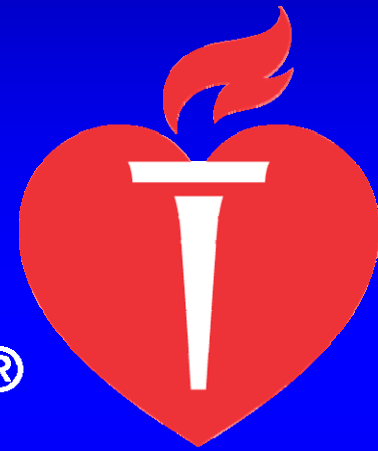


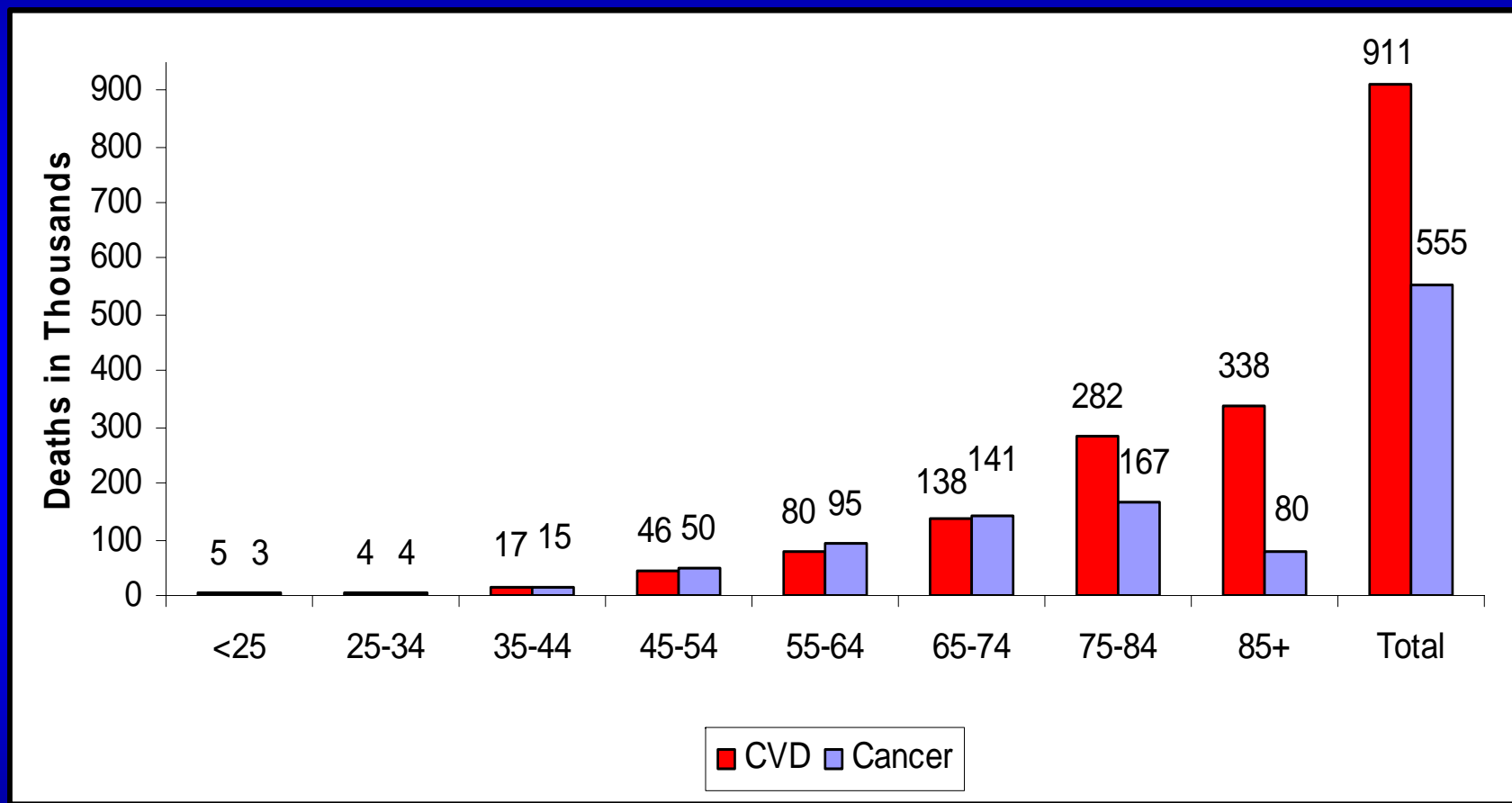
American Heart  
Association®



*Learn and Live* SM

