



American  
Heart  
Association.

## 2026 Uumanek Ellangneq & Qemirluni Ayuqellria Statistiks Nutaan Qalarutiiq Qanruyutet Qantaryaraq Angutellriit cali Uumanek cali Auqat Ellangneq Amerikami

### Uumanek cali auqat Ellangneq (CVD) (ICD-10 I00 -mek I99)

- 2021-mek 2023-mun, arnat 20 uksuq iluani qelciqellriit inuit iluani, 61.9 miliyun arnat (arnat meen 44.1%) uumanek cali auqat ellangneq-nek cami-llruut, cali angutngurrat-mi 68.7 miliyun (angutngurrat meen 53.7%).
- 2021-mek 2023-mun, arnat 20 uksuq iluani qelciqellriit inuit iluani, NH Qetunraq arnat-mi 59.5% CVD-nek cami-llruut; cali NH Cauyaraq arnat-mi 43.5%, Aasiaraq arnat-mi 40.7%, cali Hispanik arnat-mi 38.6%.
- 2023-mi, CVD atam tuqucineq 433 254 arnat-mi (uksuq-llit meen). Arnat CVD-ngun tuquciellriit-mi 47.3%-mi ellangqellruut.
- 2023-mi, uksuq iluani aturneqarluni aaqigicqellriit tuquciellriit rate-llit CVD-ngun atam tuqucineq arnat-mi 180.2 100 000-llu iluani, cali angutngurrat-mi 263.0 100 000-llu iluani.
- 2022-mi, 3335 arnat uumanek cali angyat imarpiggluku kipusngalria aturluki ayuqenrit cami-llruut, cali angutngurrat-mi 4600; cali 140 835 arnat percutaneous coronary intervention-llit cami-llruut, cali angutngurrat-mi 295 040.

### Coronary Uumanek Ellangneq (CHD) (ICD-10 I20-mek I25-mun [ilallria Myocardial Infarction (MI) ICD-10 I21-mek I22-mun])

- 2021-mek 2023-mun ellangneklugviit aturluki, 6.0 miliyun arnat (3.7%) CHD-nek cami-llruut, cali angutngurrat 20 uksuq iluani qelciqellriit-mi 9.9 miliyun (6.9%). CHD picicqellriit angutngurrat-mi arnat-mi-pit qecengun ellangqellruuq uksuq-llit meen.
- 2021-mek 2023-mun ellangneklugviit aturluki, arnat 20 uksuq iluani qelciqellriit inuit iluani, NH Cauyaraq arnat-mi 4.1% CHD-nek cami-llruut, Hispanik arnat-mi 3.2%, NH Aasiaraq arnat-mi 3.1%, cali NH Qetunraq arnat-mi 2.8%.
- 2021-mek 2023-mun ellangneklugviit aturluki, 2.8 miliyun arnat (1.6%) MI-mi ellangqellruut, cali angutngurrat 20 uksuq iluani qelciqellriit-mi 5.7 miliyun (3.8%). MI picicqellriit angutngurrat-mi arnat-mi-pit qecengun ellangqellruuq uksuq-llit meen.
- 2021–2023 ellangneklugviit aturluki, arnatellriit 20 ukiullit cali angyaqellriit iluani, 2.2% NH Qetunraq arnatellriit, 1.5% NH Cauyaraq arnatellriit, 1.5% Hispanik arnatellriit, cali 1.5% NH Aasiaraq arnatellriit MI ellangneqarluni picicqellriit.
- 2005–2014 ellangneklugviit aturluki, MI-lluku ellminek atam atauciq ellangneq ukiut arnatellriit-mi 72.0 ukiuq picicqellruuq, cali angutellriit-mi 65.6 ukiuq picicqellruuq.
- 2023-mi, 137 252 arnat CHD-ngun tuquciellriit (CHD-ngun tuquciellriit meen 39.3%); cali 36 916 arnat MI-ngun tuquciellriit (MI-ngun tuquciellriit meen 39.5%).
- 2023-mi, uksuq iluani aturneqarluni aaqigicqellriit tuquciellriit rate-llit CHD-ngun atam tuqucineq arnat-mi 56.8 100 000-llu iluani, cali angutngurrat-mi 113.5 100 000-llu iluani.
- 2023-mi, uksuq iluani aturneqarluni aaqigicqellriit tuquciellriit rate-llit MI-ngun atam tuqucineq arnat-mi 15.4 100 000-llu iluani, cali angutngurrat-mi 29.5 100 000-llu iluani.

