.9% Intermediate, 13.3% Ideal
- Total Cholesterol: 41.5% Poor, 39.7% Intermediate, 18.8% Ideal
- Blood Pressure: 34.4% Poor, 13.3% Intermediate, 52.3% Ideal
- Fasting Plasma Glucose: 8.1% Poor, 44.6% Intermediate, 47.0% Ideal

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Go AS et al. Published online in Circulation Dec. 18, 2013
Prevalence of Stroke
(NHANES: 2007–2010)

Source: NCHS and NHLBI.

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Direct and indirect costs (in billions of dollars) of major cardiovascular diseases and stroke (United States: 2010)

- Heart disease: 204.4 billion dollars
- Hypertension: 46.4 billion dollars
- Stroke: 36.5 billion dollars
- Other CVD: 28.0 billion dollars

Source: National Heart, Lung, and Blood Institute.

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Projected Total Costs of CVD, 2015–2030 (in Billions 2012$) in the United States


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