

Heart Disease and Stroke Statistics—2019 Update

116.4 million, or 46% of US adults are estimated to have hypertension. These are findings related to the new 2017 Hypertension Clinical Practice Guidelines.

1 in 5 adults, or 22.5% of American adults, reported achieving adequate leisure time aerobic and muscle-strengthening activities to meet the physical activity guidelines, based on 2016 data.

1 in 6 males and 1 in 7 females in the United States are current smokers, based on 2016 data.

By 2035, more than 130 million adults, or 45.1% of the US population, are projected to have some form of CVD. Total costs of CVD are expected to reach \$1.1 trillion in 2035, with direct medical costs projected to reach \$748.7 billion and indirect costs estimated to reach \$368 billion.

Source: American Heart Association

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