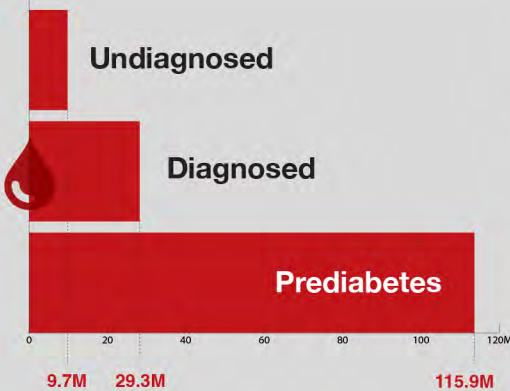


Free Access to the Newest and Nationally Representative US and Global Data

Heart Disease & Stroke Statistics 2023 Update

The **2023 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)



224.4 per 100,000
The age-adjusted US death rate attributable to CVD (based on 2020 data)



239.8 per 100,000
The age-adjusted global death rate attributable to CVD (based on 2020 data)

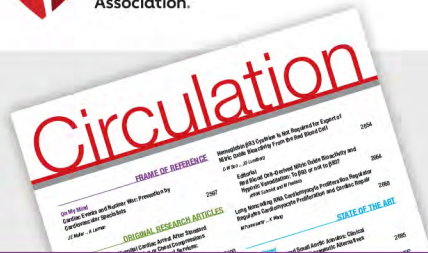
25.5% of US adults have high LDL-C (≥ 130 mg/dL)
(according to 2017-2020 data)



On average, someone in the US dies of CVD every **34 seconds**
2544 US deaths from CVD each day (based on 2020 data)



On average, someone in the US dies of a stroke every **3 minutes and 17 seconds**
439 US deaths from stroke each day (based on 2020 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 2018 data)



1 in 7

male adults

in the United States are current smokers.

(based on 2020 data)



1 in 9

female adults

in the United States are current smokers.

(based on 2020 data)



1 in 9

high school students

in the United States used e-cigarettes in the past 30 days.

(based on 2021 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 2017, Alzheimer disease and Alzheimer disease–related dementia affected **2.9 million** people in the United States.



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