

USA – NOVEMBER 2020

Status of Cardiovascular Disease (CVD) and Risk Factor Burden

Country Demographics



82% of population living in urban areas

18% of population living in rural areas



Life expectancy at birth (in years)

MALE 76
FEMALE 81

National health expenditure as percentage of GDP

50%

About **6.2 million** adults in the United States have **heart failure**

1 in 10 have **diabetes**
1 in 3 have **prediabetes**



Total mortality due to CVD (% of deaths)



MALE 33%
FEMALE 36%

Percentage of adults (age-standardized estimate) who are insufficiently active*

MALE 31.7%
FEMALE 48%

*less than 150 minutes of moderate intensity physical activity per week, or less than 75 minutes of vigorous-intensity physical activity per week



Percentage of adolescents (ages 11-17) who are insufficiently active*

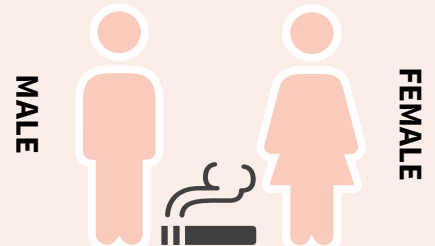
MALE 64%

FEMALE 72%



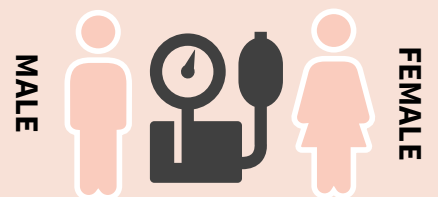
*less than 60 minutes of moderate to vigorous intensity physical activity daily

30.9% **19.3%**



Prevalence of adult tobacco use age ≥15

15.3% **10.5%**



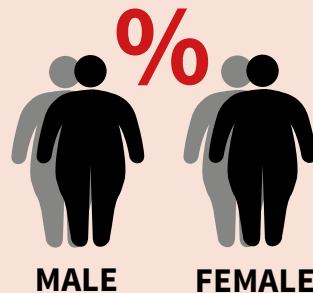
Percentage of population with raised blood pressure (SBP>=140 OR DBP>=90)

52.9% **54.2%**



Percentage of population with raised total cholesterol (≥5.0 mmol/L)

72.7 **63.2**



Percentage of adults who are overweight (BMI of ≥25 kg/m²)





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KEY:

No data



Not in place



In process/ partially implemented



In place



Cardiovascular Disease Governance

A national strategy or plan that addresses:

- A national strategy or plan that addresses CVDs and their risk factors specifically
- A national strategy or plan that addresses NCDs and their risk factors
- A national tobacco control plan
- Measures to protect tobacco control policies from tobacco industry interference
- A national surveillance system that includes CVDs and their risk factors
- Legislation banning the marketing of unhealthy foods to minors
- Policy interventions that promote a diet that reduces cardiovascular disease risk
- Policy interventions that facilitate physical activity

Stakeholder action

- NGO advocacy for CVD policies and programmes
- Active involvement of patients' organizations in advocacy for CVD prevention and management
- Involvement of civil society in the development and implementation of a national CVD prevention and control plan
- Hypertension screening by businesses at workplaces

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For more information, please email info@worldheart.org