

## HEART DISEASE QUICK FACTS

Cardiovascular disease (CVD) or “heart disease” is a broad category of diseases that affect the heart and circulatory system. The most common types of heart disease include coronary heart disease, stroke, hypertension (high blood pressure) and heart failure. Risk factors associated with heart disease include diabetes, high cholesterol and triglyceride levels, high blood pressure, overweight and obesity, physical inactivity, and tobacco use.<sup>1</sup>

### PREVALENCE<sup>2</sup>

- An estimated 80 million American adults (one in three) have one or more types of heart disease.<sup>3</sup>
- Of those that suffer a stroke each year, 73 percent are 65 or older.
- High blood pressure (HBP) in blacks in the United States is among the highest in the world. Among all black adults, 41.4 percent have HBP and among black women, 44 percent have HPB.
- American Indians are 2.2 times more likely to have diabetes compared with non-Hispanic whites. Of those American Indians and Alaska Natives with heart disease, 66 percent had diabetes first.<sup>4</sup>

### MORTALITY RATES<sup>5</sup>

- Every year, heart disease kills more Americans than any other disease.
- On average, one American dies every 37 seconds from heart disease.
- Approximately 455,000 women died from heart disease in 2005 - *one woman every minute*.
- Of all the deaths from heart disease, 32 percent occurred prematurely (before age 75).
- The states with the five highest death rates are Mississippi, Alabama, Oklahoma, Louisiana, and Tennessee.

### ECONOMIC COSTS

- In 2009, the total direct and indirect cost of heart disease in the U.S. is projected to be \$475.3 billion. (Includes health care costs, medications and loss of productivity), compared with the estimated total costs of cancer in the U.S. for 2008 was only \$228 billion.
- Total hospital costs in 2009 for heart disease are projected to be \$150.1 billion.
- Total annual costs for coronary heart disease, stroke and hypertension are \$165.4 billion, \$68.9 billion and \$73.4 billion, respectively.

### ACTIONS FOR LEGISLATORS

- Educate constituents about the risk factors associated with heart disease; the benefits of establishing good relationships with their physicians; and the importance of early screening and treatment.
- Increase the availability of screenings and treatments to low-income and minority communities through clinics and public health departments.
- Promote the utilization of Medicare’s preventive services including cholesterol and triglyceride levels screenings, diabetes screening and supplies, and the one-time physical exam.

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<sup>1</sup> The National Center for Health Statistics’ definition of heart disease also includes acute rheumatic fever, chronic rheumatic heart disease, hypertensive heart disease, pulmonary heart disease, congestive heart failure and other diseases.

<sup>2</sup> Prevalence Rates are as of 2006 unless noted otherwise.

<sup>3</sup> American Heart Association. Heart Disease and Stroke Statistics – 2009 Update. Dallas, Texas: American Heart Association; 2009.

<sup>4</sup> Indian Health Statistics. Retrieved from

[http://www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=resourcesFactSheets\\_AIANS08](http://www.ihs.gov/MedicalPrograms/Diabetes/index.cfm?module=resourcesFactSheets_AIANS08)

<sup>5</sup> Mortality Rates are as of 2005 unless noted otherwise.

- Create or support health initiatives to promote life style modifications: cigarette smoking cessation, 30 minutes a day of physical activity, heart healthy diets, weight maintenance and reduction, and evaluation and treatment of depression.