THE NEBRASKA MEDICAL CENTER

Heart Disease

STATISTICS

This year heart disease is at the top of the list of the country's most serious health problems. In fact, statistics show that cardiovascular disease is America's leading health problem, and the leading cause of death. Consider these statistics released by the American Heart Association (AHA):

- At least 80,700,000 people in this country suffer from some form of cardiovascular disease.
- One person in three suffers from some form of cardiovascular disease including:
    - High blood pressure – 73,000,000
    - Coronary heart disease – 16 million
    - Angina pectoris – 9,100,000
    - Myocardial infarction (heart attack) – 8,100,000
    - Stroke – 5,800,000
    - Congenital cardiovascular defects 650,000-1.3 million
    - Heart failure – 5,300,000
- Almost one out of every 2.8 deaths result from cardiovascular disease.
- Since 1900, cardiovascular disease has been the leading cause of death in every year but one – 1918.
- Cardiovascular disease is the cause of more deaths than the next five causes of death combined.
- It is a myth that heart disease is a man's disease. In fact, cardiovascular diseases are the number one killer of women (and men). These diseases currently claim the lives of more than 460,000 females every year.
- In 2004, approximately 32 percent of cardiovascular disease deaths occurred prematurely (before age 75, the approximate average life expectancy in that year).
- The total direct and indirect cost of cardiovascular disease and stroke in the United States for 2008 is estimated at $448.5 billion.
- Stroke killed 150,074 people in 2004 – on average, someone in the US suffers a stroke every 40 seconds; someone dies every three to four minutes from stroke.
- Stroke is a leading cause of serious, long-term disability in the United States and is listed as number three on all causes of death.

American Heart Association. Heart Disease and Stroke Statistics – 2009 Update. Dallas, Texas: American Heart Association; 2009.

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