

Heart Disease and Stroke Statistics— 2022 Update: A Report From the American Heart Association

What's New This Year?

Full citation:

Tsao CW, Aday AW, Almarzooq ZI, Alonso A, Beaton AZ, Bittencourt MS, Boehme AK, Buxton AE, Carson AP, Commodore-Mensah Y, Elkind MSV, Evenson KR, Eze-Nliam C, Ferguson JF, Generoso G, Ho JE, Kalani R, Khan SS, Kissela BM, Knutson KL, Levine DA, Lewis TT, Liu J, Loop MS, Ma J, Mussolino ME, Navaneethan SD, Perak AM, Poudel R, Rezk-Hanna M, Roth GA, Schroeder EB, Shah SH, Thacker EL, VanWagner LB, Virani SS, Voecks JH, Wang N-Y, Yaffe K, Martin SS; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2022 update: a report from the American Heart Association [published online ahead of print Wednesday, January 26, 2022]. *Circulation*. doi: 10.1161/CIR.0000000000001052

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Contents of this Presentation

Chapters in the 2022 Statistical Update	Slide 3
Key Information	Slide 4
What's New Overall	Slide 10
New data	Slide 11
Additional Resources	Slide 12



2022 Statistical Update Chapters

Summary

1. About These Statistics
2. Cardiovascular Health

Health Behaviors

3. Smoking/Tobacco Use
4. Physical Inactivity
5. Nutrition
6. Overweight and Obesity

Health Factors and Other Risk Factors

7. High Blood Cholesterol and Other Lipids
8. High Blood Pressure
9. Diabetes Mellitus
10. Metabolic Syndrome
11. Adverse Pregnancy Outcomes
12. Kidney Disease
13. Sleep

Cardiovascular Conditions/Diseases

14. Total Cardiovascular Diseases
15. Stroke (Cerebrovascular Diseases)
16. Brain Health
17. Congenital Cardiovascular Defects and Kawasaki Disease

18. Disorders of Heart Rhythm
19. Sudden Cardiac Arrest, Ventricular Arrhythmias, and Inherited Channelopathies
20. Subclinical Atherosclerosis
21. Coronary Heart Disease, Acute Coronary Syndrome, and Angina Pectoris
22. Cardiomyopathy and Heart Failure
23. Valvular Diseases
24. Venous Thromboembolism (Deep Vein Thrombosis and Pulmonary Embolism), Chronic Venous Insufficiency, Pulmonary Hypertension
25. Peripheral Artery Disease and Aortic Diseases Outcomes

Outcomes

26. Quality of Care
27. Medical Procedures
28. Economic Cost of Cardiovascular Disease

Supplemental Materials

29. At-a-Glance Summary Tables
30. Glossary



Key Information*

- The age-adjusted US death rate attributable to cardiovascular disease (CVD), based on 2019 data, is 214.6 per 100,000.
- On average, someone dies of CVD every 36.1 seconds in the US. There are 2,396 deaths from CVD each day, based on 2019 data.
- On average, someone in the US has a stroke every 40 seconds. There are about 795,000 new or recurrent strokes each year, based on 1999 data.
- On average, someone dies of a stroke every 3 minutes and 30 seconds in the US. There are about 411 deaths from stroke each day, based on 2019 data.