# Cardiovascular Disease Deaths vs. Cancer Deaths by Age

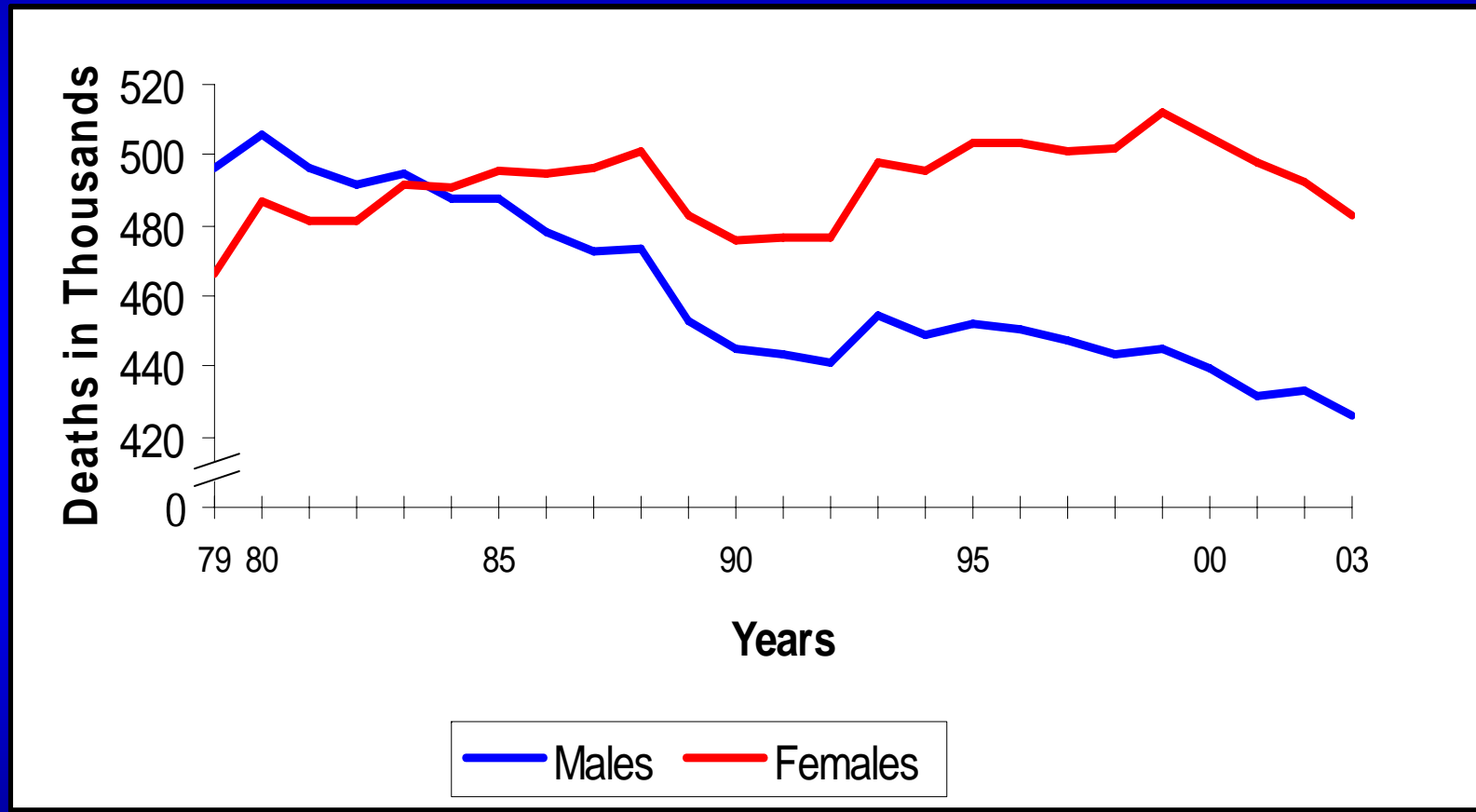
United States: 2003 \*



