



# 2021 Heart Disease & Stroke Statistical Update Fact Sheet

## Cardiovascular Health

### Summary of Cardiovascular Health (CV) of All Americans

- For most metrics based on 2015 to 2016 data or 2017 to 2018 data, the prevalence of ideal levels of health behaviors and health factors was higher in US adolescents than in US adults. The exceptions are diet and physical activity (PA), for which prevalence of ideal levels in adolescents was lower than in adults.
- Based on 2015 to 2016 and 2016 to 2017 data, among US children 12 to 19 years of age, the prevalence (unadjusted) of ideal levels of cardiovascular health behaviors and factors varied from 0% for the healthy diet pattern (0 in 100 US children meets at least 4 of the 5 dietary components) to >85% for the smoking, blood pressure (BP), and fasting glucose/HbA1c metrics.
- Among US adults from 2015 to 2016 and 2017 to 2018, the age-standardized prevalence of ideal levels of cardiovascular health behaviors and factors varied from <1% for Healthy Diet Score to up to 80% for never having smoked or being a former smoker who has quit for >12 months.

### CV Health in Adolescents

- In 2015 to 2016 and 2017 to 2018, the majority of youth 12 to 19 years of age met ideal cardiovascular health metrics for diabetes, BP, total cholesterol, body mass index, and smoking.

### CV Health in Adults

- In 2015 to 2016 and 2017 to 2018, the majority of US adults met ideal cardiovascular health metrics for diabetes, total cholesterol, and smoking.

### CV Health and Race

- Among the components of cardiovascular health from 2015 to 2016 and 2017 to 2018 in US youth 12 to 19 years of age:
  - NH Asian youth had the highest percent meeting the ideal smoking metric.
  - NH Asian youth had the highest percent meeting the ideal body mass index metric.
  - NH White youth had the highest percent meeting the ideal PA metric.
  - No youth racial group met the ideal Healthy Diet Score metric.
  - Mexican American youth had the highest percent meeting the ideal total cholesterol metric.
  - NH White youth had the highest percent meeting the ideal BP metric.
  - NH Black youth had the highest percent meeting the ideal diabetes metric.
- Among the components of cardiovascular health from 2015 to 2016 and 2017 to 2018 in US adults 20 years of age and older:
  - NH Asian adults had the highest percent meeting the ideal smoking metric.
  - NH Asian adults had the highest percent meeting the ideal body mass index metric.
  - NH White adults had the highest percent meeting the ideal PA metric.
  - NH Asian adults had the highest percent meeting the ideal Healthy Diet Score metric.
  - NH Black adults had the highest percent meeting the ideal total cholesterol metric.
  - NH Asian adults had the highest percent meeting the ideal BP metric.

Unless otherwise noted, all statistics in this Fact Sheet pertain to the United States.

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- NH Black adults had the highest percent meeting the ideal diabetes metric.

For additional information, charts and tables, see  
[Heart Disease & Stroke Statistics – 2021 Update](#)

Additional charts may be downloaded directly from the [online publication](#) or [www.heart.org/statistics](http://www.heart.org/statistics)

Many statistics in this Fact Sheet come from unpublished tabulations compiled for this document and can be cited using the document citation listed below. The data sources used for the tabulations are listed in the full document. Additionally, some statistics come from published studies. If you are citing any of the statistics in this factsheet, please review the full Heart Disease and Stroke Statistics document to determine data sources and original citations.

The American Heart Association requests that this document be cited as follows:

Virani SS, Alonso A, Aparicio HJ, Benjamin EJ, Bittencourt MS, Callaway CW, Carson AP, Chamberlain AM, Cheng S, Delling FN, Elkind MSV, Evenson KR, Ferguson JF, Gupta DK, Khan SS, Kissela BM, Knutson KL, Lee CD, Lewis TT, Liu J, Loop MS, Lutsey PL, Ma J, Mackey J, Martin SS, Matchar DB, Mussolino ME, Navaneethan SD, Perak AM, Roth GA, Samad Z, Satou GM, Schroeder EB, Shah SH, Shay CM, Stokes A, VanWagner LB, Wang N-Y, Tsao CW; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2021 update: a report from the American Heart Association [published online ahead of print January 27, 2021]. *Circulation*. doi: 10.1161/CIR.0000000000000950

If you have questions about statistics or any points made in the 2021 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at [statistics@heart.org](mailto:statistics@heart.org). Please direct all media inquiries to News Media Relations at <http://newsroom.heart.org/newsmedia/contacts>.