

Heart Disease Facts



1. Heart disease is the #1 cause of death in the U.S. and is the most common cause of death among those with kidney disease.
2. 1 in 4 deaths is caused by heart disease.
3. Nearly half of Americans have at least one of three key risk factors for heart disease - high blood pressure, high cholesterol or tobacco usage.
4. Adults with diabetes are twice as likely to have heart disease than those who don't have diabetes.
5. By 2035, it is estimated that nearly half of the U.S. population will have some form of heart disease.
6. Heart disease costs the U.S. about \$363 billion each year - this includes health care services, medicines and lost of productivity.
7. More than two-thirds of heart disease-related deaths worldwide can be linked to food choices.
8. An estimated 80% of cardiovascular diseases (which includes heart disease) are preventable.
9. 30.3 million adults in the U.S. were diagnosed with heart disease as of 2018.
10. The death rate from cardiovascular disease (which includes heart disease) for food insecure individuals is 75% higher than those with a sufficient diet.