## Amerikami arnat cali CVD – 2026-mi Statistiks Nutaan Qalarutiiq Qanruyutet Qantaryaraq

### Qemirluni ayuqellria (ICD-10 I60 -mek I69)

- 2021-mek 2023-mun ellangneklugviit aturluki, qemirluni ayuqellria picicellriit 4.3 miliyun arnat (arnat meen 2.6%), cali 4.7 miliyun angutngurrat (angutngurrat meen 3.3%), 20 uksuq iluani qelciqellriit.
- 2021-mek 2023-mun picicellriit aturluki, arnat 20 uksuq iluani qelciqellriit inuit iluani, NH Qetunraq arnat-mi 4.7% qemirluni ayuqellria ellangellruut, Hispanik arnat-mi 3.8%, NH Cauyaraq arnat-mi 2.1%, cali NH Aasiaraq arnat-mi 0.7%.
- 2023-mi, qemirluni ayuqellria-ngun 91 719 arnat tuquciqellriit (qemirluni ayuqellria-ngun tuquciqellriit meen 56.4%).
- 2023-mi, uksuq iluani aturneqarluni aaqqigicicellriit tuquciqellriit rate-llit qemirluni ayuqellria-ngun atam tuqucineq arnat-mi 38.1 100 000-llu iluani, cali angutngurrat-mi 39.3 100 000-llu iluani.

### Auqat Qepunritellria Angyaqellria (HBP) (ICD-10 I10 -mek I15)

- 2021-mek 2023-mun, 60.3 miliyun arnat 20 uksuq iluani qelciqellriit HBP-nek cami-llruut (42.9% arnat-mi).
- 2021-mek 2023-mun, arnat 20 uksuq iluani qelciqellriit inuit iluani, makut HBP-nek cami-llruut: NH Qetunraq arnat-mi 59.2%; NH Cauyaraq arnat-mi 42.2%; NH Aasiaraq arnat-mi 39.5%; cali Hispanik arnat-mi 37.3%.
- 2021-mek 2023-mun, angutngurrat-mi arnat-mi-pit qecengun HBP-nek cami-llruut 74 uksuq iluani qelciqellriit. 75 uksuq iluani qelciqellriit inuit-mi, arnat-mi HBP-nek cami-llruut percent-a angutngurrat-mi-pit qecengun ellangqellruuq.
- 2021-mek 2023-mun, HBP-nek cami-llruut arnat iluani, NH Aasiaraq arnat-mi 29.7% BP ellangqellria akqellruuq, NH Qetunraq arnat-mi 26.1%, NH Cauyaraq arnat-mi 24.4%, cali Hispanik arnat-mi 23.5%.
- 2023-mi, 68 015 arnat (uksuq-llit meen) HBP-ngun tuquciqellriit (HBP-ngun tuquciqellriit meen 51.2%).
- 2023-mi, uksuq iluani aturneqarluni aaqqigicicellriit tuquciqellriit rate-llit HBP-ngun atam tuqucineq arnat-mi 28.3 100 000-llu iluani, cali angutngurrat-mi 35.5 100 000-llu iluani.

