

# Heart Disease and Stroke

Every hour in the U.S., about 83 Americans die from heart disease and stroke. More than a quarter of these deaths could have been prevented or delayed with better control of key risk factors (below) and health-promoting behaviors, including physical activity, healthy diet and avoiding tobacco use (see Sections V.1 and V.2).

## Trends in Heart Disease, Stroke and Key Risk and Protective Factors

Key Indicator	Baseline	Status	Progress
<b>Heart Disease</b>	<b>2005</b>	<b>2012</b>	
Age-adjusted death rate from heart disease	216.8	170.5	●
<b>Stroke</b>	<b>2005</b>	<b>2012</b>	
Age-adjusted death rate from stroke	48.0	36.9	●
<b>Select Risk Factors</b>	<b>2006</b>	<b>2012*</b>	
Aspirin Use: Percent of high-risk adults (post event/diagnosis) who use aspirin	46.1%	53.8% (2010)	●
Blood Pressure Control: Percent of adults with high blood pressure who have it controlled (<140/90)	36.5%	46.3%	▲
Cholesterol Control: Percent of adults with high LDL-Cholesterol who have it controlled	22.3%	29.5%	▲
Sodium Intake: Daily amount of sodium (mg) consumed in food, per person (ages 2+)	3,436	3,463 (2010)	■



Trend in wrong direction



Insufficient Progress



Progress

\* Unless otherwise noted.

## Percent of Deaths from Heart Disease and Stroke that Could Have Been Prevented or Delayed through Changes in Health Habits

**29%** of all deaths attributed to heart disease & stroke

**730,000 deaths** caused by heart disease and stroke each year

**\$312.6 BILLION** annual cost associated with heart disease and stroke in health care expenditures and lost productivity

### HEART DISEASE



**34%**

### STROKE



**33%**