Source: CDC/NCHS and NHLBI. \*Preliminary

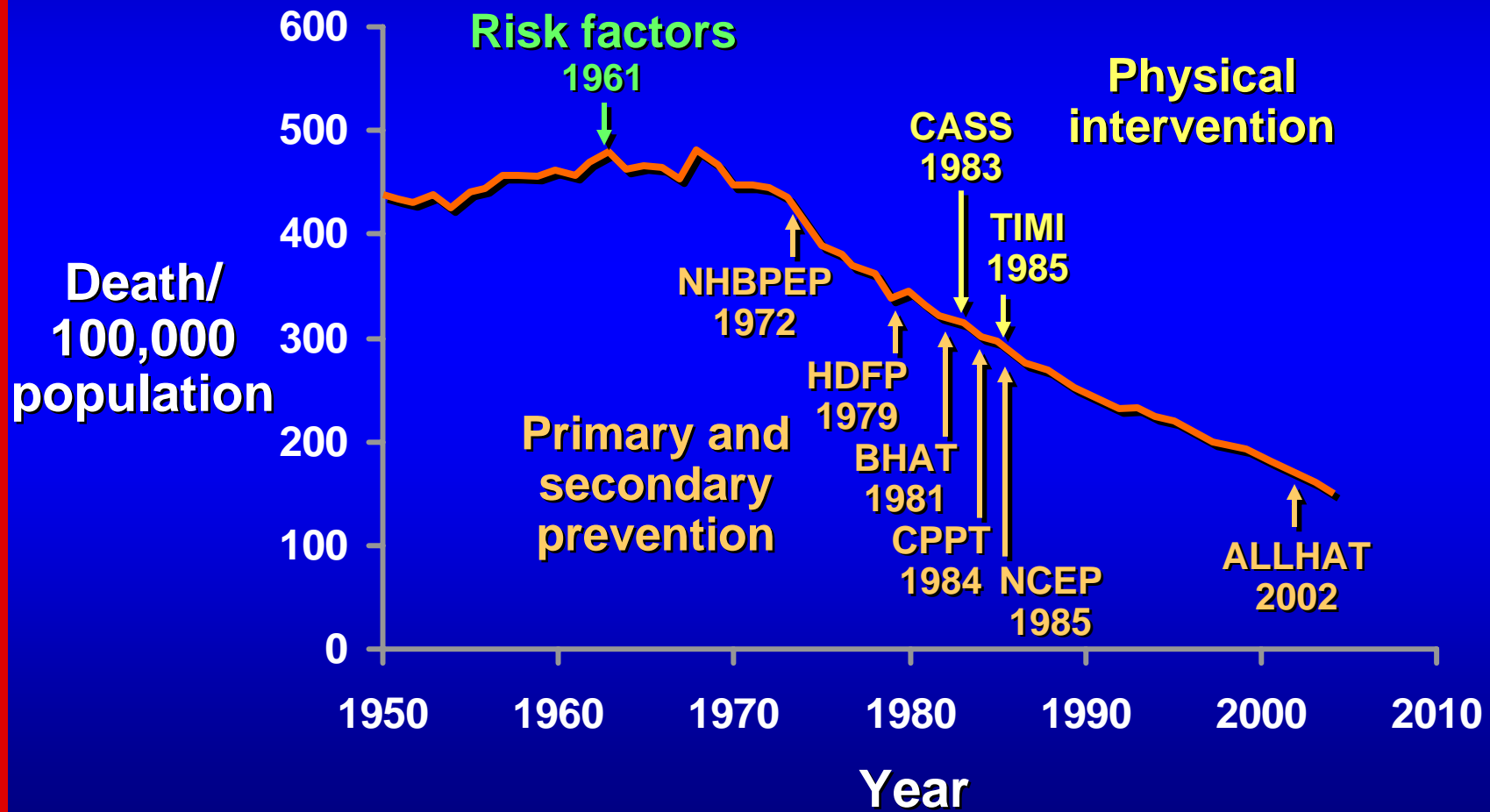
# Cardiovascular Disease Mortality Trends for Males and Females