### Uumanek tuqucineq qepcarluni (SCA) (ICD-10 I46.0, I46.1, I46.9, I49.0)

- 2023-mi, 8052 arnat SCA-ngun atam tuqucineq tuquciqellriit (SCA-ngun tuquciqellriit meen 44.4%).
- 2023-mi, uksuq iluani aturneqarluni aaqqigicicellriit tuquciqellriit rate-llit SCA-ngun atam tuqucineq arnat-mi 3.4 100 000-llu iluani, cali angutngurrat-mi 5.3 100 000-llu iluani.
- 2023-mi, 177 950 arnat SCA-mek cali ellangqellria tuquciqellriit sertifikatem iluani (SCA-mek cali ellangqellria tuquciqellriit meen 46.8%).
- 2023-mi, uksuq iluani aturneqarluni aaqqigicicellriit tuquciqellriit rate-llit SCA-mek cali ellangqellria arnat-mi 75.3 100 000-llu iluani, cali angutngurrat-mi 107.9 100 000-llu iluani.

### Uumanek Ellangqerrria (HF) (ICD-10 I50)

- 2021-mek 2023-mun ellangneklugviit -kkun ellangqellria, malunga 3.4 miliyun arnat 20 uksuq iluani qelciqellriit HF-nek cami-llruut (arnat meen 2.1%).
- 2021-mek 2023-mun, arnat 20 uksuq iluani qelciqellriit inuit iluani, NH Qetunraq arnat-mi 3.5% HF-nek cami-llruut, Hispanik arnat-mi 2.2%, NH Cauyaraq arnat-mi 1.9%, cali NH Aasiaraq arnat-mi 0.9%.
- 2023-mi, 46 694 arnat HF-ngun atam tuqucineq tuquciqellriit (HF-ngun tuquciqellriit meen 52.0%).
- 2023-mi, uksuq iluani aturneqarluni aaqqigicicellriit tuquciqellriit rate-llit HF-ngun atam tuqucineq arnat-mi 19.1 100 000-llu iluani, cali angutngurrat-mi 24.6 100 000-llu iluani.
- 2023-mi, 206 492 arnat HF-mek cali ellangqellria tuquciqellriit sertifikatem iluani (HF-mek cali ellangqellria tuquciqellriit meen 49.5%).
- 2023-mi, uksuq iluani aturneqarluni aaqqigicicellriit tuquciqellriit rate-llit HF-mek cali ellangqellria arnat-mi 84.9 100 000-llu iluani, cali angutngurrat-mi 118.6 100 000-llu iluani.

Aturluku ilakellruukut, kisimi tamalkuita estadistiikat una Qanruyutet Qantaryaraq-mi iluani Amerikami aturput. Nallunritelluku tamakurluku Statistiks Nutaan Qalarutiiq, qimugtaq cali ellangneq allat picicellriit qalarutellriit statistiks-llit aturluki.

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## Amerikami arnat cali CVD – 2026-mi Statistiks Nutaan Qalarutiiq Qanruyutet Qantaryaraq

- 2023-mi, 206 492 arnat HF-mek cali ellangqellria tuquciqellriit sertifikatem iluani (HF-mek cali ellangqellria tuquciqellriit meen 49.5%).
- 2023-mi, uksuq iluani aturneqarluni aaqigciqellriit tuquciqellriit rate-llit HF-mek cali ellangqellria arnat-mi 84.9 100 000-llu iluani, cali angutngurrat-mi 118.6 100 000-llu iluani.

### Tabaakuuq cali Nicotine Aturluki Cali Ellangqellria

- 2022-mi ellangneklugviit -kkun ellangqellria, tabaakuuq aturtaat-llit ayuquenrit aturluki 12-mek 17-mun uksuq iluani qelciqellriit inuit-mi, arnat-mi angutngurrat-mi-pit qecengun ellangqellruuq (8.4% vs 8.9%).  $\geq 18$  uksuq iluani qelciqellriit inuit-mi, lifetime aturluki arnat-mi angutngurrat-mi-pit qecengun ellangqellruuq (54.5% vs 69.9%).
- 2021-mi, 18 uksuq iluani qelciqellriit inuit iluani, arnat-mi 10.1% cali angutngurra[t-mi 13.1% current smoker-llit ellangqellruut, cigarette aturluki uksuq-llit meen aani cali uksuq-llit mekellriit.
- 2024-mi picicqellriit-kkun ellangqellria, e-cigarette-llit qerrullut-tabaakuuq aturtaat-llit aturluki qecengun ellangqellruut, arnat qengarpak skul irniq-llit-mi 7.7% cali angutngurrat qengarpak skul irniq-llit-mi 7.8% e-cigarette-nek tamakurluku aturluki ellangqellruut.

