

Statistical Fact Sheet 2013 Update

Baby Boomers & Cardiovascular Diseases

“Baby boomers” are persons born from 1946 through 1964. Thus, for the 2009 death rates presented, baby boomers included people ages 45 through 63. As provided in U.S. government data, the 45 to 54-year-old and 55 to 64-year-old age groups in the statistics below are an approximation for comparing baby boomers with other groups.

Cardiovascular Disease (CVD) (ICD/10 codes I00-I99, Q20-Q28) (ICD/9 codes 390-459, 745-747)

- For the 40 to 59-year-old age group, 40.0% of men and 34.4% of women have CVD.
- For the 60 to 79-year-old age group, 70.2% of men and 70.9% of women have CVD.
- The average annual rates of first cardiovascular events rise from 3 per 1000 men at 35 to 44 years of age to 74 per 1000 men at 85 to 94 years of age. For women, comparable rates occur 10 years later in life. The gap narrows with advancing age.
- Before 75 years of age, a higher proportion of CVD events attributable to CHD occur in men than in women, and a higher proportion of events attributable to stroke occur in women than in men.
- The 2009 overall crude death rate from CVD was 256.6. For the 45 to 54-year-old age group the crude rate was 104.3. For the 55 to 64-year-old age group the crude rate was 239.9.
- Approximately 150,000 Americans died of CVD in 2009 who were <65 years of age, and 34% of deaths attributed to CVD occurred before the age of 75 years, which is well below the average life expectancy of 78.5 years.

Coronary Heart Disease (CHD) (ICD/10 codes I20-I25)

- For the 40 to 59-year-old age group, 6.0% of men and 5.5% of women have CHD.
- For the 60 to 79-year-old age group, 21.1% of men and 10.6% of women have CHD.
- The 2009 overall crude CHD death rate was 125.8. For the 45 to 54-year-old age group the crude rate was 52.2. For the 55 to 64-year-old age group the crude rate was 132.3.

Stroke (ICD/10 codes I60-I69)

- For the 40 to 59-year-old age group, 2.1% of both men and women have had a stroke.
- For the 60 to 79-year-old age group, 6.2% of men and 6.9% of women have had a stroke.
- The 2009 overall crude death rate for stroke was 42.0. For the 45 to 54-year-old age group the crude rate was 13.8. For the 55 to 64-year-old age group the crude rate was 30.2.

High Blood Pressure (HBP) (ICD/10 codes I10-I15)

- For the 45 to 54-year-old age group, 37.7% of men and 34.0% of women have HBP.
- For the 55 to 64-year-old age group, 52.0% of both men and women have HBP.
- The 2009 overall crude death rate from HBP was 20.1. For the 45 to 54-year-old age group the crude rate was 12.7. For the 55 to 64-year-old age group the crude rate was 23.3.

Heart Failure (HF) (ICD/10 code I50) (ICD/9 code 428)

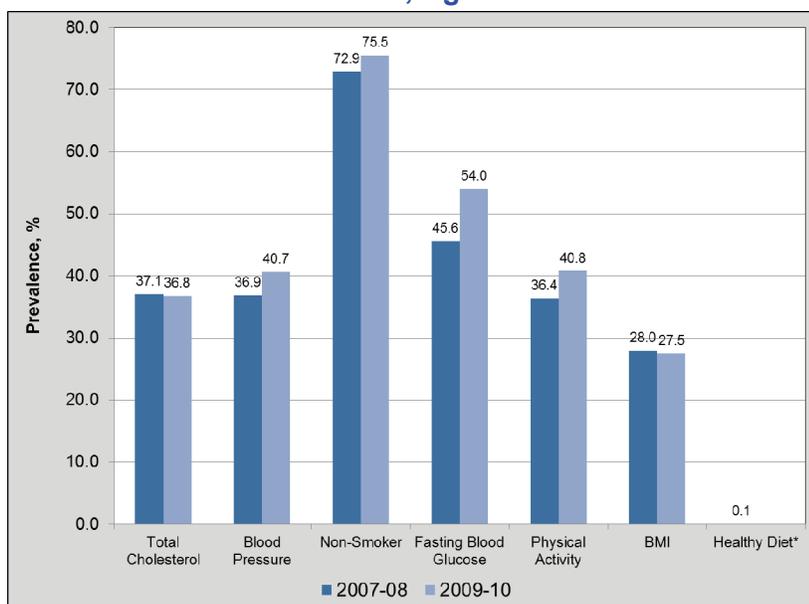
- For the 40 to 59-year-old age group, 1.5% of men and 0.7% of women have HF.
- For the 60 to 79-year-old age group, 7.8% of men and 4.5% of women have HF.
- The 2009 overall crude HF underlying cause death rate was 18.4. For the 45 to 54-year-old age group the crude rate was 2.7. For the 55 to 64-year-old age group the crude rate was 8.2.

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CVD & Stroke Risk

- At 45 years of age, the lifetime risk for developing CVD in those free of known disease is almost 2 in 3 for men and >1 in 2 for women.
- Among those free of CVD at age 50, the lifetime risk for developing CVD was 51.7% for men and 39.2% for women.
- Compared with white men, white women 45 to 84 years of age have lower stroke risk than men, but this association is reversed in older ages such that women >85 years of age have elevated risk compared with men.

Prevalence of Ideal Cardiovascular Health Factors, U.S. Adults, Ages 40-59



Source: NHANES 2007-08 and 2009-10. * Dietary data for 2009-10 were not available at the time of this analysis.

- Moderate to vigorous PA ≥ 3 times per week varies according to age. Data shows that younger people (18 to 44 years of age) were more likely (59.9%) than those who were older (45 to 64 and ≥ 65 years of age, 55.3% and 48.5%, respectively) to engage in regular PA.
- A greater percentage of those 18 to 44 years of age had a healthy weight (43.7%) than did those 45 to 64 years of age and ≥ 65 years of age (31.4% and 37.3%, respectively).
- People ≥ 65 years of age were more likely to be current nonsmokers (89.7%) than were people 18 to 44 years of age and 45 to 64 years of age (76.1% and 77.7%, respectively).

For additional information, charts and tables, see
[Heart Disease & Stroke Statistics - 2013 Update.](#)

Additional charts may be downloaded directly from the online publication at:

<http://circ.ahajournals.org/lookup/doi/10.1161/CIR.0b013e31828124ad> Or at: www.heart.org/statistics

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

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If you have questions about statistics or any points made in the 2013 Statistical Update, please contact the American Heart Association National Center, Office of Science & Medicine at statistics@heart.org.

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