2026 Heart Disease & Stroke Statistics Update Fact Sheet
Males & Cardiovascular Diseases in the United States

Cardiovascular Disease (CVD) (ICD-10 I00 to I99)

- According to 2021 to 2023 data, 53.7% of males 20 years of age and older had some form of CVD, compared with 44.1% of females.
- According to 2021 to 2023 data, of males 20 years of age and older, 63.0% of non-Hispanic (NH) Black males, 53.2% of Hispanic males, 52.8% of NH White males, and 48.6% of NH Asian males had some form of CVD.
- In 2023, CVD caused the deaths of 482 719 US males (52.7% of deaths from CVD).
- In 2023, the age-adjusted mortality rates for CVD as the underlying cause of death were 263.0 per 100 000 for males and 180.2 per 100 000 for females.
- In 2022, 55 390 peripheral arterial bypass procedures were performed and 36 355 of those were in males. Of the 435 895 percutaneous coronary intervention procedures performed, 295 040 were in males.
- In 2024, 4572 heart transplantations were performed in the United States, the most ever. Of those, 71.8% were in males.

Coronary Heart Disease (CHD) (ICD-10 I20 to I25 [includes Myocardial Infarction (MI) ICD-10 I21 to I22])

- According to data from 2021 to 2023, 9.9 million males (6.9% of male adults) 20 years of age and older had CHD; 5.7 million males (3.8% of male adults) had a history of myocardial infarction (MI).
- Among males 20 years of age and older between 2021 and 2023, 7.6% of NH White males, 5.6% of Hispanic males, 5.0% of NH Black males, and 4.4% of NH Asian males had CHD.
- Among males 20 years of age and older between 2021 and 2023, 4.4% of NH White males, 3.2% of NH Black males, 3.0% of Hispanic males, and 1.5% of NH Asian males had a previous MI.
- Based on data from 2005 to 2014, the average age at first MI is 65.6 years for males and 72.0 years for females.
- CHD was the underlying cause of death in 212 218 males in 2023 (60.7% of all CHD deaths); 56 429 males died with MI as the underlying cause of death (60.5% of all MI deaths).
- In 2023, the age-adjusted mortality rates for CHD as the underlying cause of death were 113.5 per 100 000 for males and 56.8 per 100 000 for females.
- In 2023, the age-adjusted mortality rates for MI as the underlying cause of death were 29.5 per 100 000 for males and 15.4 per 100 000 for females.

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Stroke (ICD-10 I60 to I69)

- Between 2021 and 2023, the prevalence of stroke among males 20 years of age and older was 4.7 million (3.3% of males) vs. 4.3 million among females (2.6% of females).
- Among males 20 years of age and older, the following had a previous stroke: 3.9% of NH Black males; 3.9% of NH Asian males, 3.5% of Hispanic males, and 3.5% of NH White males.
- In 2023, stroke caused the deaths of 70 920 males (43.6% of all stroke deaths).
- In 2023, the age-adjusted mortality rates for stroke as the underlying cause of death were 39.3 per 100 000 for males and 38.1 per 100 000 for females.

Sudden Cardiac Arrest (SCA) (ICD-10 I46.0, I46.1, I46.9, I49.0)

- In 2023, there were 10 080 male deaths with the underlying cause of SCA (55.6%% of SCA deaths).
- In 2023, the age-adjusted mortality rates for SCA as the underlying cause of death were 5.3 per 100 000 for males and 3.4 per 100 000 for females.
- In 2023, there were 202 399 male deaths with any mention of SCA on the death certificate (53.2% of any-mention SCA deaths).
- In 2023, the age-adjusted any-mention mortality rates for SCA were 107.9 per 100 000 for males and 75.3 per 100 000 for females.

Heart Failure (HF) (ICD-10 I50)

- About 4.3 million adult males (3.0% of adult males) 20 years of age and older between 2021 and 2023 had HF.
- Between 2021 and 2023, the prevalence of HF for males 20 years of age and older was 3.6% of NH Black males; 3.0% of NH White males, 2.3% of Hispanic males, and 1.3% of NH Asian males.
- In 2023, there were 43 101 male deaths from HF (48.0% of all HF deaths).
- In 2023, the age-adjusted mortality rates for HF as the underlying cause of death were 24.6 per 100 000 for males and 19.1 per 100 000 for females.
- In 2023, there were 211 047 male deaths with any mention of HF on the death certificate (50.5% of any-mention HF deaths).
- In 2023, the age-adjusted any-mention mortality rates for HF were 118.6 per 100 000 for males and 84.9 per 100 000 for females.

High Blood Pressure (HBP) (ICD-10 I10 to I15)

- In 2021 to 2023, 65.6 million males 20 years of age and older had HBP (51.6% of males).
- In 2021 to 2023, a higher percentage of males than females had HBP in all age categories until 74 years of age. For those 75 years of age and older, the percentage of females with HBP was higher than for males.
- Among males 20 years of age and older between 2021 and 2023, 62.3% of NH Black males, 51.5% of Hispanic males, 50.4% of NH White males, and 47.3% of NH Asian males had HBP.
- Of males with HBP between 2021 and 2023, 21.0% of NH White males, 20.1% of NH Asian males; 16.9% of NH Black males, and 17.6% of Hispanic males had their blood pressure under control.
- In 2023, 64 812 males died from HBP (48.8% of deaths from HBP).
- In 2023, the age-adjusted mortality rates for HBP as the underlying cause of death were 35.5 per 100 000 for males and 28.3 per 100 000 for females.