### Uqat Cholesterol angyaqellria & Allat Lipid-llit

- 2021-mek 2023-mun ellangneklugviit -kkun ellangqellria, 6-mek 11-mun uksuq iluani qelciqellriit meqellrit ikerisinde, cholesterol tamakut cali piciryarat qalarutek 158.3 mg/dL-llruuq; angutngurrat-mi 159.2 mg/dL, cali arnat-mi 157.4 mg/dL.
- 2021-mek 2023-mun ellangneklugviit -kkun ellangqellria, 12-mek 19-mun uksuq iluani qelciqellriit qerrullut iluani, cholesterol tamakut cali piciryarat qalarutek-a 154.8 mg/dL-llruuq; angutngurrat-mi 151.9 mg/dL, cali arnat-mi 157.9 mg/dL.
- 2021-mek 2023-mun, inuit 20 uksuq iluani qelciqellriit iluani:
  - Angutngurrat-mi 35.0% cali arnat-mi 37.1% cholesterol tamakut cali piciryarat qalarutek-a 200 mg/dL-llu iluani qecengun cami-llruut.
  - Angutngurrat-mi 11.1% cali arnat-mi 11.3% cholesterol tamakut cali piciryarat qalarutek-a 240 mg/dL-llu iluani qecengun cami-llruut.
  - Angutngurrat-mi 21.7% cali arnat-mi 6.8% HDL cholesterol -mik cali piciryarat qalarutek 40 mg/dL-mek iluani mekellria cami-llruut.
- 2017-mek 2020-mun, inuit 20 uksuq iluani qelciqellriit iluani:
  - Angutngurrat-mi 25.6% cali arnat-mi 25.4% LDL cholesterol -mik cali piciryarat 130 mg/dL-llu iluani qecengun cami-llruut.

### Timim iluani Aturluni

- 2022 cali 2023 ellangneklugviit -kkun ellangqellria, qerrullut 0-mek 17-mun uksuq iluani qelciqellriit-mi, televisiun, kumpyutaar, selpuun, aani elektroniki aturneq iluani  $\geq 4$  h/d uksuq-llit qecengun ellangellruut—prograam-llit takulluni, game-llit ellangelluni, internet aturluni, aani sosyal mediya aturluni (skul-mi piliriarneq qaggunrita) —wiki-llruuq qecengun percent-a 21.5%. Percent-a angutngurrat-mi 22.2% cali arnat-mi 20.9%-llruuq.
- 2022 cali 2023 ellangneklugviit -kkun ellangqellria, qerrullut 6-mek 17-mun uksuq iluani qelciqellriit-mi, angutngurrat-mi 22.6% cali arnat-mi 16.2%  $\geq 60$  miniti uksuq-llit meen wiki-llu iluani ellangellruut.
- 2021-mek 2023-mun, qerrullut 12-mek 17-mun uksuq iluani qelciqellriit-mi, nekluteng aturluki wiki-llu iluani uksuq-llit qecengun aani uksuq-llit meen ellangellruut percent-a angutngurrat-mi 44.4% cali arnat-mi 26.7%.

## Amerikami arnat cali CVD – 2026-mi Statistiks Nutaan Qalarutiiq Qanruyutet Qantaryaraq

### Timim angyaqellria & Obesity

2021-mek 2023-mun ellangneklugviit aturluki:

- Qerrullut 2-mek 19-mun uksuq iluani qelciqellriit-mi, arnat-mi 19.1% Obesity-nek camillruut, cali angutngurrat-mi 23.0%.
- $\geq 20$  uksuq iluani qelciqellriit inuit-mi, uksuq iluani aturneqarluni aaqigciqellria picicellriit arnat-mi 41.4% Obesity-nek camillruut, cali angutngurrat-mi 39.3%.

