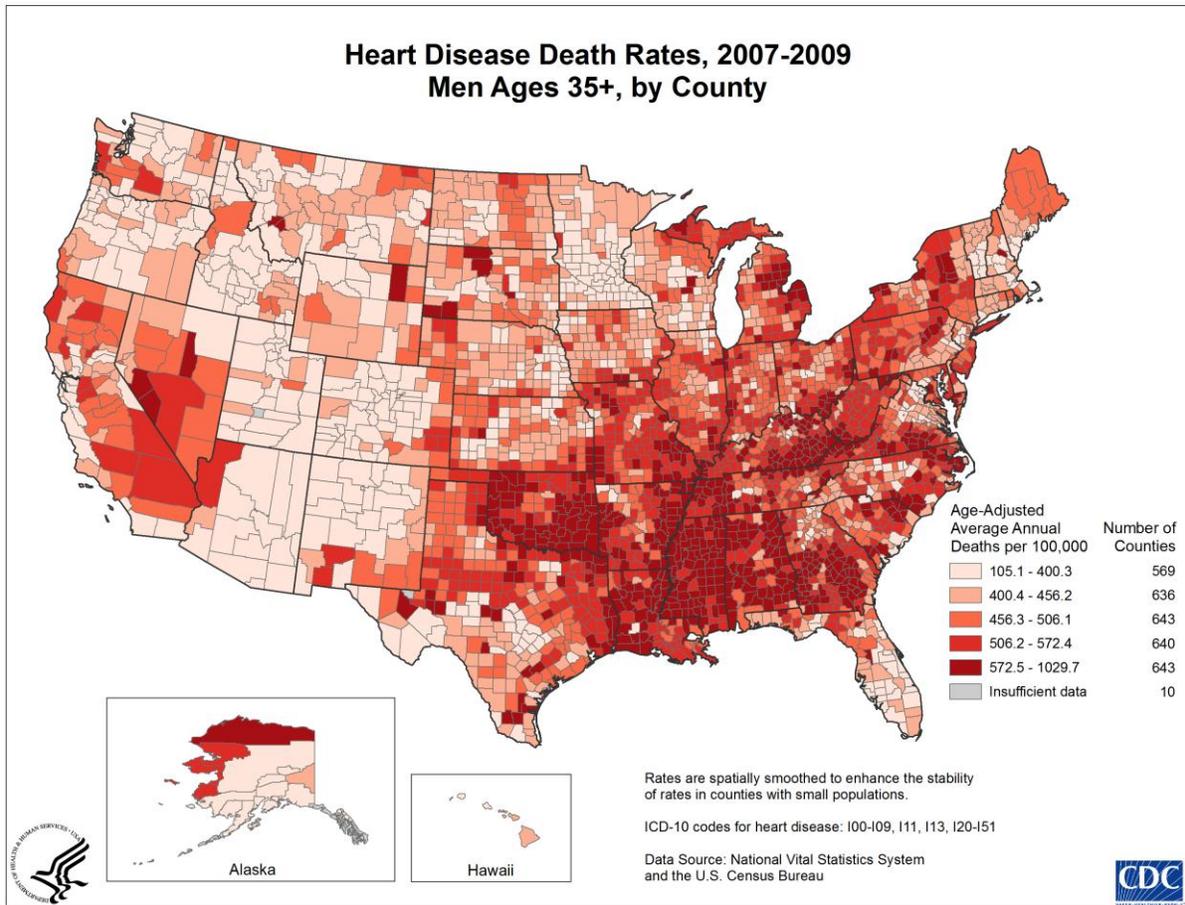


# Men and Heart Disease Fact Sheet



## Heart Disease Facts in Men

- Heart disease is the leading cause of death for men in the United States, killing 307,225 men in 2009—**that's 1 in every 4** male deaths.<sup>1</sup>
- Heart disease is the **leading cause** of death for men of most racial/ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American or Pacific Islander men, heart disease is second only to cancer.<sup>2</sup>
- About 8.5% of all white men, 7.9% of black men, and 6.3% of Mexican American men have coronary heart disease.<sup>3</sup>
- **Half** of the men who die suddenly of coronary heart disease have **no previous symptoms**.<sup>3</sup> Even if you have no symptoms, you may still be at risk for heart disease.
- **Between 70% and 89%** of sudden cardiac events occur in men.<sup>3</sup>

## Risk Factors

High blood pressure, high LDL cholesterol, and smoking are key risk factors for heart disease. About **half of Americans** (49%) have at least one of these three risk factors.<sup>4</sup>

Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- Diabetes
- Overweight and obesity
- Poor diet
- Physical inactivity
- Excessive alcohol use

## CDC's Public Health Efforts

### **CDC's Heart Disease and Stroke Prevention Program**

Since 1998, CDC has funded state health departments' efforts to reduce the number of people with heart disease or stroke. Health departments in 41 states and the District of Columbia currently receive funding. The program stresses policy and education to promote heart-healthy and stroke-free living and working conditions.

### **Million Hearts™**

Million Hearts™ is a national, public-private initiative of the Department of Health and Human Services to prevent 1 million heart attacks and strokes by 2017. Co-led by CDC and the Centers for Medicare & Medicaid Services, the initiative brings together communities, health care professionals, health systems, nonprofit organizations, federal agencies, and private-sector partners to improve care and empower Americans to make heart-healthy choices.

## For More Information

For more information on heart disease and among men, visit the following Web sites.

- [Centers for Disease Control and Prevention](#)
- [American Heart Association](#)
- [National Heart, Lung, and Blood Institute](#)

## References

1. Kochanek KD, Xu JQ, Murphy SL, Miniño AM, Kung HC. [Deaths: final data for 2009](#). *National vital statistics reports*. 2011;60(3).

2. Heron M. Deaths: Leading causes for 2008. *National vital statistics reports*. 2012;60(6).
3. Roger VL, Go AS, Lloyd-Jones DM, Benjamin EJ, Berry JD, Borden WB, et al. Heart disease and stroke statistics—2012 update: a report from the American Heart Association. *Circulation*. 2012;125(1):e2–220.
4. CDC. Million Hearts: strategies to reduce the prevalence of leading cardiovascular disease risk factors. United States, 2011. *MMWR* 2011;60(36):1248–51.