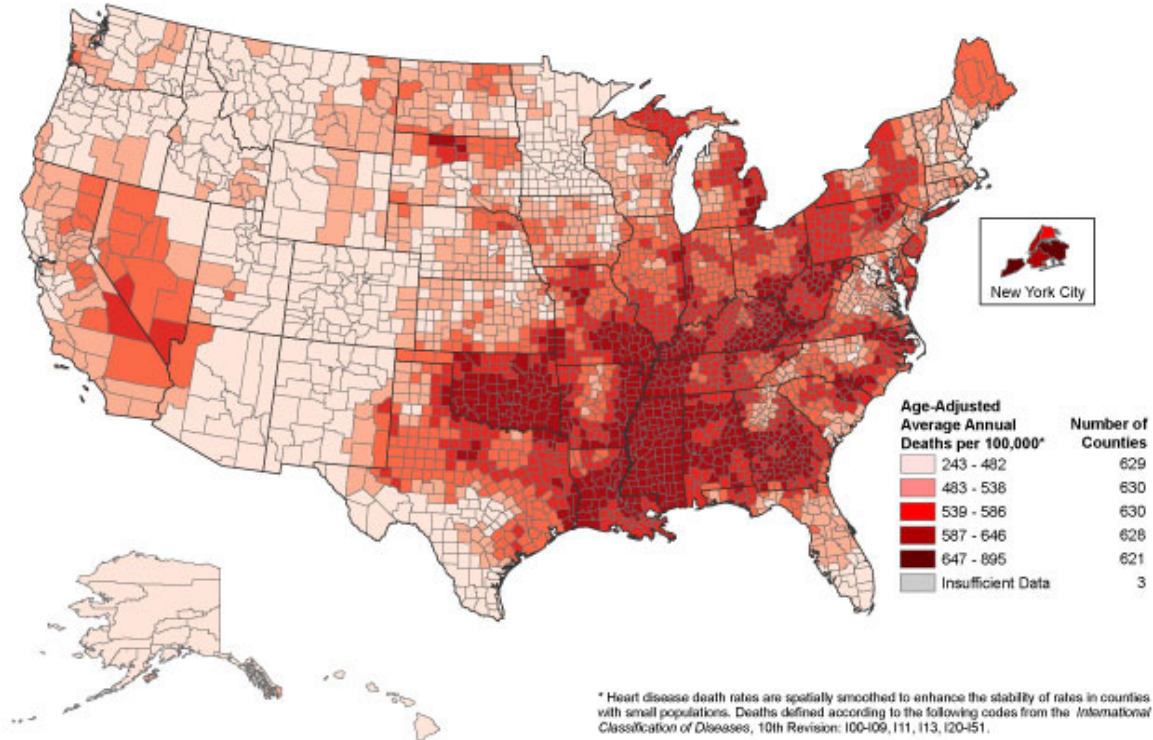


Men and Heart Disease Fact Sheet

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



Data Source: National Vital Statistics System and the U.S. Census Bureau.

Heart Disease Facts and Men

- Heart disease is the leading cause of death for men in the United States. In 2006, 315,706 men died from it.¹
- Heart disease killed 26% of the men who died in 2006—more than one in every four.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 men, heart disease is second only to cancer.²
- In 2006, about 8.8% of all white men, 9.6% of black men, and 5.4% of Mexican American men were living with 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

* For this fact sheet, the term "heart disease" refers to several different types of heart conditions. In the United States, 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.³ Several medical conditions and lifestyle choices can put men 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 or 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 http://www.cdc.gov/dhdsp/state_program/index.htm.

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

This publication presents national and state maps depicting disparities in county-level heart disease death rates among men in 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. An interactive version of the atlas is available at <http://www.cdc.gov/dhdsp/library/publications.htm>.

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 please see http://www.cdc.gov/dhdsp/library/action_plan/index.htm.

For More Information

For more information on heart disease and among men, 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. 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.
3. 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.

*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.