**DIVISION FOR HEART DISEASE AND STROKE PREVENTION FY 2024 ACT SHEET**

**CDC’s Heart Disease and Stroke Prevention Program**

CDC works with state health agencies and other partners to prevent, detect, and treat risk factors for heart disease and stroke. CDC supports state-based heart disease and stroke prevention activities, Million Hearts, the Paul Coverdell Acute Stroke Registry Program, Sodium Reduction in Communities Program, and the WISEWOMAN program. **Additional funding for the program would allow CDC to continue to provide critical resources for states to focus on this common and often preventable cause of death and disability.**

**Basic Facts about Heart Disease and Stroke**

* Heart disease is the **leading cause of death** for men, women, and people of most racial and ethnic groups in the United States.1
* Heart disease kills roughly the same number of people in the United States each year as cancer, lower respiratory diseases (including pneumonia), and accidents combined.2
* One person dies every 34 seconds in the United States from cardiovascular disease.1
* About 697,000 people in the United States died from heart disease in 2020—that’s 1 in every 5 deaths.1
* Each year, an estimated 795,000 people experience a stroke. On average, one American dies from stroke every 3.5 minutes.3

**Cost of Heart Disease and Stroke to the American Healthcare System**

* Currently, 1 in every 6 health care dollars is spent on cardiovascular disease.2 By 2035, cardiovascular disease direct medical costs will be nearly $750 billion 4
* Heart disease costs the United States about $**229 billion**each year from 2017 to 2018.2 This includes the cost of health care services, medicines, and lost productivity due to death1
* Stroke-related costs in the United States came to nearly **$53 billion** between 2017 and 20183

**Heart Disease and Stroke are Preventable and Controllable**

* One in 3 U.S. adults has at least one of the following major risk factors for cardiovascular disease: uncontrolled high blood pressure, uncontrolled high LDL (bad) cholesterol, tobacco product use, obesity, and/or diabetes.3
* Nearly half of adults, or 116 million, who have high blood pressure have hypertension, and less than[[1]](#footnote-1) 1 in 4 adults have their condition under control.5
* Reducing average population sodium intake to 2,300 mg per day could reduce cases of high blood pressure by 11 million each year, as well as save $18 billion in healthcare dollars annually.6
* Almost 2 in 5 adults in the United States have high cholesterol (total blood cholesterol ≥ 200 mg/dL). A 10% decrease in total cholesterol levels in the U.S. population overall may result in an estimated 30% reduction in the incidence of heart disease.7
* Cigarette smokers are 2-4 times more likely to develop coronary heart disease and 2-4 times more likely to have a stroke as nonsmokers.8

1. <https://www.cdc.gov/heartdisease/facts.htm>

   2 <https://millionhearts.hhs.gov/learn-prevent/cost-consequences.html>

   3 <https://www.cdc.gov/stroke/facts.htm>

   4  https://www.heart.org/-/media/Files/About-Us/Policy-Research/Fact-Sheets/Public-Health-Advocacy-and-Research/CVD-A-Costly-Burden-for-America-Projections-Through-2035.pdf

   5 <https://millionhearts.hhs.gov/data-reports/hypertension-prevalence.html>

   6 <https://www.cdc.gov/heartdisease/sodium>

   7 <https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_state_cholesterol.htm>

   8 <https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm> [↑](#footnote-ref-1)