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Tobacco and Nicotine Use and Exposure

- According to 2022 data, lifetime use of tobacco products for individuals 12 to 17 years of age was higher in males than females (8.9% vs 8.4%). For adults ≥18 years of age, the lifetime use was 54.5% in females and 69.9% in males.
- Among adults 18 years of age and older in 2021, 13.1% of males and 10.1% of females were current smokers, reporting cigarette use every day or some days.
- According to 2024 data, e-cigarettes were the most commonly used tobacco products in youth, with 7.8% of male high school students and 7.7% of female high school students and using e-cigarettes.

High Blood Cholesterol & Other Lipids

- According to 2021 to 2023 data, among children 6 to 11 years of age, the mean total cholesterol level was 158.3 mg/dL. For males, it was 159.2 mg/dL; for females, it was 157.4 mg/dL.
- According to data from 2021 to 2023, among adolescents 12 to 19 years of age, the mean total cholesterol level was 154.8 mg/dL. For males, it was 151.9 mg/dL; for females, it was 157.9 mg/dL.
- Among adults 20 years of age and older in 2021 to 2023:
  - 35.0% of males and 37.1% of females had total cholesterol levels of 200 mg/dL or higher.
  - 11.1% of males and 11.3% of females had total cholesterol levels of 240 mg/dL or higher.
  - 21.7% of males and 6.8% of females had high-density lipoprotein (HDL) cholesterol less than 40 mg/dL.
- Among adults 20 years of age and older in 2017 to 2020:
  - 25.6% of males and 25.4% of females had low-density lipoprotein (LDL) cholesterol of 130 mg/dL or higher.

Physical Activity

- According to 2022 and 2023 data, the percentage of youth 0 to 17 years of age spending ≥4 h/d in front of a television, computer, cell phone, or other electronic device watching programs, playing games, accessing the internet, or using social media (not including schoolwork) on most weekdays was 21.5%. The percentage was 22.2% for males and 20.9% for females.
- According to 2022 and 2023 data for youth 6 to 17 years of age, 22.6% of males and 16.2% of females were active for ≥60 minutes every day of the week.
- In 2021 to 2023, the percentage of teens 12 to 17 years of age who engaged in strength training most or every day of the week was 44.4% of males and 26.7% of females.

Overweight & Obesity

Using data from 2021 to 2023:

- 23.0% of male youths 2 to 19 years of age were obese compared with 19.1% of female youths.
- Of all adult males 20 years of age and older, 39.3% were obese compared with 41.4% of adult females (age-adjusted prevalence).

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Diabetes (ICD-10 E10 to E14)

- Of the 29.5 million US adults with physician-diagnosed diabetes in 2021 to 2023, 15.0 million were males (11.3% of all male adults); in male adults, physician diagnosed diabetes prevalence was 17.9% of NH Black males, 11.7% of Hispanic males, 11.1% of NH Asian males, and 9.9% of NH White males.
- Of the 9.6 million US adults with undiagnosed diabetes in 2021 to 2023, 5.4 million were males (4.1% of all male adults); in all male adults, diabetes was undiagnosed in 5.4% of NH Black males, 4.9% of NH Asian males, 4.2% of Hispanic males, and 3.7% of NH White males.
- Of the 96.0 million US adults with prediabetes in 2021 to 2023, 53.6 million were males (42.5% of all male adults); in all adult males, prediabetes existed in 51.3% of Hispanic males, 40.8% of NH White males, 40.3% of NH Asian males, and 35.2% of NH Black males.
- In 2023, there were 54 665 male diabetes deaths (57.4% of all deaths from diabetes).
- In 2023, the age-adjusted mortality rates for diabetes as the underlying cause of death were 28.4 per 100 000 for males and 17.3 per 100 000 for females.

Fact sheets, infographics, and current/past Statistics Update publications can be downloaded from: Heart and Stroke Association Statistics | American Heart Association.

Many statistics in this fact sheet come from unpublished tabulations compiled for the Statistics Update 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 fact sheet, please review the full Heart Disease and Stroke Statistics document to determine data sources and original citations.

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

Palaniappan LP, Allen NB, Almarzooq ZI, Anderson CAM, Arora P, Avery CL, Baker-Smith CM, Bansal N, Currie ME, Earlie RS, Fan W, Fetterman JL, Barone Gibbs B, Heard DG, Hiremath S, Hong H, Hyacinth HI, Ibeh C, Jiang T, Johansen MC, Kazi DS, Ko D, Kwan TW, Leppert MH, Li Y, Magnani JW, Martin KA, Martin SS, Michos ED, Mussolino ME, Ogungbe O, Parikh NI, Perez MV, Perman SM, Sarraju A, Shah NS, Springer MV, St-Onge M-P, Thacker EL, Tierney S, Urbut SM, Van Spall HGC, Voeks JH, Whelton SP, Wong SS, Zhao J, Khan SS; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Committee. 2026 Heart disease and stroke statistics: a report of US and global data from the American Heart Association. *Circulation*. Published online January 21, 2026.

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