



American
Heart
Association.

2026 Uqsuqsiñiq Añun & Uqsruqsiñiq Qanuqtuq Tautuktuaq Nutaag Tautuktuat Arnanut & Uummat tanjaqtugviit añuniaġat Yunaaitit Steets

Uqsruqsiñiq Añun timimi (CVD) (ICD-10 I00 miñ I99)

- Arnaniñ 20 ukiuqaqtut sulı añılġuġmiut 2021-miñ 2023-mut, 61.9 miliyan arnat (44.1% tamarmiq arnaniñ) atautchimik uqsruqsiñiq añun timimi piqaqtut, taimaa 68.7 miliyan angutit (53.7% tamarmiq angutinut).
- Arnaniñ 20 ukiuqaqtut sulı añılġuġmiut 2021-miñ 2023-mut, 59.5% nangitchuq-Hispaanik iñuñniñ (NH) Blak arnat CVD piqaqtut; taimaa 43.5% NH Uqlaq arnat, 40.7% Eeshiya iñuñniñ arnat, sulı 38.6% Hispaanik iñuñniñ arnat.
- 2023-mi, CVD tuquñniit piqalirruq 433 254 arnat (tamarmiq ukiuqaqtut). Arnat 47.3% CVD-miñ tuquñniit-t ilagaat.
- 2023-mi, ukiut nalunaqtuġniña tuquñniit qanuqtaġniñit CVD sivulliuqtuq tuquñniit piqaqtuq 180.2 atautchimut 100 000 arnanut sulı 263.0 atautchimut 100 000 angutinut.
- 2022-mi, 3335 arnat uummat sulı tanjaqtugviit anginiġat baipaasi proosijaa piqaqtut, taimaa 4600 angutit, sulı 140 835 arnat qarasauyaġnaqtuq koronerii intervinsuun piqaqtut taimaa 295 040 angutinut.

Uqsruqsiñiq añun koronerii (CHD) (ICD-10 I20-miñ I25-mut [ilagivagaat Myocardial Infarction (MI) ICD-10 I21-miñ I22-mut])

- 2021-miñ 2023-mut nalunaqtuġniñit atuqtillugit, 6.0 miliyan (3.7%) arnat CHD-mik piqaqtut, taimaa 9.9 miliyan (6.9%) angutit 20 ukiuqaqtut sulı añılġuġmiut. CHD piqaqtuġniña añılġuġmiut angutinut arnanit atchiaqtuq tamarmiq ukiuqtaġruktaq ataani.
- 2021-miñ 2023-mut nalunaqtuġniñit atuqtillugit, arnanit 20 ukiuqaqtut sulı añılġuġmiut, 4.1% NH Uqlaq arnat, 3.2% Hispaanik iñuñniñ arnat, 3.1% NH Eeshiya iñuñniñ arnat, sulı 2.8% NH Blak arnat CHD-mik piqaqtut.
- 2021-miñ 2023-mut nalunaqtuġniñit atuqtillugit, 2.8 miliyan (1.6%) arnat MI-miñ sivulliuqtuq piqaqtut, taimaa 5.7 miliyan (3.8%) angutit 20 ukiuqaqtut sulı añılġuġmiut. Angutit MI piqaqtuġniña añılġuġmiut arnanit atchiaqtuq tamarmiq ukiuqtaġruktaq ataani.
- 2021-miñ 2023-mut nalunaqtuġniñit atuqtillugit, arnanit 20 ukiuqaqtut sulı añılġuġmiut, 2.2% NH Blak arnat, 1.5% NH Uqlaq arnat, 1.5% Hispaanik iñuñniñ arnat, sulı 1.5% NH Eeshiya iñuñniñ arnat sivulliuqtuq MI piqaqtut.
- 2005-miñ 2014-mut nalunaqtuġniñit atchiaqtuġmiñ, sivulliuqtuq MI-mi ukiumi aglagniq avarage-aña 72.0 ukiuq arnanut sulı 65.6 ukiuq angutinut.
- 2023-mi, 137 252 arnat CHD-miñ tuquñniit (39.3% tamarmiq CHD-miñ tuquñniit); 36 916 MI-miñ tuquñniit (39.5% tamarmiq MI-miñ tuquñniit).
- 2023-mi, ukiut nalunaqtuġniña tuquñniit qanuqtaġniñit CHD sivulliuqtuq tuquñniit piqaqtuq 56.8 atautchimut 100 000 arnanut sulı 113.5 atautchimut 100 000 angutinut.
- 2023-mi, ukiut nalunaqtuġniña tuquñniit qanuqtaġniñit MI sivulliuqtuq tuquñniit piqaqtuq 15.4 atautchimut 100 000 arnanut sulı 29.5 atautchimut 100 000 angutinut.