United States: 1979-2003\*

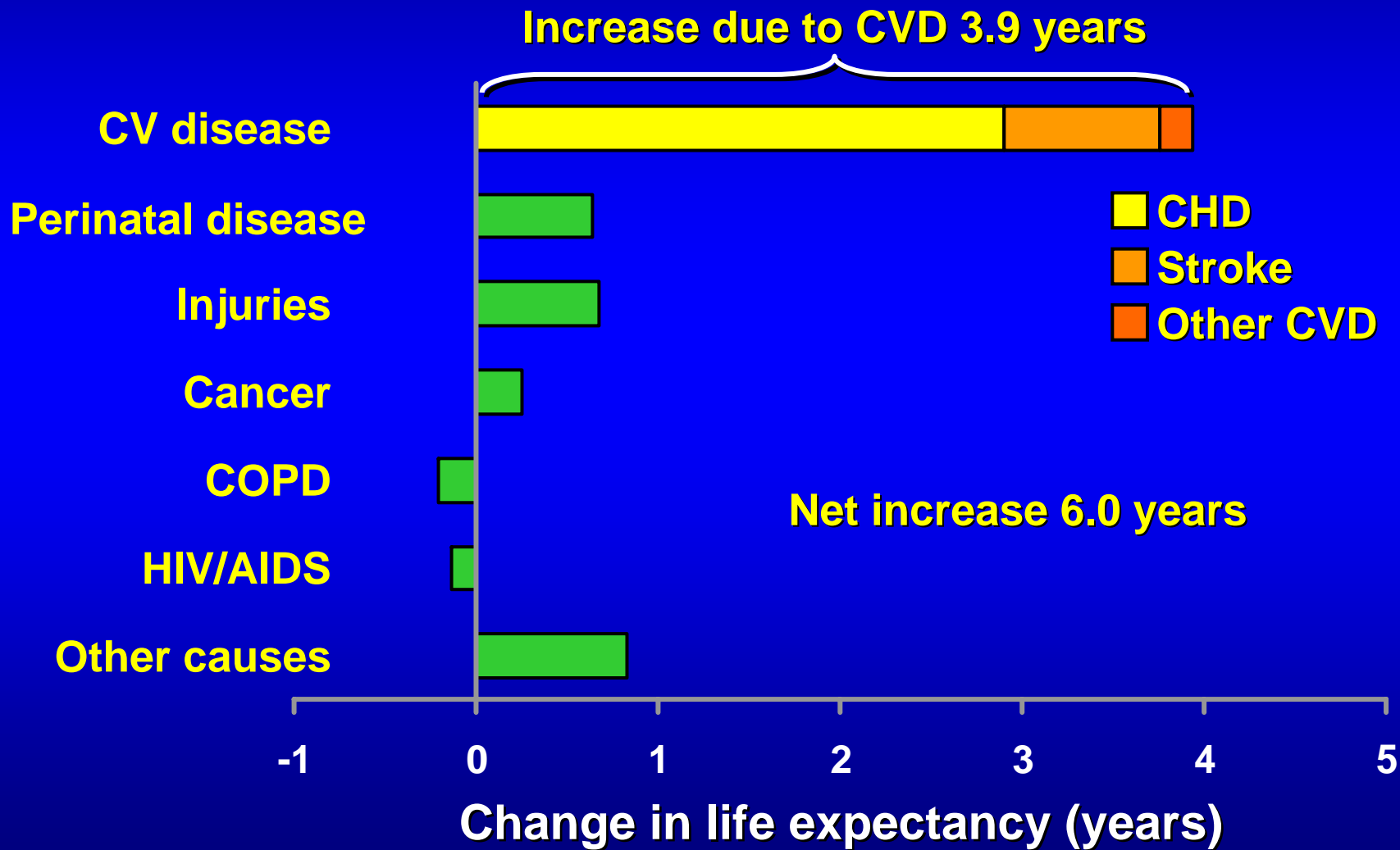


Source: CDC/NCHS. \* Preliminary

# Age-Adjusted Death Rates for Coronary Heart Disease U.S. 1950-2004



# Contributions to Change in Life Expectancy