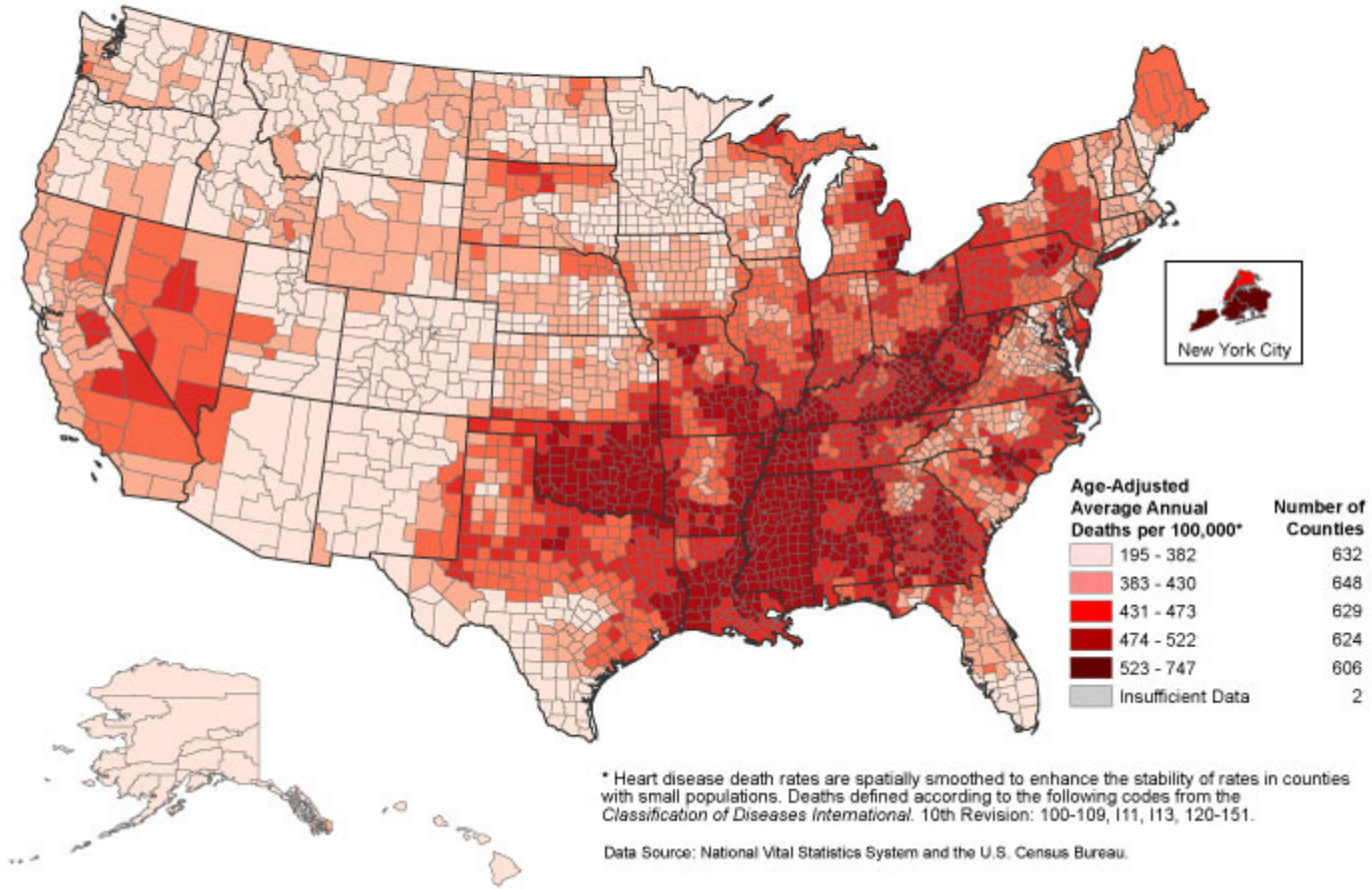




Heart Disease Fact Sheet



Heart Disease Death Rates, 2000-2006 Adults Ages 35 Years and Older, by County



Heart Disease Facts

- Heart disease is the leading cause of death for both men and women. Half of the deaths due to heart disease in 2006 were in women.¹
- In 2006, a total of 631,636 people in the United States died of heart disease.* Of the deaths that year, 26%—or more than one in every four—were caused by heart disease.¹
- In the United States, someone has a heart attack every 34 seconds. Each minute, someone in the United States dies from a heart disease-related event.²
- Heart disease is the leading cause of death for people of most racial/ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian Americans, heart disease is second only to cancer.³
- In 2009, heart disease will cost the United States \$304.6 billion.² This total includes the cost of health care services, medications, and lost productivity.

* For this fact sheet, the term “heart disease” refers to several different types of heart conditions. The most common type is coronary artery disease, also known as coronary heart disease.

Risk Factors

Nine out of 10 heart disease patients have at least one risk factor.² Several medical conditions and lifestyle choices can put people at a higher risk for heart disease, including:

- High cholesterol
- High blood pressure
- Diabetes
- Cigarette smoking
- Overweight and obesity
- Poor diet
- Physical inactivity
- Alcohol use

CDC's Public Health Efforts

CDC's Heart Disease and Stroke Prevention Program

Since 1998, CDC has funded state health departments' efforts to reduce the number of people with heart disease and stroke. Health departments in 41 states and the District of Columbia currently receive funding. The program stresses policy and education to promote heart-healthy and stroke-free living and working conditions. For more information on CDC's National Heart Disease and Stroke Prevention Program, visit www.cdc.gov/dhdsp/state_program/index.htm.

Women and Heart Disease: An Atlas of Racial and Ethnic Disparities in Mortality and Men and Heart Disease: An Atlas of Racial and Ethnic Disparities in Mortality

These two publications present national and state maps depicting disparities in county-level heart disease death rates among the five largest U.S. racial and ethnic groups. This information can help government agencies and communities tailor prevention policies and programs to areas with the greatest burden of heart disease. Interactive versions of the atlases are available at <http://www.cdc.gov/dhdsp/maps/>.

A Public Health Action Plan to Prevent Heart Disease and Stroke

These recommendations—the result of a far-reaching collaboration—help guide the nation's heart disease and stroke prevention efforts. A national forum of experts committed themselves to preventing disease rather than treating it and to transforming public health agencies into effective agents of change. CDC convenes the National Forum for Heart Disease and Stroke Prevention and implements the *Plan*. For more information, visit http://www.cdc.gov/dhdsp/library/action_plan/index.htm.

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

1. Heron MP, Hoyert DL, Murphy SL, Xu JQ, Kochanek KD, Tejada-Vera B. [Deaths: Final data for 2006](#) [PDF–2.3M]. National Vital Statistics Reports; Vol. 57 No. 14. Hyattsville, MD: National Center for Health Statistics. 2009.
2. Lloyd-Jones D, Adams R, Carnethon M, et al. [Heart Disease and Stroke Statistics—2009 Update. A Report from the American Heart Association Statistics Committee and Stroke Statistics Subcommittee](#).* *Circulation*. 2009;119:e21-e181.
3. Heron MP. [Deaths: Leading causes for 2004](#) [PDF–3.2M]. National Vital Statistics Reports; Vol. 56 No. 5. Hyattsville, MD: National Center for Health Statistics. 2007.

*Links to non-Federal organizations are provided solely as a service to our users. Links do not constitute an endorsement of any organization by CDC or the Federal Government, and none should be inferred. The CDC is not responsible for the content of the individual organization Web pages found at this link.