Allatigut nalunaiqsagñiqtaġmiñ, tamarmiq qanuqtuq una Tautuktuat-mi Yunaaitit Steets atchiaqtuq. Naammaktuq Qanuqtuq Tautuktuaq Nutaag qiviarlugu taqruat sulı ilaliutirutinik nalunaiqsagñiaqtuq tautuktitaajut qanuqtuq piñiqtuanut.

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US Arnanut suli CVD – 2026 Qanuqtuq Tautuktuaq Nutaaq Tautuktuat

Uqsruqsiñiq (ICD-10 I60 miñ I69)

- 2021-miñ 2023-mut nalunaqtuḡniñit atuqtillugit, uqsruqsiñiq piqaqtuḡniña 4.3 miliyan arnat (2.6% tamarmiq arnaniñ) vs. 4.7 miliyan angutit (3.3% tamarmiq angutitut), 20 ukiuqaqtut suli anjilḡuḡmiut.
- 2021-miñ 2023-mut nalunaqtuḡniñit atuqtillugit, arnanit 20 ukiuqaqtut suli anjilḡuḡmiut, 4.7% NH Blak arnat, 3.8% Hispanik arnat, 2.1% NH Uqlaq arnat, suli 0.7% NH Eeshiya arnat sivulliuqtuq uqsruqsiñiq piqaqtut.
- 2023-mi, uqsruqsiñiq 91 719 arnat tuquḡniit piqalirruq (56.4% tamarmiq uqsruqsiñiq-miñ tuquḡniit).
- 2023-mi, ukiut nalunaqtuḡniña tuquḡniit qanuqtaḡniñit uqsruqsiñiq sivulliuqtuq tuquḡniit piqaqtuq 38.1 atautchimut 100 000 arnanut suli 39.3 atautchimut 100 000 angutitut.

Anjiruq anjun uqsruq (HBP) (ICD-10 I10 miñ I15)

- 2021-miñ 2023-mut, 60.3 miliyan arnat 20 ukiuqaqtut suli anjilḡuḡmiut HBP piqaqtut (42.9% arnanit).
- Arnaniñ 20 ukiuqaqtut suli anjilḡuḡmiut 2021-miñ 2023-mut, ataani allaat HBP piqaqtut: 59.2% NH Blak arnat; 42.2% NH Uqlaq arnat; 39.5% NH Eeshiya iñuḡniñ arnat; suli 37.3% Hispanik iñuḡniñ arnat.
- 2021-miñ 2023-mut, anjilḡuḡmiut angutit arnanit HBP piqaqtut, 74 ukiuq tikillugu. Iñuḡniñ 75 ukiuqaqtut suli anjilḡuḡmiut, HBP piqaqtuq arnat procent-aḡa angutitut atchiaqtuq.
- Arnaniñ HBP piqaqtut 2021-miñ 2023-mut, 29.7% NH Eeshiya arnat, 26.1% NH Blak arnat, 24.4% NH Uqlaq arnat, suli 23.5% Hispanik arnat BP ataani aqpiqtuq piqaqtut.
- 2023-mi, 68 015 arnat tamarmiq ukiuqaqtut Anjiruq anjun uqsruq-miñ tuquḡniit (51.2% HBP tuquḡniit).
- 2023-mi, ukiut nalunaqtuḡniña tuquḡniit qanuqtaḡniñit HBP sivulliuqtuq tuquḡniit piqaqtuq 28.3 atautchimut 100 000 arnanut suli 35.5 atautchimut 100 000 angutitut.

