



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

Facts on Men and Heart Disease

- Heart disease is the leading cause of death for men in the United States, killing 321,000 men in 2013—that's **1 in every 4** male deaths.¹
- Heart disease is the **leading cause** of death for men of most racial/ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American or Pacific Islander men, heart disease is second only to cancer.²
- About 8.5% of all white men, 7.9% of black men, and 6.3% of Mexican American men have coronary heart disease.³
- **Half** of the men who die suddenly of coronary heart disease have **no previous symptoms**.³ Even if you have no symptoms, you may still be at risk for heart disease.
- **Between 70% and 89%** of sudden cardiac events occur in men.³

Risk Factors

High blood pressure, high LDL cholesterol, and smoking are key risk factors for heart disease. About **half of Americans** (49%) have at least one of these three risk factors.⁴

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®](#)

For More Information

For more information on men and heart disease, visit the following Web sites—

- [Centers for Disease Control and Prevention](#)
- [American Heart Association](#)
- [National Heart, Lung, and Blood Institute](#)

References

1. Xu, JQ, Murphy, SL., Kochanek, KD, Bastian, BA. Deaths: Final data for 2013. National Vital Statistics Report. 2016;64(2).
2. Heron M. [Deaths: Leading causes for 2008](#). *National vital statistics reports*. 2012;60(6).
3. Roger VL, Go AS, Lloyd-Jones DM, Benjamin EJ, Berry JD, Borden WB, et al. [Heart disease and stroke statistics—2012 update: a report from the American Heart Association](#). *Circulation*. 2012;125(1):e2–220.
4. CDC. [Million Hearts: strategies to reduce the prevalence of leading cardiovascular disease risk factors](#). United States, 2011. *MMWR* 2011;60(36):1248–51.

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