U.S. 1970-2000

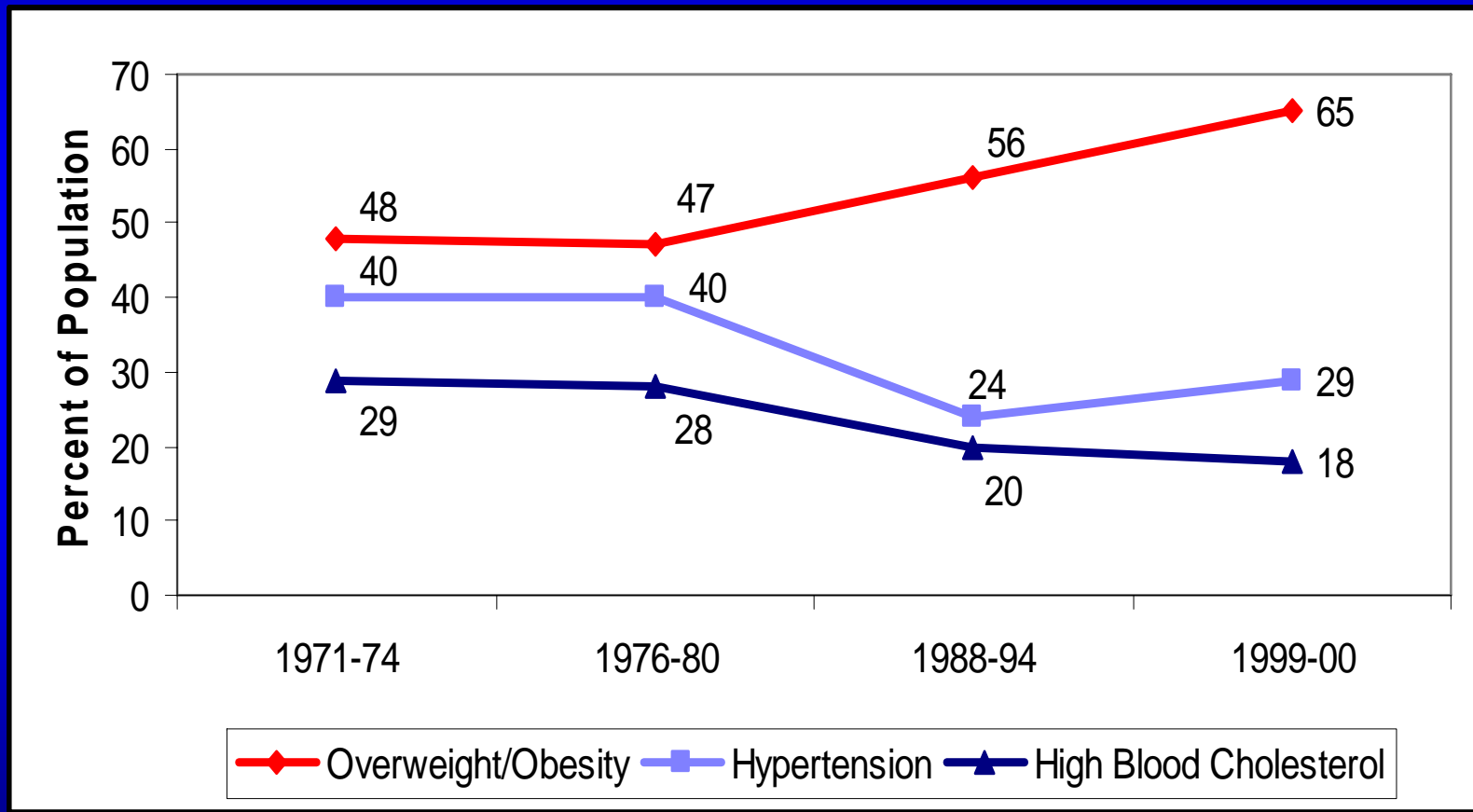


# Primary Prevention

- A Aspirin(depending on risk)**
- B Blood pressure**
- C Cholesterol and cigarettes**
- D Diet and diabetes**
- E Exercise and education**