Uqsruqsiñiq anjun qanuqtuq atautchimik piqaqtuq (SCA) (ICD-10 I46.0, I46.1, I46.9, I49.0)

- 2023-mi, 8052 arnat SCA sivulliuqtuq tuquḡniit-miñ tuquḡniit (44.4% SCA-miñ tuquḡniit).
- 2023-mi, ukiut nalunaqtuḡniña tuquḡniit qanuqtaḡniñit SCA sivulliuqtuq tuquḡniit piqaqtuq 3.4 atautchimut 100 000 arnanut suli 5.3 atautchimut 100 000 angutitut.
- 2023-mi, 177 950 arnat SCA nalunaqtaq atautchimik tuquḡniit nalunaqtaḡniq allagaat-mi tuquḡniit (46.8% nalunaqtaq atautchimik SCA-miñ tuquḡniit).
- 2023-mi, ukiut nalunaqtuḡniña nalunaqtaq atautchimik tuquḡniit qanuqtaḡniñit SCA-mut piqaqtuq 75.3 atautchimut 100 000 arnanut suli 107.9 atautchimut 100 000 angutitut.

Uqsruqsiñiq anjun piñaitchuqtuq (HF) (ICD-10 I50)

- 2021-miñ 2023-mut nalunaqtuḡniñit malillugu, taimaa 3.4 miliyan arnat 20 ukiuqaqtut suli anjilḡuḡmiut HF piqaqtut (2.1% arnanit).
- Arnaniñ 20 ukiuqaqtut suli anjilḡuḡmiut 2021-miñ 2023-mut, 3.5% NH Blak arnat, 2.2% Hispanik iñuḡniñ arnat, 1.9% NH Uqlaq arnat, suli 0.9% NH Eeshiya iñuḡniñ arnat HF piqaqtut.
- 2023-mi, 46 694 arnat HF sivulliuqtuq tuquḡniit-miñ tuquḡniit (52.0% HF-miñ tuquḡniit).
- 2023-mi, ukiut nalunaqtuḡniña tuquḡniit qanuqtaḡniñit HF sivulliuqtuq tuquḡniit piqaqtuq 19.1 atautchimut 100 000 arnanut suli 24.6 atautchimut 100 000 angutitut.

Allatigut nalunaiqsagñiqtaḡmiñ, tamarmiq qanuqtuq una Tautuktuat-mi Yunaaitit Steets atchiaqtuq. Naammaktuq Qanuqtuq Tautuktuaq Nutaaq qiviarlugu taqruat suli ilaliutirutinik nalunaiqsagñiaqtuq tautuktitaajut qanuqtuq piñiqtuq.

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US Arnanut suli CVD – 2026 Qanuqtuq Tautuktuaq Nutaaq Tautuktuat

- 2023-mi, 206 492 arnat HF nalunaqtaq atautchimik tuquḅniit nalunaqtaḅniq allagaat-mi tuquḅniit (49.5% nalunaqtaq atautchimik HF-miḅ tuquḅniit).
- 2023-mi, ukiut nalunaqtuḅniḅa nalunaqtaq atautchimik tuquḅniit qanuqtuḅniḅit HF-mut piqaqtuq 84.9 atautchimut 100 000 arnanut suli 118.6 atautchimut 100 000 angutinut.

Tupiqrurq suli naikatini atuqtuḅniḅa suli nalliqrurq

- 2022 nalunaqtuḅniḅit malillugu, iḅuḅniḅ 12-miḅ 17-mut ukiuqaqtut, tupiqrurq sanaugiagat inuunermi atuqtuḅniḅa arnanit angutinut ataaniḅḅaqtuq (8.4% vs 8.9%). Iḅuḅniḅ ≥ 18 ukiuqaqtut suli anilḅuḅmiut, inuunermi atuqtuḅniḅa arnanit angutinut ataaniḅḅaqtuq (54.5% vs 69.9%).
- Iḅuḅniḅ 18 ukiuqaqtut suli anilḅuḅmiut 2021-mi, 10.1% arnat suli 13.1% angutit maanna tupiqrurqtuqtut, sikaret ullut tamarmiq atuqtillugit immaqaa atautchikkut ulluni.
- 2024 nalunaqtuḅniḅit malillugu, e-sikaret inuusuttut iluani anilḅuḅmiut atuqtajut tupiqrurq sanaugiagat, 7.7% arnat atuagaqtuq hai skuulu iḅuḅiaq suli 7.8% angut atuagaqtuq hai skuulu maanna e-sikaret atuqtut.