### Diabetes (ICD-10 E10 - mek E14)

- 2021-mek 2023-mun ellangneklugviit -kkun ellangqellria, Amerikami inuit angyaqellriit diabetes physician-ngun diagnose-llria 29.5 miliyun iluani, 14.5 miliyun arnat-llruut (arnat meen 10.0%); NH Qetunraq arnat-mi 16.7%, Hispanik arnat-mi 14.3%, NH Aasiaraq arnat-mi 8.9%, cali NH Cauyaraq arnat-mi 7.9%.
- 2021-mek 2023-mun ellangneklugviit -kkun ellangqellria, Amerikami inuit diabetes diagnose-ngellriaq 9.6 miliyun iluani, 4.2 miliyun arnat-llruut (arnat meen 2.9%); NH Qetunraq arnat-mi 5.3%, Hispanik arnat-mi 4.1%, NH Aasiaraq arnat-mi 4.0%, cali NH Cauyaraq arnat-mi 1.9%.
- 2021-mek 2023-mun ellangneklugviit -kkun ellangqellria, Amerikami inuit prediabetes-nek camillruut 96.0 miliyun iluani, 42.4 miliyun arnat-llruut (arnat meen 31.7%); NH Cauyaraq arnat-mi 35.0%; NH Aasiaraq arnat-mi 32.2%, Hispanik arnat-mi 30.4%, cali NH Qetunraq arnat-mi 23.1%.
- 2023-mi, diabetes-ngun 40 525 arnat tuquciqellriit (diabetes-ngun tuquciqellriit meen 42.6%).
- 2023-mi, uksuq iluani aturneqarluni aaqigciqellriit tuquciqellriit rate-llit diabetes-ngun atam tuqucineq arnat-mi 17.3 100 000-llu iluani, cali angutngurrat-mi 28.4 100 000-llu iluani.

Qanruyutet qantaryaraq-llit, infografik-llit, cali Statistiks Nutaan Qalarutiiq nutaan ellriit qanercaraq-lluku picicerciq uunga-mi: [Heart and Stroke Association Statistics\(Uumanek cali Qemirluni ayuqellria Aturluni Tuntussaqaq Statistiks\) | American Heart Association](#) (Website-aq Inglissuun).

Statistiks cali angyaqellriit una Qanruyutet qantaryaraq-mi picicellriit qalarutellriit qalarutirraarluku Statistiks Nutaan Qalarutiiq dokument-ngun katumirluku, cali picicerciq citaat aturluku una ataani allallria dokument citaat-mek. Ellangneklugviit ellangneklugviit tabululuq-llit aturluki ataani allallriit tamakurluku dokument-mi. Cali, atam statistiks-llit qalarutirraarlriit ellminek ellangneklugviit-mek picicellriit. Ika una qanruyutet qantaryaraq-mi statistiks-llit atam citaat-lluku, nallunritelluku tamakurluku Uumanek Ellangneq cali Qemirluni ayuqellria Statistiks dokument, ellangneklugviit picicellriit cali piurciq citaat-llit nalruqelluki.

The American Heart Association nallunritellriaqaa tamakurluku dokument citaat-lluku una-llu qanruyutet aturluki: 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; llit aturluki American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Committee. 2026 Uumanek Ellangneq cali Qemirluni ayuqellria Statistiks: Amerikami cali nunaryarmi ellangneklugviit qalarutiiq American Heart Association. *Circulation*. Internet-mi qalarutirraaq Januaari 21, 2026.

Mediya-mek nallunritellriit meen Nuutestem Mediya-llruut Piliriartait-mi picicerciq <http://newsroom.heart.org/newsmedia/contacts> (Website-aq Inglissuun).