



## **FACTSHEET: Cardiovascular diseases in the USA**

### **Globally...**

- Cardiovascular diseases (CVDs), commonly referred to as heart disease or stroke, are the number 1 cause of death around the world
- 1 in 3 deaths globally are as result of CVD, yet the majority of premature heart disease and stroke is preventable<sup>1</sup>
- In 2010 CVD cost US\$ 863 billion – this is estimated to rise by 22% to US\$ 1,044 billion by 2030.<sup>2</sup>

### **In the USA...**

- Non-communicable diseases (NCDs), including CVDs, are estimated to account for 88% of total adult deaths in the USA
- CVDs account for nearly a third (31%) of these deaths
- Nearly 801,000 people in the USA died from CVDs in 2013 – this equates to around 2,200 deaths every day, one every 40 seconds<sup>3</sup>
- Direct and indirect costs for CVDs in the USA, including health expenditure and lost productivity, total more than \$316.6 billion<sup>3</sup>
- Some of the CVD related risks factors in adults in the USA are outlined below:
  - 19% of men and 15% of women are smokers
  - 9.2 litres of pure alcohol consumed per person
  - 18% have hypertension which can increase risk of heart attack, heart failure, kidney disease or stroke
  - 33% adults in the USA are obese.

### **Did you know?<sup>3</sup>**

- There were around 5,700 new cigarette smokers every day in 2013
- 6% of adolescents aged 12 to 17 report being current smokers
- 80 million adults in the USA have hypertension; despite just over three quarters of those using antihypertensive medication, just over half (54%) have their condition controlled
- About 69% of adults in the USA overweight or obese
- 30% of adults in the USA do not participate in any leisure time physical activity
- Nearly a third (32%) of children in the USA are overweight or obese; about 24 million are overweight and 17 million (17%) are obese
- In the USA, the number of overweight children has doubled and the number of overweight adolescents has trebled since 1980.<sup>4</sup>

**Sources: World Health Organization (WHO) unless specified in footnotes below**

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<sup>1</sup> Institute for Health Metrics and Evaluation (IHME). The Global Burden of Diseases, Injuries and Risk Factors Study 2010 (GBD 2010). Generating Evidence, Guiding Policy Report

<sup>2</sup> World Economic Forum, The Global Economic Burden of Non-communicable Diseases, Harvard School of Public Health, 2011

<sup>3</sup> [http://www.heart.org/HEARTORG/General/Heart-and-Stroke-Association-Statistics\\_UCM\\_319064\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/General/Heart-and-Stroke-Association-Statistics_UCM_319064_SubHomePage.jsp)

<sup>4</sup> <http://www.cdc.gov/healthyschools/obesity/facts.htm>