

Heart Disease

Home

- About Heart Disease
- Facts and Statistics
- Facts
- Maps and Statistics
- Statistical Reports
- MMWRs
- Risk Factors
- Prevention
- Publications
- CDC Addresses Heart Disease
- Educational Materials
- FAQs
- Other Resources

Related CDC Web Sites

- Heart Disease and Stroke Prevention
- Division for Heart Disease and Stroke Prevention
- Stroke
- High Blood Pressure
- Salt
- Cholesterol
- WISEWOMAN Program

Other Chronic Disease Topics

- Diabetes
- Nutrition
- Obesity
- Physical Activity
- Stroke

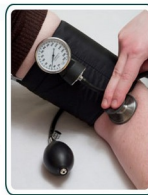
Home > Facts and Statistics

Recommend 1,301 | Tweet 177 | Share

Heart Disease Facts

America's Heart Disease Burden

- About **600,000** people die of heart disease in the United States every year—that's **1 in every 4 deaths**.¹
- Heart disease is the leading cause of death for both men and women. **More than half** of the deaths due to heart disease in 2009 were in men.¹
- Coronary heart disease is the most common type of heart disease, killing more than **385,000** people annually.¹
- Every year about **715,000** Americans have a heart attack. Of these, 525,000 are a first heart attack and 190,000 happen in people who have already had a heart attack.²
- Coronary heart disease alone costs the United States **\$108.9 billion** each year.³ This total includes the cost of health care services, medications, and lost productivity.



Email page link
Print page

Get email updates

To receive email updates about this page, enter your email address:

What's this? Submit

Contact Us

CDC/NCCDPHD/ODHSP
4770 Buford Hwy, NE
Mail Stop P-72
Atlanta, GA 30341-3717

Call: 1-800-CDC-INFO
TTY: 1-800-232-6348
Fax: 770-488-8151

Email

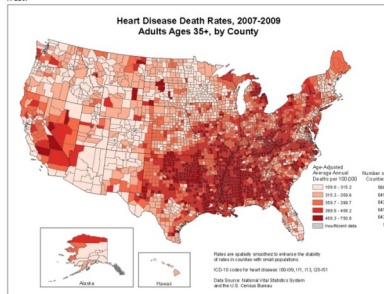
Deaths Vary by Ethnicity

Heart disease is the leading cause of death for people of most ethnicities in the United States, including African Americans, Hispanics, and whites. For American Indians or Alaska Natives and Asians or Pacific Islanders, heart disease is second only to cancer. Below are the percentages of all deaths caused by heart disease in 2008, listed by ethnicity.⁴

Race or Ethnic Group	% of Deaths
African Americans	24.5
American Indians or Alaska Natives	18.0
Asians or Pacific Islanders	23.2
Hispanics	20.8
Whites	25.1
All	25.0

Deaths Vary by Geography

During 2007–2009, death rates due to heart disease were highest in the South and lowest in the West.



Early Action is Key

Knowing the warning signs and symptoms of a heart attack is key to preventing death, but many people don't know the signs.

- In a 2005 survey, most respondents—92%—recognized chest pain as a symptom of a heart attack. **Only 27%** were aware of all major symptoms and knew to call 9-1-1 when someone was having a heart attack.⁵
- About 47%** of sudden cardiac deaths occur outside a hospital. This suggests that many people with heart disease don't act on early warning signs.⁶

Heart attacks have several **major warning signs** and symptoms:

- Chest pain or discomfort.
- Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach.
- Shortness of breath.
- Nausea, lightheadedness, or cold sweats.

Americans at Risk

High blood pressure, high LDL cholesterol, and smoking are key risk factors for heart disease. About **half of Americans** (49%) have at least one of these three risk factors.⁷

Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Overweight and obesity
- Poor diet
- Physical inactivity
- Excessive alcohol use

Protect Your Heart

Lowering your blood pressure and cholesterol will reduce your risk of dying of heart disease. Here are some tips to protect your heart:

- Follow your doctor's instructions and stay on your medications.
- Eat a healthy diet that is low in salt, low in total fat, saturated fat, and cholesterol; and rich in fresh fruits and vegetables.
- Take a brisk 10-minute walk, 3 times a day, 5 days a week.
- Don't smoke. If you smoke, quit as soon as possible. Visit www.cdc.gov/tobacco and www.smokefree.gov for tips on quitting.

Fact Sheets

- Heart Disease Fact Sheet
- Men and Heart Disease
- Women and Heart Disease
- Atrial Fibrillation Fact Sheet
- Heart Failure Fact Sheet
- Know the Signs and Symptoms of a Heart Attack
- Cholesterol Fact Sheet
- High Blood Pressure Fact Sheet
- Pulmonary Hypertension Fact Sheet

References

- Kochanek KD, Xu JQ, Murphy SL, Miniño AM, Kung HC. **Deaths: final data for 2009**. [PDF-2M] *National vital statistics reports*. 2011;60(3).
- Go AS, Mozaffarian D, Roger VL, Benjamin EJ, Berry JD, Borden WB, Bravata DM, Dai S, Ford ES, Fox CS, Franco S, Fullerton HJ, Gillespie C, Halperin SM, Heit JA, Howard VJ, Huffman MD, Kissela BM, Kittner SJ, Lackland DT, Lichtman JH, Lisabeth LD, Magid D, Marcus GM, Marelli A, Mittleman BB, Mussolino DK, Nichol G, Palaniappan LG, Pasterkamp GR, Schreiner PJ, Sorlie PD, Stein J, Turin TN, Virani SS, Wong ND, Wood D, Turner MB; American Heart Association Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2013 update: a report from the American Heart Association. *Circulation*. 2013 Jan 1;127(1):e6-e245. doi: 10.1161/CIR.0b013e31828124ad. Epub 2012 Dec 12. <http://dx.doi.org/10.1161/CIR.0b013e31828124ad>
- Heidenreich PA, Trogdon JG, Khavjou OA, et al. Forecasting the future of cardiovascular disease in the United States: a policy statement from the American Heart Association. *Circulation*. 2011;123:933-44. Epub 2011 Jan 24.
- Heron M. **Deaths: Leading causes for 2008**. [PDF-2.7M] *National vital statistics reports*. 2012;60(6).
- CDC. **Disparities in Adult Awareness of Heart Attack Warning Signs and Symptoms—14 States, 2003**. *MMWR*. 2006;37(7):175-179.
- Centers for Disease Control and Prevention. **State-Specific Mortality from Sudden Cardiac Death: United States, 1999**. *MMWR*. 2002;51(6):123-126.
- CDC. **Million Hearts: strategies to reduce the prevalence of leading cardiovascular disease risk factors**. United States, 2011. *MMWR*2011;60(36):1248-51.

Email Print

Page last reviewed: August 28, 2013
Page last updated: August 28, 2013
Content source: National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention

File Formats Help

How do I view different file formats (PDF, DOC, PPT, MPEG) on this site?