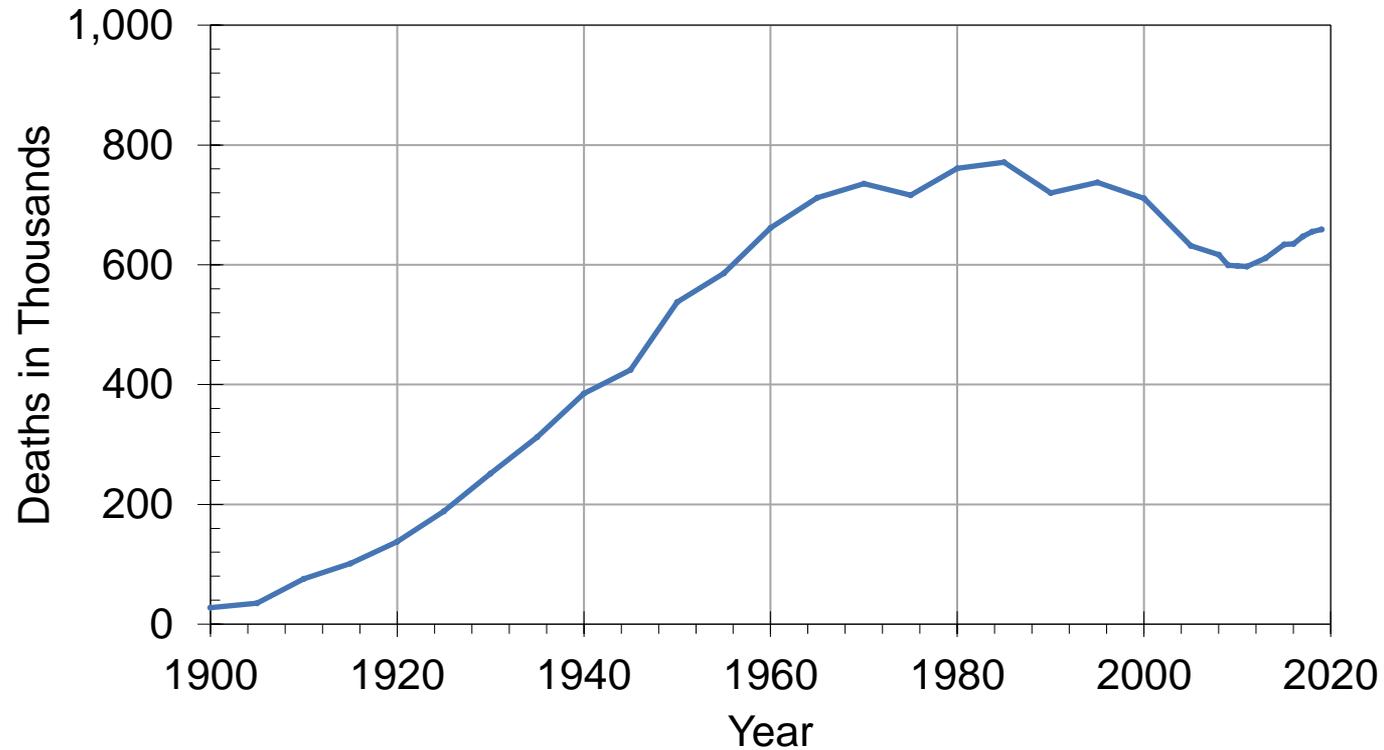
*Please see the Heart Disease and Stroke Statistics-2022 Update for the sources of data and key information presented in this document.

Key Information*

- 121.5 million, or 47% of US adults have hypertension, based on 2015 to 2018 data.
- Approximately 1 in 4 (24.0%) US adults 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 and 1 in 8 female adults in the US are current smokers, based on 2019 data.
- In the prior 30 days, 19.6% of high school students used e-cigarettes, based on 2020 data. In the prior 30 days, 4.5% of adults used e-cigarettes every day or on some days, based on 2019 data.

*Please see the Heart Disease and Stroke Statistics-2022 Update for the sources of data and key information presented in this document.

