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9.7 million
adults have undiagnosed diabetes

29.3 million
adults have diagnosed diabetes

115.9 million
adults have prediabetic

224.0
per 100,000
The age-adjusted US death rate attributable to CVD based on 2017 data

237.9
per 100,000
The age-adjusted global death rate attributable to CVD based on 2017 data

Heart Disease & Stroke Statistics 2024 Update

The American Heart Association's **2024 Statistical Update** is a major source for monitoring cardiovascular health, risk factors, and disease in the US and global population. It is published annually in *Circulation* and can be accessed for free at [AHAjournals.org/StatUpdate](https://www.ahajournals.org/statupdate)

25.5%
of US adults have high LDL-C (≥ 160 mg/dL)
Based on 2017-2020 data

3.72 million
deaths globally were attributed to high LDL-C in 2021



On average, someone in the US dies of CVD every **34 seconds**
2018 US deaths from CVD
each day based on 2017 data



On average, someone in the US dies of a stroke every **3 minutes and 14 seconds**
2018 US deaths from stroke
each day based on 2017 data



Heart Disease & Stroke Statistics
2024 Update

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122.4 million, or 47%,
of US adults are estimated to have hypertension.
Based on 2017-2020 data

On average,
1 in 4 adults
in the United States reported achieving adequate leisure-time aerobic and muscle-strengthening activities to meet the physical activity guidelines.
Based on 2017 data

1 in 8
male adults
in the United States are current smokers
Based on 2017 data

1 in 10
female adults
in the United States are current smokers
Based on 2017 data

1 in 7
high school students
in the United States went to cigarettes in the past 30 days.
Based on 2017 data

Every 1 h/night decrease in sleep below the 7-8 h/night recommended duration is associated with 6% higher risk of total CVD.

Every 1 h/night increase in sleep duration above 7-8 h/night is associated with 12% higher risk of total CVD.

In 2021, Alzheimer disease and other dementias affected **57 million** people globally.

Less than 10%
of US adults met the guidelines for whole grain, whole fruit, and nonstarchy vegetable consumption each day in 2017-2018.

Access the full report at: [AHAjournals.org/StatUpdate](https://www.ahajournals.org/statupdate)

Heart Disease Americas Number One Killer

Thomas Griffiths



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