# Trends in Age-Adjusted Prevalence of Health Conditions, U.S. Adults Ages 20-74

NHANES:1971-74 to 1999-2000



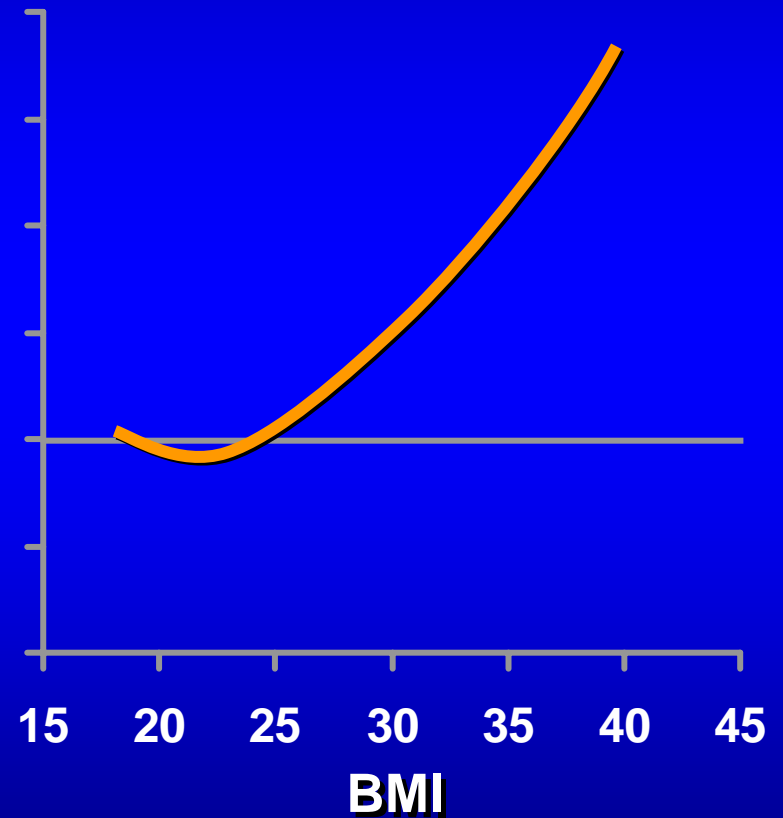
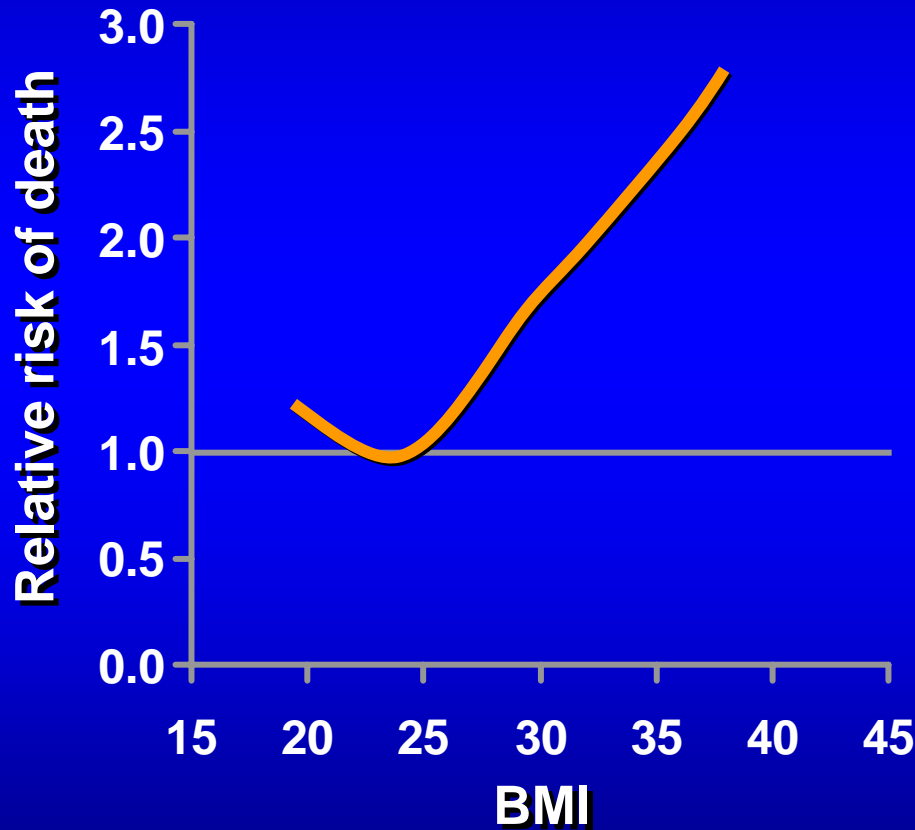
Source: *Ann. Rev. of Nut.* July 2004. Vol.24: 401-431