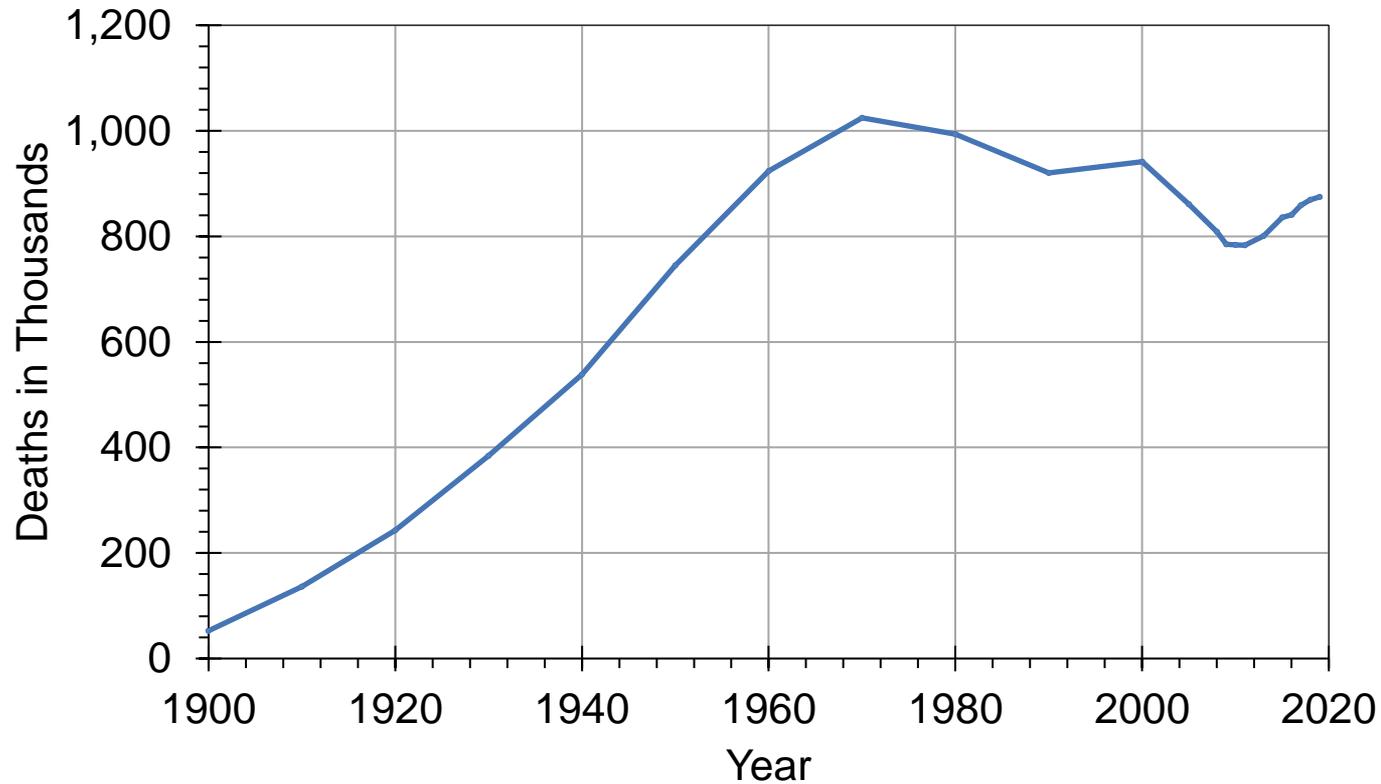
Deaths attributable to diseases of the heart, US, 1900-2019.



Please see Chapter 14 in the Heart Disease and Stroke Statistics-2022 Update for additional information and data source.

