

## HEART DISEASE AND STROKE PREVENTION

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### Background

Heart disease is the leading cause of death for people of most racial and ethnic groups in the United States. In 2022, 702,880 people died from heart disease. That equates to one in every five deaths. In 2022, one in six deaths (17.5%) from cardiovascular disease (CVD) was due to stroke. Stroke is also the leading cause of serious long-term disability in the United States. People in rural areas are 40% more likely to develop heart disease and have a 30% higher risk of suffering from a stroke than those who live in urban areas.

### CDC Programs Addressing Heart Disease and Stroke Prevention

CDC's Division for Heart Disease and Stroke Prevention (DHDSP) supports programs in all 50 states, the District of Columbia, and 12 tribes to guide and educate Americans on how to make healthier lifestyle decisions for heart disease and stroke prevention and support states in stroke treatment. DHDSP funds and supports:

- The Million Hearts® initiative, (co-led by CDC and the Centers for Medicare & Medicaid Services) works with other federal agencies and private-sector partners to raise awareness about heart disease and stroke.
- The WISEWOMAN program screens women aged 35 to 64 for chronic disease risk factors and refers them to lifestyle programs to prevent heart disease and strokes.
- The Paul Coverdell National Acute Stroke Program assists states in measuring, tracking, and improving the quality of care for stroke patients, as well as works to reduce death and disability from stroke.

Additional funding for these programs would allow CDC to continue to provide critical resources for states to focus on this common and often preventable cause of death and disability.

### The Cost of Heart Disease and Stroke

- Heart disease cost the health system and the economy about \$252.2 billion from 2019 to 2020 in healthcare services, medicines, and lost productivity due to death.
- Stroke-related costs for the health system and the economy were approximately \$56.2 billion between 2019 and 2020, including healthcare services, medicines to treat stroke, and missed work days.
- From 2020 to 2050, annual healthcare costs for cardiovascular conditions are projected to almost quadruple, from \$393 billion to \$1490 billion, and productivity losses are projected to increase by 54%.

### Preventing Heart Disease and Stroke

About 80% of CVD can be prevented through healthy lifestyle changes and working with health care practitioners to control stroke risk factors. For instance, reducing the average population sodium intake to 2,300 mg per day could reduce instances of high blood pressure (the driving risk factor of CVD) by 11 million cases each year and save \$18 billion in health care dollars annually.

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