# BMI and Mortality

## Age 50 – Never Smoked

Men

Women

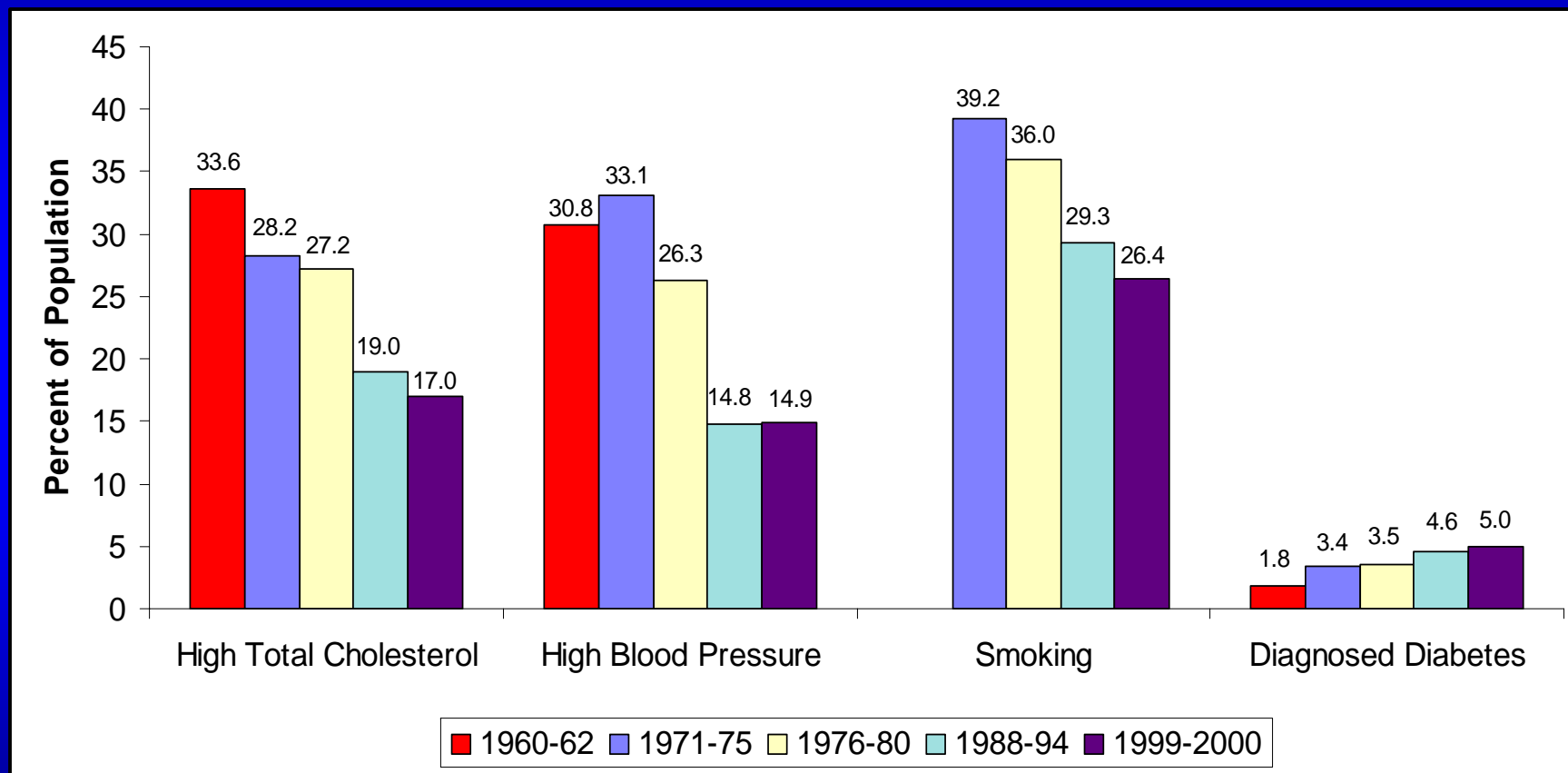


NEJM 355:763, 2006



# Trends in Cardiovascular Risk Factors in the U.S. Population Aged 20-74

NHES: 1960-62, NHANES: 1971-75 to 1999-2000



Source: JAMA 2005. 293: 1868-74.