Anjiruq Uqrurq Kolestaruul & Allat Uqrurq

- 2021-miḅ 2023-mut nalunaqtuḅniḅit malillugu, meeqqat 6-miḅ 11-mut ukiuqaqtut ilagiit, kolestaruul tamaat aḅlagniq avarage-aḅa 158.3 mg/dL-uq; 159.2 mg/dL angutinut suli 157.4 mg/dL arnanut.
- 2021-miḅ 2023-mut nalunaqtuḅniḅit malillugu, inuusuttut 12-miḅ 19-mut ukiuqaqtut ilagiit, kolestaruul tamaat aḅlagniq avarage-aḅa 154.8 mg/dL-uq; 151.9 mg/dL angutinut suli 157.9 mg/dL arnanut.
- Iḅuḅniḅ 20 ukiuqaqtut suli anilḅuḅmiut 2021-miḅ 2023-mut:
 - 35.0% angutit suli 37.1% arnat tamarmik kolestaruul aḅlagniq 200 mg/dL immaqaa qaffasigaat piqaqtut.
 - 11.1% angutit suli 11.3% arnat tamarmik kolestaruul aḅlagniq 240 mg/dL immaqaa qaffasigaat piqaqtut.
 - 21.7% angutit suli 6.8% arnat qaffasigaqtuq uqrurq aḅnaq qaffasruaq (HDL) kolestaruul 40 mg/dL ataani piqaqtut.
- Iḅuḅniḅ 20 ukiuqaqtut suli anilḅuḅmiut 2017-miḅ 2020-mut:
 - 25.6% angutit suli 25.4% arnat uqrurq miktiq-qaffasruaq aḅnaq iluani (LDL) kolestaruul 130 mg/dL immaqaa qaffasigaat piqaqtut.

Pilaqatuniq Timimi

- 2022 suli 2023 nalunaqtuḅniḅit malillugit, inuusuttut 0-miḅ 17-mut ukiuqaqtut procent-aḅa ≥ 4 h/d atuqtut tiivii, kammiutaa, sel foon, immaqaa allat iliktranik tiivaisa saqqitittillutik program-nik qiviarlutillu, qaqḅaq piniatuqarlutik, intarnit atuqarlutik, immaqaa suusiaal miitiya atuqarlutik (atuagaqtuḅvik suli at ilaginagit) ullut tamaani sapaatip ullui suligaqtuḅviit 21.5%-uq. Procent-aḅa 22.2%-uq angutinut suli 20.9%-uq arnanut.
- 2022 suli 2023 nalunaqtuḅniḅit malillugit, inuusuttutniḅ 6-miḅ 17-mut ukiuqaqtut ataani, 22.6% angutit suli 16.2% arnat ≥ 60 minit pilaqatuniq timimi piqaqtut ullut tamarmiq sapaatip-akunani.
- 2021-miḅ 2023-mut, iḅuḅniḅruat 12-miḅ 17-mut ukiuqaqtut procent-aḅa sakkuriniq pilaqatuniq timimi pilaqatuniq timimi piqaqtut ullut tamaani immaqaa sapaatip-akunani tamarmiq 44.4%-uq angutinut suli 26.7%-uq arnanut.

Anilḅuḅmiut anjiruq uqrurq & Uqrurq

2021-miḅ 2023-mut nalunaqtuḅniḅit atuqtillugit:

- Inuusuttut 2-miḅ 19-mut ukiuqaqtut, 19.1% arnat uqrurq piqaqtut, taimaa 23.0% angutit.
- Iḅuḅniḅ ≥ 20 ukiuqaqtut suli anilḅuḅmiut, 41.4% arnat uqrurq piqaqtut, taimaa 39.3% angutit (ukiut nalunaqtuḅniḅa piqaqtuḅniḅa).

