

BY THE NUMBERS

HEART HEALTH

FACTS AND STATS ON TOP HEALTH CONDITIONS

By Heather Hatfield

Number of people in the U.S. who will die this year because of cardiovascular disease: 800,000



2,200

Number of people in the U.S. who will die each day this year because of cardiovascular disease

17 million

Number of people around the world who will die this year because of cardiovascular disease



23 million

Number of people around the world who will die in 2030 because of cardiovascular disease

49

Percentage of Americans who have at least 1 of the 3 leading risk factors for heart disease—smoking, high blood pressure, high LDL

#1

Ranking of cardiovascular disease as a cause of death in the U.S.

\$108.9 billion

Annual cost of coronary heart disease in the U.S., including health care services, medications, and lost productivity



98.9 million

Number of Americans with high cholesterol levels (above 200 mg/dL)

Increased risk of heart disease among smokers vs. that of nonsmokers

2-4X



Reduction in risk of heart disease one year after quitting smoking

50%



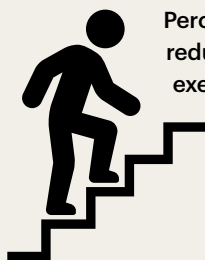
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Percentage of global cardiovascular disease attributed to diets high in saturated fats and low in fruits and vegetables



31.9 million

Number of Americans with very high cholesterol levels (above 240 mg/dL)



Percentage heart disease risk is reduced by moderate-intensity exercise for about 20 minutes every day

15%

2-4X

Increased risk of cardiovascular disease if you have diabetes