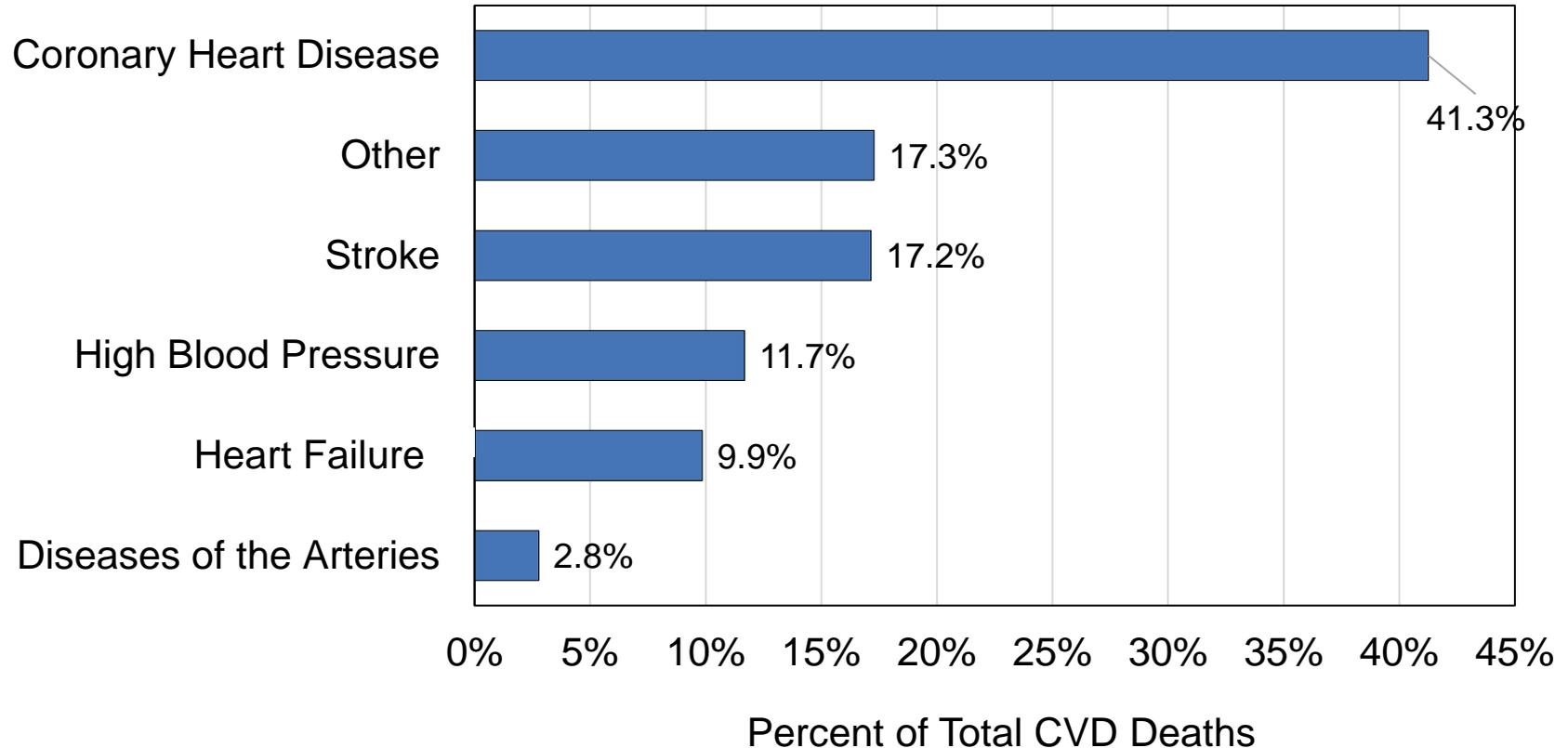


Deaths attributable to cardiovascular disease, US, 1900-2019.



Please see Chapter 14 in the Heart Disease and Stroke Statistics-2022 Update for additional information and data source.

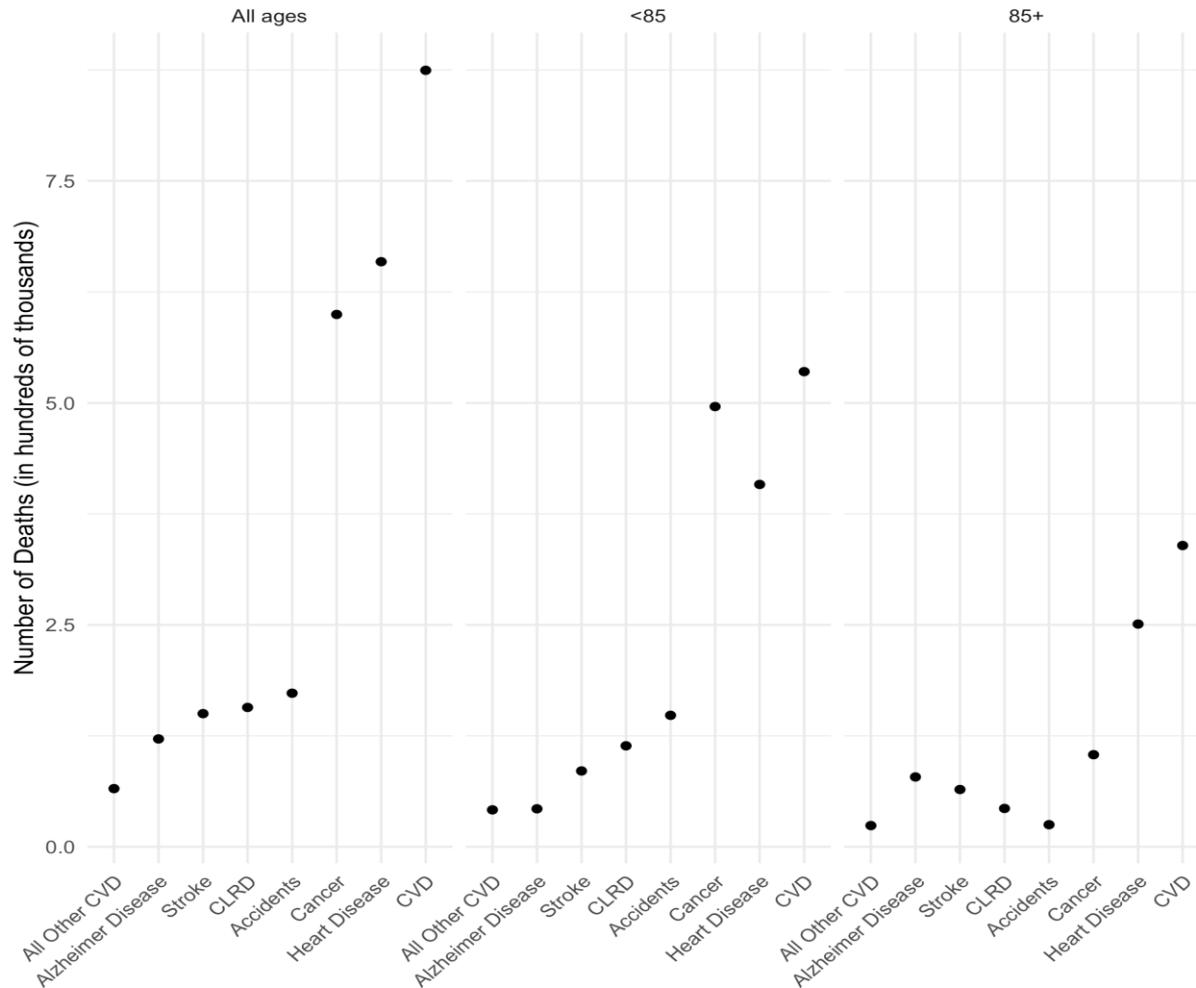
Percentage breakdown of deaths attributable to cardiovascular disease, US, 2019