Allatigut nalunaiqrurqniḅaḅniḅ, tamarmiq qanuqtuq una Tautuktuat-mi Yunaaitit Steets atchiaqtuq. Naammaktuq Qanuqtuq Tautuktuaq Nutaaq qiviarlugu taqrurq suli ilaiutirutinik nalunaiqrurqniḅaḅniḅ tautuktitaajut qanuqtuq piḅiqtuanut.

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Sukkuqniq (ICD-10 E10 miñ E14)

- 2021-miñ 2023-mut nalunaqtuġniġit malillugit, 29.5 miliyan American iñuġniñ physician-miñ sukkuqniq nalunaiqsagñiqtaġniġit piqaqtut, 14.5 miliyan arnat (10.0% tamarmiq arnaniñ); 16.7% NH Blak arnat, 14.3% Hispaanik iñuġniñ arnat, 8.9% NH Eeshiya iñuġniñ arnat, suli 7.9% NH Uqłaq arnat.
- 2021-miñ 2023-mut nalunaqtuġniġit malillugit, 9.6 miliyan American iñuġniñ sukkuqniq nalunaiqsagñiqtaġniġit piłaitchuqtuq piqaqtut, 4.2 miliyan arnat (2.9% tamarmiq arnaniñ); 5.3% NH Blak arnat, 4.1% Hispaanik iñuġniñ arnat, 4.0% NH Eeshiya iñuġniñ arnat, suli 1.9% NH Uqłaq arnat.
- 2021-miñ 2023-mut nalunaqtuġniġit malillugit, 96.0 miliyan American iñuġniñ taġiġnaq aġuniagmut sivunaani piqaqtut, 42.4 miliyan arnat (31.7% tamarmiq arnaniñ); 35.0% NH Uqłaq arnat; 32.2% NH Eeshiya iñuġniñ arnat, 30.4% Hispaanik iñuġniñ arnat, suli 23.1% NH Blak arnat.
- 2023-mi, sukkuqniq 40 525 arnat tuquġniit piqalirruq (42.6% tamarmiq sukkuqniq-miñ tuquġniit).
- 2023-mi, ukiut nalunaqtuġniġa tuquġniit qanuqtuġniġit sukkuqniq sivulliuqtuq tuquġniit piqaqtuq 17.3 atautchimut 100 000 arnanut suli 28.4 atautchimut 100 000 angutinut.

Tautuktuat, nalunaqtuġniġit takuyauyait, suli nutaaq/ataani Qanuqtuq Tautuktuaq Nutaaq saqqummersitaujut anjisuġniaqtuq tuġniaqtuq una-miñ:

[Heart and Stroke Association Statistics | American Heart Association](#) (Qarasaasiakkut nallautik Inglisun).

Ukiuqtaġruktaq tautuktuaq iluani anjilġuġmiut qanuqtuq una tautuktuat naagguġtuq unpublished saiłiqsuaġnagitchut nalunaqtuġniġit Qanuqtuq Tautuktuaq Nutaaq takkuuyaq katitiraujut, suli taqruaq tuġniaqtuq ataani allagaat taqruaq atuqtillugu. Katitiriagait-nik atuqtaujut nalunaqtuġniġit pissusiq naammaktuaq allagaat-mi allagaat. Ilaliutilugit, atautchikkut qanuqtuq saqqummersitaujut misiginaqtuġviit piqaqtut. Ilavit taqruaq tuġniaqtuq atautchikkut qanuqtuq una tautuktuat, qiviarlugu naammaktuaq Uqsuqsiñiq Aġun suli Uqsuqsiñiq Qanuqtuq Tautuktuaq allagaat nalunaqtuġniġit pissusiq suli sivulliuqtuq taqruaq nalunaiqsagñiaqtuq.

American Heart Association uqaqtuq naammaktuaq allagaat ataani imaatun taqruaq tuġniaqtuq:

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