

Heart Disease

In the U.S, about **127.9 million adults** (20 years and over) have disease of the heart and blood vessels which is referred to as ‘**cardiovascular disease**’. ^[1]

Cardiovascular Disease Risk Factors ^[1]		Cardiovascular Disease Economic Burden ^[1]
<p>Health Conditions</p> <ul style="list-style-type: none"> High blood pressure High cholesterol Diabetes Obesity 	<p>Health Behaviors</p> <ul style="list-style-type: none"> Unhealthy diet Lack of physical activity Smoking/tobacco use Not enough sleep 	<p>Estimated cost of cardiovascular disease in the U.S. was \$422.3 billion (\$254.3 billion in direct cost for medical services and \$168.0 billion indirect cost).</p>

Cardiovascular Disease includes Heart Disease, Heart Failure, Irregular Heartbeat, and Stroke ^[2]	
<ul style="list-style-type: none"> Heart disease is the leading cause of death in the U.S. with 702,880 deaths in 2022 which is nearly 1 in 5 deaths overall. ^[3] Heart failure affects 6.7 million adults in the U.S. ^[2] and was the cause of 87,941 deaths in 2022. ^[4] 	<ul style="list-style-type: none"> Irregular heartbeat affects 12.1 million people in the U.S., and was the cause of 28,037 deaths in 2021. ^[2] Stroke affects more than 795,000 people each year in the U.S., and was the cause of 165,393 deaths in 2022. ^[4]

Cardiovascular Disease in Indiana ranked 37th in the U.S. ^[5]

Heart disease was the leading cause of death in Indiana with **15,385 deaths in 2022**. This was **nearly 1 in 5 deaths overall**, and included 1,253 Black, Non-Hispanics (NH), 232 Hispanic/Latinx, and 78 Asian, NH. ^[3]

Heart disease death rate per 100,000 people was **higher among the Black, NH population (220.1)** compared with White, NH (186.7), Asian, NH (87.3), and Hispanic/Latinx (79.0). ^[4]

Cardiovascular Disease Risk Factors in Indiana by Race, Ethnicity ^[5]			
High Blood Pressure	High Cholesterol	Diabetes	Obesity
Indiana ranked 39 th in U.S.	Indiana ranked 36 th in U.S.	Indiana ranked 39 th in U.S.	Indiana ranked 36 th in U.S.
Black, NH 42.6%	Black, NH 33.3%	Black, NH 16.7%	Black, NH 44.9%
Hispanic/Latinx 18.3%	Hispanic/Latinx 32.3%	Hispanic/Latinx 13.0%	Hispanic/Latinx 38.8%
White, NH 39.7%	White, NH 41.4%	White, NH 13.0%	White, NH 37.6%

Sources:

[1] Martin SS, Et al. American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. 2024 Heart Disease and Stroke Statistics: A Report of US and Global Data From the American Heart Association. Circulation. 2024 Feb 20;149(8):e347-e913. doi: 10.1161/CIR.0000000000001209. Accessed 2025

[2] Centers for Disease Control and Prevention, [Chronic Disease Indicators, Cardiovascular Disease](https://www.cdc.gov/cdi/indicator-definitions/cardiovascular-disease.html) <https://www.cdc.gov/cdi/indicator-definitions/cardiovascular-disease.html> Accessed 2025

[3] Centers for Disease Control and Prevention, Web-based Injury Statistics Query and Reporting System (WISQARS), Fatal Injury Data, 2022 Leading Causes of Death Reports, 2018-2022. <https://wisqars.cdc.gov/> Accessed 2025

[4] Centers for Disease Control and Prevention, National Center for Health Statistics. National Vital Statistics System, Mortality 2018-2022 on CDC WONDER Online Database, released in 2024. Data are from the Multiple Cause of Death Files, 2018-2022, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/ucd-icd10-expanded.html> Accessed 2025

[5] America’s Health Rankings, United Health Foundation, 2024 Annual Report. <https://www.americashealthrankings.org/> Accessed 2025