



# **AHA's Annual Heart Disease and Stroke Statistical Update**

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### **Highlights include:**

- **9.8 million** adults have undiagnosed diabetes, **28.2 million** adults have diagnosed diabetes, and **113.6 million** adults have prediabetes. (based on 2015-2018 data)
- **121.5 million**, or 47%, of US adults are estimated to have hypertension. (based on 2015-2018 data)
- **27.8%** of US adults have high LDL-C ( $\geq 130$  mg/dL). (according to 2015-2018 data)
- **1 in 5** high school students in the United States used e-cigarettes in the past 30 days. (based on 2020 data)
- On average, someone in the US dies of CVD every **36 seconds**. About 2396 US deaths from CVD each day. (based on 2019 data)
- On average, someone in the US dies of a stroke every **3 minutes and 30 seconds**. About 411 US deaths from stroke each day. (based on 2019 data)
- **Less than 10%** of US adults met the guidelines for

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- **Less than 10%** of US adults met the guidelines for whole grain, whole fruit, and nonstarchy vegetable consumption each day in 2017-2018.
- Each 1000-steps-per-day increase in activity is associated with a **10% lower risk** of having MetS in US men.
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