

Statistical Fact Sheet — Populations

Older Americans and Cardiovascular Diseases — Statistics

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

- Over 83 percent of cardiovascular disease deaths occur in people age 65 and older.
- In 2003, 6,434,000 Americans were discharged from short-stay hospitals with a first listed diagnosis of CVD. In 2002, 63 percent were age 65 and older.

Coronary Heart Disease (CHD) (ICD/10 codes I20-I25) (ICD/9 codes 410-414, 429.2)

- For non-black men the annual rates per 1,000 population of new and recurrent heart attacks are
 - 23.0 for ages 65-74.
 - 35.3 for ages 75 and older.

For non-black women the rates are

- 9.8 for ages 65-74.
- 24.9 for ages 75 and older.

For black men the rates are

- 21.9 for ages 65-74.
- 31.4 for ages 75 and older.

For black women the rates are

- 13.8 for ages 65-74.
- 28.1 for ages 75 and older.

(ARIC/CHS, NHLBI)

- Over 83 percent of people who die of CHD are age 65 or older.
- In part because women have heart attacks at older ages than men do, they're more likely to die from them within a few weeks.
- In 2003, 2,011,000 Americans were discharged from short-stay hospitals with a first listed diagnosis of CHD. In 2002, 58 percent were age 65 or older.

Angina Pectoris (ICD/10 code I20) (ICD/9 code 413)

- The annual rates per 1,000 population of new and recurrent episodes of angina (chest pain or discomfort caused by reduced blood supply to the heart muscle) for non-black men are
 - 44.3 for ages 65-74.
 - 56.4 for ages 75-84.
 - 42.6 for age 85 and older.

For non-black women the rates are

- 18.8 for ages 65-74.
- 30.8 for ages 75-84.

— 19.8 for age 85 and older.

For black men the rates are

- 26.1 for ages 65-74.
- 52.2 for ages 75-84.
- 43.5 for age 85 and older.

For black women the rates are

- 29.4 for ages 65-74.
- 37.7 for ages 75-84.
- 15.2 for age 85 and older.

(CHS, NHLBI)

- In 2003, 63,000 Americans were discharged from short-stay hospitals with a first listed diagnosis of angina pectoris. In 2002, 51 percent were age 65 or older.

Stroke (ICD/10 codes I60-I69) (ICD/9 codes 430-438)

- A transient ischemic attack (TIA) is a warning stroke or “mini-stroke” that lasts less than 24 hours. The prevalence of TIA in men is
 - 2.7 percent for ages 65-69.
 - 3.6 percent for ages 75-79.

For women, the TIA prevalence is

- 1.6 percent for ages 65-69.
- 4.1 percent for ages 75-79.

(CHS, NHLBI)

- Stroke is a leading cause of serious, long-term disability in the United States.
- About 88 percent of stroke deaths occur in people age 65 and older.
- 22 percent of men and 25 percent of women who have an initial stroke die within a year. This percentage is higher among people age 65 and older. *(FHS, NHLBI)*
- In 2003, 965,000 Americans were discharged from short-stay hospitals with a first listed diagnosis of stroke. In 2002, 71 percent were age 65 and older.

High Blood Pressure (HBP) (ICD/10 codes I10-I15) (ICD/9 codes 401-404)

- The following have HBP (defined as systolic pressure of 140 mm Hg or higher or diastolic pressure of 90 mm Hg or higher, or taking antihypertensive medicine):
 - At ages 55-64, 44.9 percent of men and 53.9 percent of women.
 - At ages 65-74, 58.9 percent of men and 72.5 percent of women.
 - At age 75 and older, 68.4 percent of men and 82.8 percent of women.

(NHANES [1999-2002], Health, United States, 2004, CDC/NCHS)

- In 2003, 520,000 Americans were discharged from short-stay hospitals with a first listed diagnosis of HBP. In 2002, 50 percent were age 65 and older

Arrhythmias (ICD/10 codes I46-I49) (ICD/9 codes 426, 427)

- Participants in the FHS study of the NHLBI were followed from 1968–99. At age 40, lifetime risks for atrial fibrillation (AF) were 26.0 percent for men and 23.0 percent for women. At 80 years, lifetime risks for AF were 22.7 percent for men and 21.6 percent for women. In further analysis, counting only those who had development of AF without prior or concurrent congestive heart failure or MI, lifetime risk for AF was approximately 16 percent. (*Lloyd-Jones DM, et al. Lifetime risk for development of atrial fibrillation: The Framingham Heart Study. Circulation 2004;110:1042–6*)
- Data from the National Hospital Discharge Survey (1996–2001) on cases that included AF as a primary discharge diagnosis found that: (*Khairallah F, et al. Epidemiology and determinants of outcome of admissions for atrial fibrillation in the United States from 1996 to 2001. Am J Cardiol 2004;94:500–4*)
 - About 44.8 percent of patients were men.
 - The mean age for men was 66.8 years vs. 74.6 for women.
 - The racial breakdown for admissions was 71.2 percent white, 5.6 percent black, 2.0 percent other races (20.8 percent were not specified).
 - African-American patients were much younger than patients of other races.
 - The incidence in men ranged from 20.58/100,000 persons per year for patients ages 15–44 to 1,077.39/100,000 persons per year for patients age 85 and older. In women, the incidence ranged from 6.64/100,000 persons per year for patients ages 15–44 to 1,203.7/100,000 persons per year for those age 85 and older.
 - From 1996–2001, hospitalizations with AF as the first-listed diagnosis increased 34 percent.

