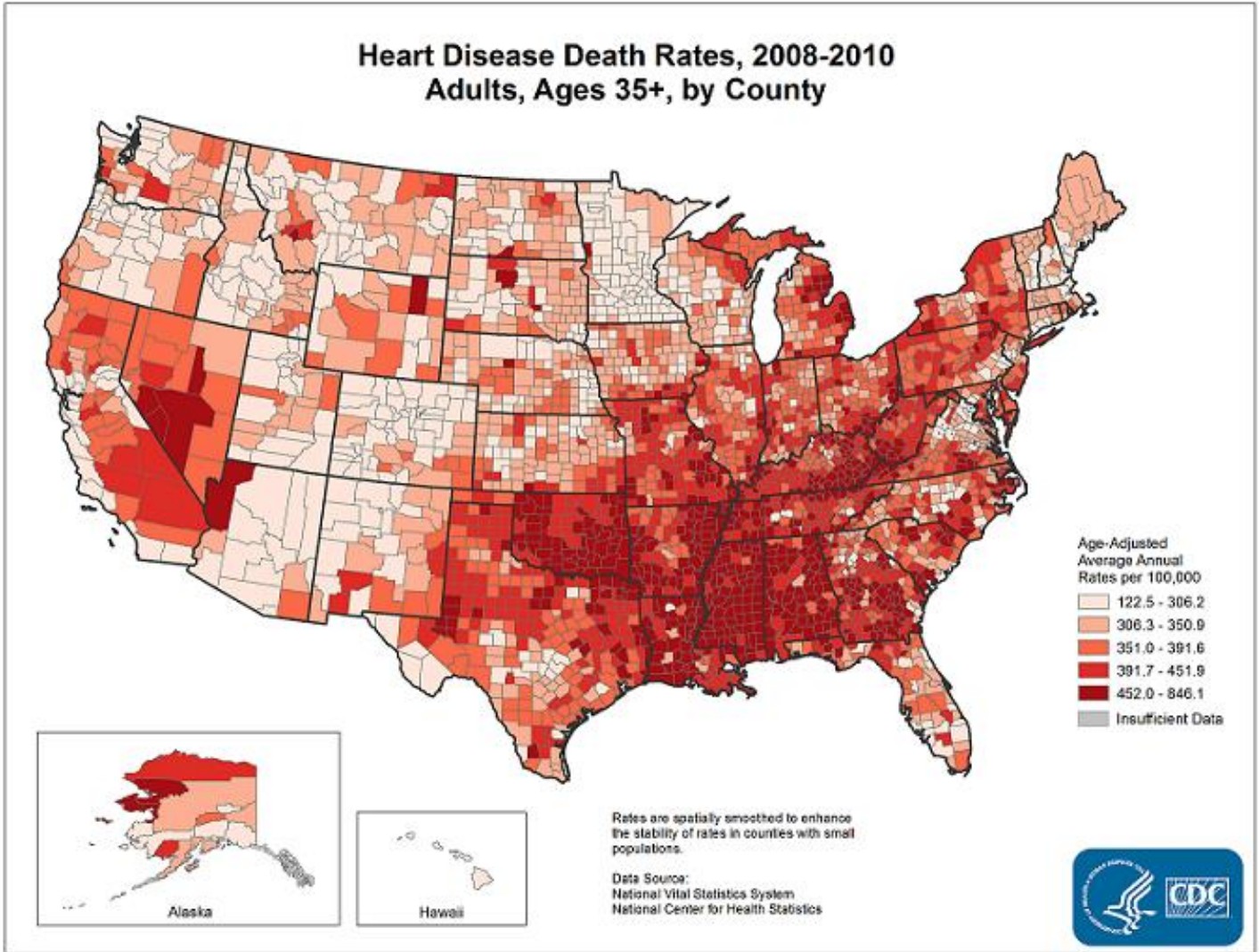




# Heart Disease Fact Sheet



## Heart Disease Facts

- 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.<sup>1</sup>
- About **600,000 Americans** die from heart disease each year—that's **1 in every 4 deaths**.<sup>1</sup>
- Coronary heart disease is the most common type of heart disease, killing more than **385,000 people** annually.<sup>1</sup>

- In the United States, someone has a heart attack **every 34 seconds**. Each minute, someone in the United States dies from a heart disease-related event.<sup>2</sup>
- Heart disease is the **leading cause** of death for people of most racial/ethnic groups in the United States, including African Americans, Hispanics, and whites. For Asian Americans or Pacific Islanders and American Indians or Alaska Natives, heart disease is second only to cancer.<sup>3</sup>
- Coronary heart disease alone costs the United States **\$108.9 billion** each year.<sup>4</sup> This total includes the cost of health care services, medications, and lost productivity.

## Risk Factors

High blood pressure, high LDL cholesterol, and smoking are key heart disease risk factors for heart disease. About **half of Americans** (49%) have at least one of these three risk factors.<sup>5</sup>

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

## CDC's Public Health Efforts

### Million Hearts®

Million Hearts® is a national, public-private initiative of the Department of Health and Human Services to prevent 1 million heart attacks and strokes by 2017. Co-led by CDC and the Centers for Medicare & Medicaid Services, the initiative brings together communities, health care professionals, health systems, nonprofit organizations, federal agencies, and private-sector partners to improve care and empower Americans to make heart-healthy choices.

### State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health

Funded by the Centers for Disease Control and Prevention (CDC), State Public Health Actions is a national program that provides a base level of funding to all 50 states and DC to focus on underlying strategies that address all of these diseases.

### WISEWOMAN

CDC funds 21 WISEWOMAN projects in 19 states and two tribal organizations. WISEWOMAN helps women with little or no health insurance reduce their risk for heart disease, stroke, and other chronic diseases. The program assists women age 40 to 64 in improving their diet, physical activity, and other behaviors. WISEWOMAN also provides cholesterol tests and other screening.

## For More Information

For more information on heart disease, visit the following Web sites.

- [Centers for Disease Control and Prevention](#)
- [American Heart Association](#)\*
- [National Heart, Lung, and Blood Institute](#)

## References

1. Kochanek KD, Xu JQ, Murphy SL, Miniño AM, Kung HC. [Deaths: final data for 2009\[PDF-2M\]](#). *National vital statistics reports*. 2011;60(3).
2. Roger VL, Go AS, Lloyd-Jones DM, Benjamin EJ, Berry JD, Borden WB, et al. [Heart disease and stroke statistics—2012 update: a report from the American Heart Association](#)<http://www.cdc.gov/Other/disclaimer.html>. *Circulation*. 2012;125(1):e2–220.
3. Heron M. [Deaths: Leading causes for 2008\[PDF-2.7M\]](#). *National vital statistics reports*. 2012;60(6).
4. Heidenreich PA, Trogdon JG, Khavjou OA, Butler J, Dracup K, Ezekowitz MD, et al. Forecasting the future of cardiovascular disease in the United States: a policy statement from the American Heart Association. *Circulation*. 2011;123(8):933–44.
5. CDC. [Million Hearts™: strategies to reduce the prevalence of leading cardiovascular disease risk factors](#). United States, 2011. *MMWR* 2011;60(36):1248–51.

\*Links to non-Federal organizations are provided solely as a service to our users. Links do not constitute an endorsement of any organization by CDC or the Federal Government, and none should be inferred. The CDC is not responsible for the content of the individual organization Web pages found at this link.