

# Burden of heart disease, stroke quantified in united states

December 23 2013

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Image courtesy of Blausen Medical

(HealthDay)—The burden of heart disease and stroke is considerable in the United States, according to a American Heart Association Statistical Update published online Dec. 18 in *Circulation*.

Alan S. Go, M.D., from Kaiser Permanente of Northern California in Oakland, and colleagues reviewed all relevant literature from the past year and presented up-to-date national data on [heart disease](#), [stroke](#), and other cardiovascular (CVD)-related morbidity and mortality.

The authors note that the overall CVD disease burden remains high, with an overall death rate of 235.5 per 100,000 in 2010, down 31 percent from 2000. CVD accounted for about one in three deaths in the United States, with [coronary heart disease](#) and stroke causing one in six and one in 19 deaths, respectively. Poor cardiovascular health behaviors account

for a considerable proportion of CVD mortality, with adjusted estimated population attributable fractions of 40.6 percent for high blood pressure; 13.7 percent for smoking; 13.2 percent for poor diet; 11.9 percent for insufficient physical activity; and 8.8 percent for abnormal blood glucose levels. In 2010, the total direct and indirect costs of CVD and stroke were estimated at \$315.4 billion—more than any other diagnostic group.

"The Statistical Update is a critical resource for researchers, clinicians, health care policy makers, media professionals, the lay public, and many others who seek the best available national data on heart disease, stroke, and other cardiovascular disease-related morbidity and mortality," the authors write.

Several authors disclosed financial ties to the pharmaceutical and medical technology industries.

**More information:** [Abstract](#)  
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Citation: Burden of heart disease, stroke quantified in united states (2013, December 23)  
retrieved 10 April 2024 from  
<https://medicalxpress.com/news/2013-12-burden-heart-disease-quantified-states.html>

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