Heart Failure (HF) (ICD/10 code I50.0) (ICD/9 code 428.0)

- Based on the 44-year follow-up of the NHLBI’s FHS... (*Hurst W. The Heart, Arteries and Veins. 10th ed. New York, NY: McGraw-Hill; 2001*)
 - HF incidence approaches 10 per 1,000 population after age 65.
 - 75 percent of HF cases have antecedent hypertension.
 - About 22 percent of male and 46 percent of female heart attack (MI) victims will be disabled with heart failure within six years.
- After HF is diagnosed, survival is poorer in men than in women, but fewer than 15 percent of women survive longer than 8-12 years. The 1-year mortality rate is high with one in five dying. (*FHS, NHLBI*)
- The annual rates per 1,000 population of new and recurrent HF events for non-black men are
 - 21.5 for ages 65-74.
 - 43.3 for ages 75-84.
 - 73.1 for age 85 and older.
 For non-black women in these age groups the rates are
 - 11.2 for ages 65-74.
 - 26.3 for ages 75-84.
 - 64.9 for age 85 and older.

For black men the rates are

- 21.1 for ages 65-74.
- 52.0 for ages 75-84.
- 66.7 for age 85 and older.

For black women the rates are

- 18.9 for ages 65-74.
- 33.5 for ages 75-84.
- 48.4 for age 85 and older.

(CHS, NHLBI)

- In 2003, 1,093,000 Americans were discharged from short-stay hospitals with a first listed diagnosis of congestive heart failure. In 2002, 73 percent were age 65 and older.

Tobacco

- In 2004 studies show that 9.8 percent of men and 8.1 percent of women age 65 and older smoke. *(NHIS, 2004. MMWR, Vol. 54, No. 44, Nov. 11, 2005)*

High Blood Cholesterol and Other Lipids

- In adults, total cholesterol levels of 240 mg/dL or higher are considered high risk. Levels from 200 to 239 mg/dL are considered borderline-high risk.
- Among people ages 60-79, the following have total blood cholesterol 200 mg/dL or higher.
 - 52.1 percent of men.
 - 71.4 percent of women.

For age 80 and older the percentages are

- 41.7 percent of men.
- 66.2 percent of women.

(NHANES [1999-2002], CDC/NCHS and NHLBI)

- Among people ages 60-79 the following have total blood cholesterol 240 mg/dL or higher:
 - 13.8 percent of men.
 - 29.2 percent of women.

For age 80 and older the percentages are

- 10.4 percent of men.
- 29.0 percent of women.

(NHANES [1999-2002], CDC/NCHS and NHLBI)

Overweight and Obesity

- Among people age 60 and older, the following are overweight or obese, defined as a BMI (body mass index) of 25.0 kg/m² and higher:
 - 74.8 percent of non-Hispanic white men.
 - 66.7 percent of non-Hispanic white women.
 - 72.2 percent of non-Hispanic black men.
 - 82.2 percent of non-Hispanic black women.
 - 75.4 percent of Mexican-American men.
 - 73.9 percent of Mexican-American women.

(Hedley AA, et al. *Prevalence of overweight and obesity among US children, adolescents, and adults, 1999-2002. JAMA 2004;291:2847-50*)

- Among people age 60 and older, the following are obese, defined as a BMI of 30.0 kg/m² and higher:
 - 32.2 percent of non-Hispanic white men.
 - 33.7 percent of non-Hispanic white women.
 - 30.5 percent of non-Hispanic black men.
 - 50.3 percent of non-Hispanic black women.
 - 27.4 percent of Mexican-American men.
 - 35.8 percent of Mexican-American women.

(Hedley AA, et al. *Prevalence of overweight and obesity among US children, adolescents, and adults, 1999-2002. JAMA 2004;291:2847-50.*)

Diabetes Mellitus (ICD/9 code 250) (ICD/10 codes E10-E14)

- In people age 60 and older, the following have physician-diagnosed diabetes:
 - 16.5 percent of men.
 - 14.7 percent of women
- (NHANES III [1999-02], CDC/NCHS)
- In 2003, 597,000 Americans were discharged from short-stay hospitals with a first listed diagnosis of diabetes. Of these, 34 percent were age 65 and older.

Surgery

- According to data from the CDC/NCHS, 55 percent of bypass and 52 percent of PCI procedures in 2003 were done on patients age 65 and older.
- In 2004, 46 percent of heart transplant recipients were ages 50-64.

Source Footnotes

CDC/NCHS – Centers for Disease Control and Prevention/National Center for Health Statistics

CHS – Cardiovascular Health Study

FHS – Framingham Heart Study

HHP – Honolulu Heart Program

NHANES III (1988-94) – National Health and Nutrition Examination Survey

NHANES (1999-2002) – National Health and Nutrition Examination Survey

NHLBI – National Heart, Lung, and Blood Institute