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.¹

- About 610,000 Americans die from heart disease each year—that’s 1 in every 4 deaths.¹

- Coronary heart disease is the most common type of heart disease, killing more than 370,000 people annually.¹

- 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.²
• 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.³

• Coronary heart disease alone costs the United States $108.9 billion each year.⁴ 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.⁵

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**


*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.*