### Health, United States

**Spotlight**

**Health Status & Determinants**

#### ABOUT HEALTH, UNITED STATES

*Health, United States* is the annual report on health, produced by the National Center for Health Statistics and submitted by the Secretary of the Dept. of Health and Human Services to the President and Congress.

The report uses data from government sources as well as private and global sources to present an overview of national health trends. This infographic features four indicators from the report’s Health Status & Determinants subject area.

For more information, visit the *Health, United States* website at: [http://www.cdc.gov/nchs/hus.htm](http://www.cdc.gov/nchs/hus.htm).

#### CAUSES OF DEATH

**ABOUT THE DATA**

**Source:** NCHS/National Vital Statistics System (NVSS)

**Methodology:** Cause of death was certified by an attending physician, coroner, or medical examiner and recorded on the death certificate.

**Note:** Data represent resident deaths in the United States. U.S. territories not included.

**TOP 5 CAUSES OF DEATH FOR ADULTS AGED 25–44**

1. Unintentional injuries  
2. Cancer  
3. Heart disease  
4. Suicide  
5. Homicide

528,725 deaths in 2014

Top 5 causes of death accounted for 69.4% of all deaths among adults aged 25–44 in 2014.

**TOP 5 CAUSES OF DEATH FOR ADULTS AGED 45–64**

1. Cancer  
2. Heart disease  
3. Unintentional injuries  
4. Liver disease & cirrhosis  
5. Chronic lower respiratory diseases

3,286,570 deaths in 2014

Top 5 causes of death accounted for 66.8% of all deaths among adults aged 45–64 in 2014.

#### DIABETES

**ABOUT THE DATA**

**Source:** NCHS/National Health and Nutrition Examination Survey (NHANES)

**Participants:** Noninstitutionalized civilians. Pregnant women not included.

**Methodology:**
- Physician-diagnosed diabetes was self-reported by participants.
- Undiagnosed diabetes was detected using blood samples collected during the survey in Mobile Examination Centers.

Diabetes prevalence among adults aged 20 and over, by age: 2011–2014

- **Total**: 21.9%
- **Undiagnosed**: 4.3%
- **Physician-diagnosed**: 16.6%

**TOTAL DIABETES WAS MOST COMMON AMONG OLDER ADULTS IN 2011–2014.**

Older adults were approximately 1.6 times as likely to have total diabetes as middle-aged adults and approximately 6.6 times as likely to have total diabetes as young adults.

Undiagnosed diabetes was a greater percent of total diabetes prevalence among young adults.

**“UNDIAGNOSED DIABETES”**

- **No physician diagnosis**
- **Fasting plasma glucose** $\geq 126$ mg/dL
- **Hemoglobin A1c** $\geq 6.5$

- **Young adults**: 1.4%
- **Middle-aged adults**: 4.0%
- **Older adults**: 2.6%

- **Physician-diagnosed**
- **Young adults**: 4.0%
- **Middle-aged adults**: 12.3%
- **Older adults**: 21.9%

- **Undiagnosed**
- **Young adults**: 4.0%
- **Middle-aged adults**: 12.3%
- **Older adults**: 21.9%
### Substance Use

**About the Data**

**Source:** SAMHSA/National Survey on Drug Use and Health (NSDUH)

**Respondents:** Noninstitutionalized adolescents.

**Methodology:** Drug use was self-reported by the respondent in a private and confidential setting.

**Notes:**
- Illicit drugs include marijuana and hashish, cocaine and crack, heroin, hallucinogens, inhalants, and psychotherapeutic drugs used nonmedically.
- Tobacco products include tobacco cigarettes (not e-cigarettes), smokeless tobacco, cigars, and pipe tobacco.

#### Any use of selected substances in the past 30 days among adolescents aged 12–17, by type of substance and age: 2004–2014

![Graph showing trends in substance use among adolescents](image)

- **Illicit drugs:**
  - 16–17 years: 16.5%
  - 14–15 years: 7.9%
  - 12–13 years: 3.4%

- **Alcohol:**
  - 16–17 years: 23.3%
  - 14–15 years: 8.5%
  - 12–13 years: 2.1%

- **Tobacco:**
  - 16–17 years: 14.4%
  - 14–15 years: 5.1%
  - 12–13 years: 1.1%

#### How did any use of illicit drugs, alcohol, or tobacco in the past 30 days among adolescents change from 2004 to 2014?

- **Illicit drugs:**
  - Stable in 16–17 years
  - Decrease in 14–15 years
  - Stable in 12–13 years

- **Alcohol:**
  - Decrease in 16–17 years
  - Decrease in 14–15 years
  - Decrease in 12–13 years

- **Tobacco:**
  - Decrease in 16–17 years
  - Decrease in 14–15 years
  - Stable in 12–13 years

#### # of Adolescent Illicit Drug Users in the Past 30 Days (2014):

- **2.3 Million**

#### Most Popular Illicit Drug Among Adolescents (2014):

- MARIJUANA

#### # of Adolescent Alcohol Users in the Past 30 Days (2014):

- **2.9 Million**

#### Adolescent Binge Alcohol Users (2014):

- **1.5 Million**

#### # of Adolescent Tobacco Users in the Past 30 Days (2014):

- **1.7 Million**

#### Most Popular Tobacco Product Among Adolescents (2014):

- CIGARETTES

### Asthma & Allergies

**About the Data**

**Source:** NCHS/National Health Interview Survey (NHIS)

**Respondents:** Noninstitutionalized civilians.

**Methodology:** Asthma attacks and allergic reactions were reported by the child’s parent or a knowledgeable adult.


![Graph showing trends in allergic reactions](image)

- **Asthma attack:**
  - 2003–2005: 5.8%
  - 2012–2014: 5.6%

- **Food allergy:**
  - 2003–2005: 3.6%
  - 2012–2014: 5.5%

- **Skin allergy:**
  - 2003–2005: 9.1%
  - 2012–2014: 11.2%

- **Respiratory allergy:**
  - 2003–2005: 20.0%
  - 2012–2014: 18.4%


- Poorly-controlled asthma can negatively impact:
  - School attendance
  - Academic performance

- Food allergies
- Skin allergies
- Respiratory allergies

**For additional information on Health, United States, see**

**For further information about NCHS and its programs, see**