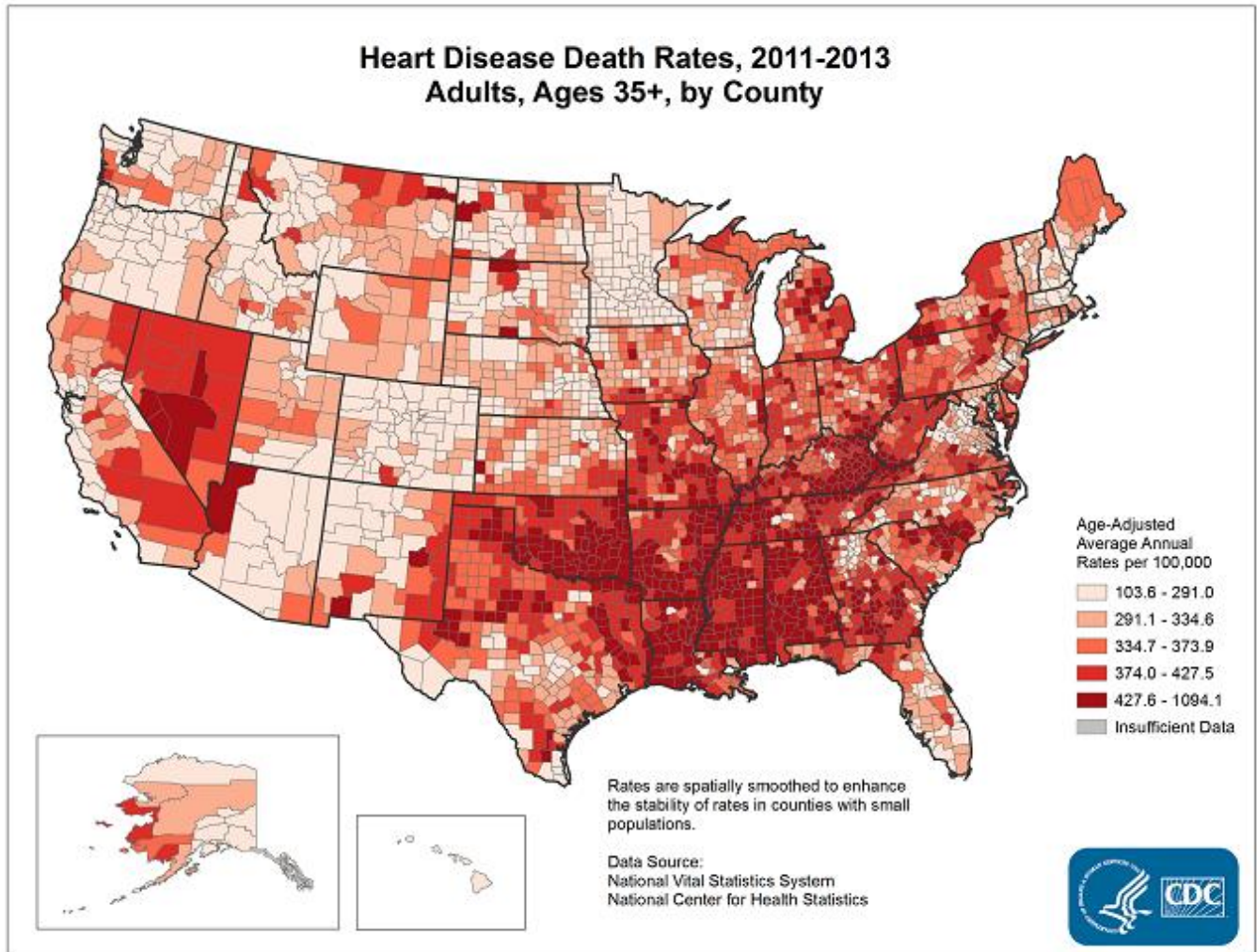




## Heart Disease Fact Sheet



Source: [Interactive Atlas of Heart Disease and Stroke](#)

### 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 **610,000 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 **370,000 people** annually.<sup>1</sup>
- In the United States, someone has a heart attack **every 43 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

- [State Public Health Actions to Prevent and Control Chronic Diseases](#)
- [Million Hearts®](#)
- [WISEWOMAN](#)

## 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

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3. Heron M. [Deaths: Leading causes for 2008\[PDF-2.7M\]\(http://wwwdev.cdc.gov/nchs/data/nvsr/nvsr60/nvsr60\\_06.pdf\)](http://wwwdev.cdc.gov/nchs/data/nvsr/nvsr60/nvsr60_06.pdf). *National vital statistics reports*. 2012;60(6).
4. Heidenriech 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\(http://wwwdev.cdc.gov/mmwr/preview/mmwrhtml/mm6036a4.htm?s\\_cid=mm6036a4\\_w\)](http://wwwdev.cdc.gov/mmwr/preview/mmwrhtml/mm6036a4.htm?s_cid=mm6036a4_w). United States, 2011. *MMWR* 2011;60(36):1248–51.

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