Coronary heart disease includes *International Classification of Diseases, 10th Revision (ICD-10)* codes I20 to I25; stroke, I60 to I69; HF, I50; high blood pressure, I10 to I13 and I15; diseases of the arteries, I70 to I78; and other, all remaining *ICD-10* categories.

Please see Chapter 14 in the Heart Disease and Stroke Statistics-2022 Update for additional information and data source.

Cardiovascular disease and other major causes of death for all US males and females, 2019.



CVD includes ICD I00-I99.

Please see Chapter 14 in the Heart Disease and Stroke Statistics-2022 Update for additional information and data source.

What's New Overall?

- The 2022 Statistical Update added one new chapter:
Chapter 16: Brain Health
- Inclusion of COVID-19 research

Due to the publication timeline, most research included was early-pandemic research published in 2020.

New data

The 2022 Statistical Update contains updated data for many sources used in each annual Statistical Update. Updated data includes (parentheses include the most recent year or years of data available and presented in the 2022 Statistical Update):

- Mortality (2019)
- Hospital Discharges (2016)
- Physician Office Visits (2018)
- Emergency Department Visits (2018)
- Global CVD Mortality (2017-2019)
- Global Burden of Disease Study (2020)
- Smoking (2019-2020)
- In-Hospital Cardiac Arrest and Out-of-Hospital Cardiac Arrest (2020)
- Quality of Care Data for Heart Failure, Stroke, Myocardial Infarction, and Resuscitation (2019-2020)
- Medical Procedures (2020)
- Each chapter in the Statistical Update contains new text bullets and reprinted charts and tables from a plethora of 2020 publications and a few early-2021 publications.



Additional Resources

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The Office of Science, Medicine and Health produces related Fact Sheets for the Association. These fact sheets contain key statistics for each of the following and will be available on January 26th, 2022 at:

www.heart.org/statistics

American Indians/Alaska Natives and CVD
Asians/Pacific Islanders and CVD
Blacks and CVD
Children and CVD
Females and CVD
Hispanics/Latinos and CVD
Males and CVD
Older Americans and CVD
Whites and CVD

Cardiovascular Health
Congenital Heart Defects
Global Burden of Disease
Heart Disease and Stroke Statistics – At-a-Glance

Many statistics in this Fact Sheet come from unpublished tabulations compiled for this document and can be cited using the document citation listed on the title page of this presentation. The data sources used for the tabulations are listed in the full document. Additionally, some statistics come from published studies. If you are citing any of the statistics in this presentation, please review the full Heart Disease and Stroke Statistics document to determine data sources and original citations.