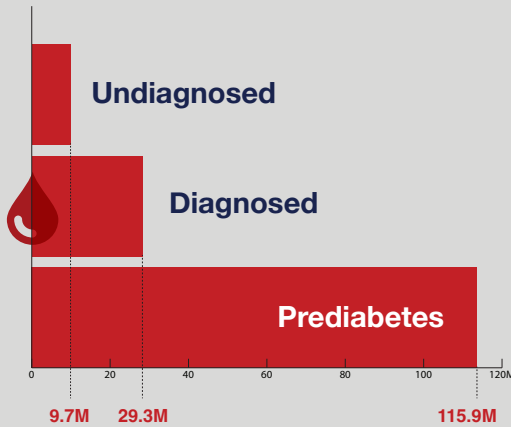




Free Access to the Newest US and Global Data



Heart Disease & Stroke Statistics 2024 Update

The American Heart Association (AHA) **2024 Statistical Update** is a major source for monitoring cardiovascular health, risk factors, and disease in the US and global population. It is published annually in *Circulation* and can be accessed for free at AHAjournals.org/StatUpdate

9.7 million

adults have undiagnosed diabetes

29.3 million

adults have diagnosed diabetes

115.9 million

adults have prediabetes

(based on 2017-2020 data)

25.5%

of US adults have high LDL-C (≥ 130 mg/dL)

(based on 2017-2020 data)



3.72 million

deaths globally were attributed to high LDL-C in 2021



224.0
per 100,000

The age-adjusted US death rate attributable to CVD (based on 2021 data)



On average, someone in the US dies of CVD every **34 seconds**

2552 US deaths from CVD each day (based on 2021 data)



On average, someone in the US dies of a stroke every **3 minutes and 14 seconds**

446 US deaths from stroke each day (based on 2021 data)



237.9
per 100,000

The age-adjusted global death rate attributable to CVD (based on 2021 data)



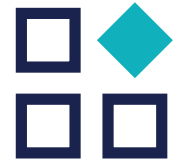
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122.4 million, or 47%,
of US adults are estimated to have hypertension.

(based on 2017-2020 data)



On average,
1 in 4 adults

in the United States reported achieving adequate leisure-time aerobic and muscle-strengthening activities to meet the physical activity guidelines.

(based on 2020 data)



1 in 8
male adults
in the United States
are current smokers.

(based on 2021 data)



1 in 10
female adults
in the United States
are current smokers.

(based on 2021 data)



1 in 7
high school students
in the United States used
e-cigarettes in the past 30 days.

(based on 2022 data)



Every **1 h/night**
decrease in sleep
below the 7-8 h/night
recommended duration
is associated with
6% higher risk
of total CVD.

Every **1 h/night**
increase in sleep
duration above
7-8 h/night is
associated with
12% higher risk
of total CVD.

In 2021, Alzheimer disease and
other dementias affected

57 million
people globally.



Less than 10%
of US adults met the guidelines for whole grain,
whole fruit, and nonstarchy vegetable consumption
each day in 2017-2018.



Access the full report at: AHAjournals.org/StatUpdate