# The demographic facts....

Beginning in 2011, 10,000  
people will turn 65 every  
day...for the next 20 years

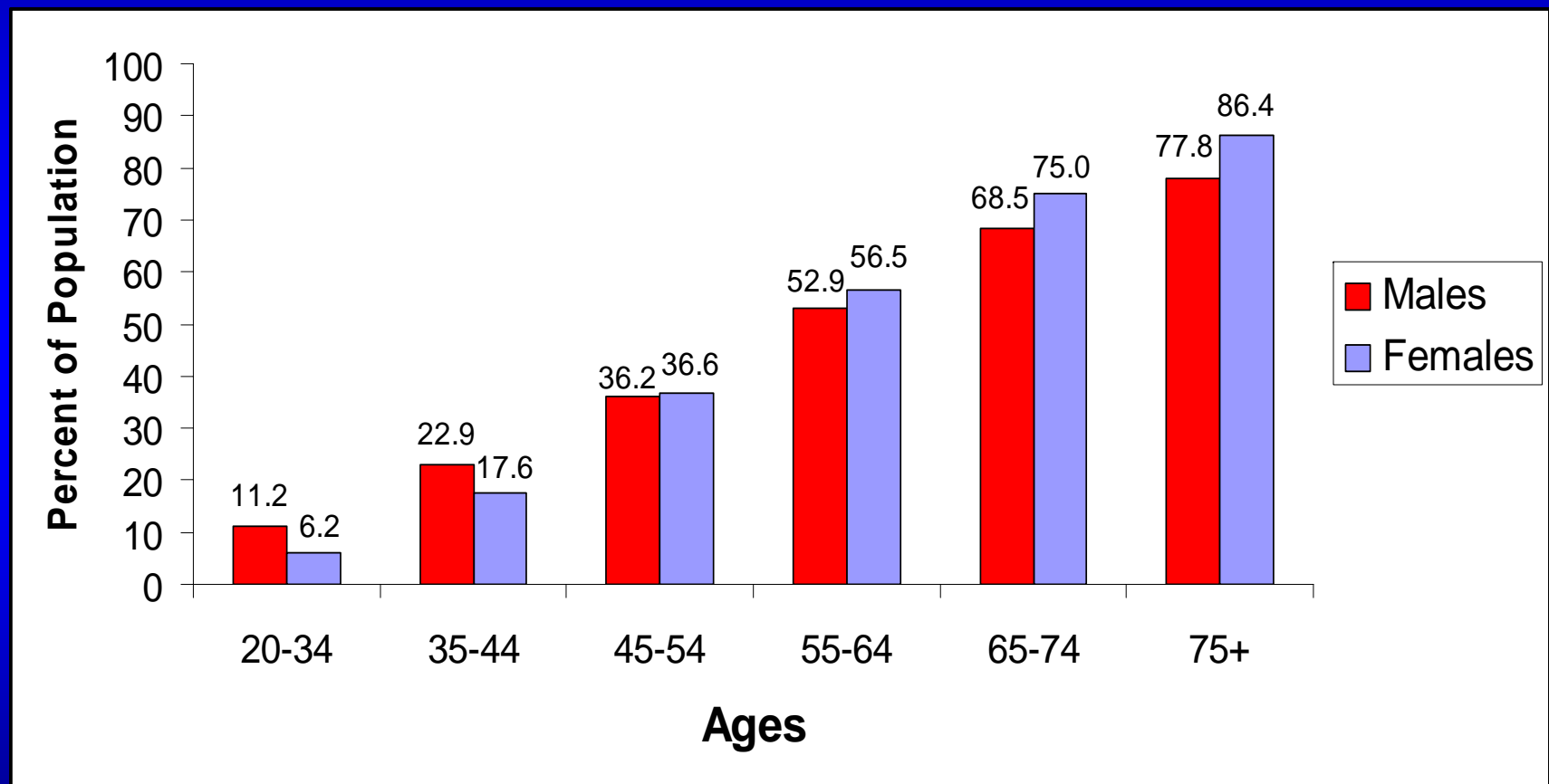
# Population Over 65 (2005-2030)

## Other Countries

- **Canada and Australia will have similar large increases in the percentage of their citizens over age 65**
- **Italy, Germany, and Japan already have more citizens over 65, but will also have sizable increases**
- **China has fewer elderly citizens now, but will close the gap with sizable increases**

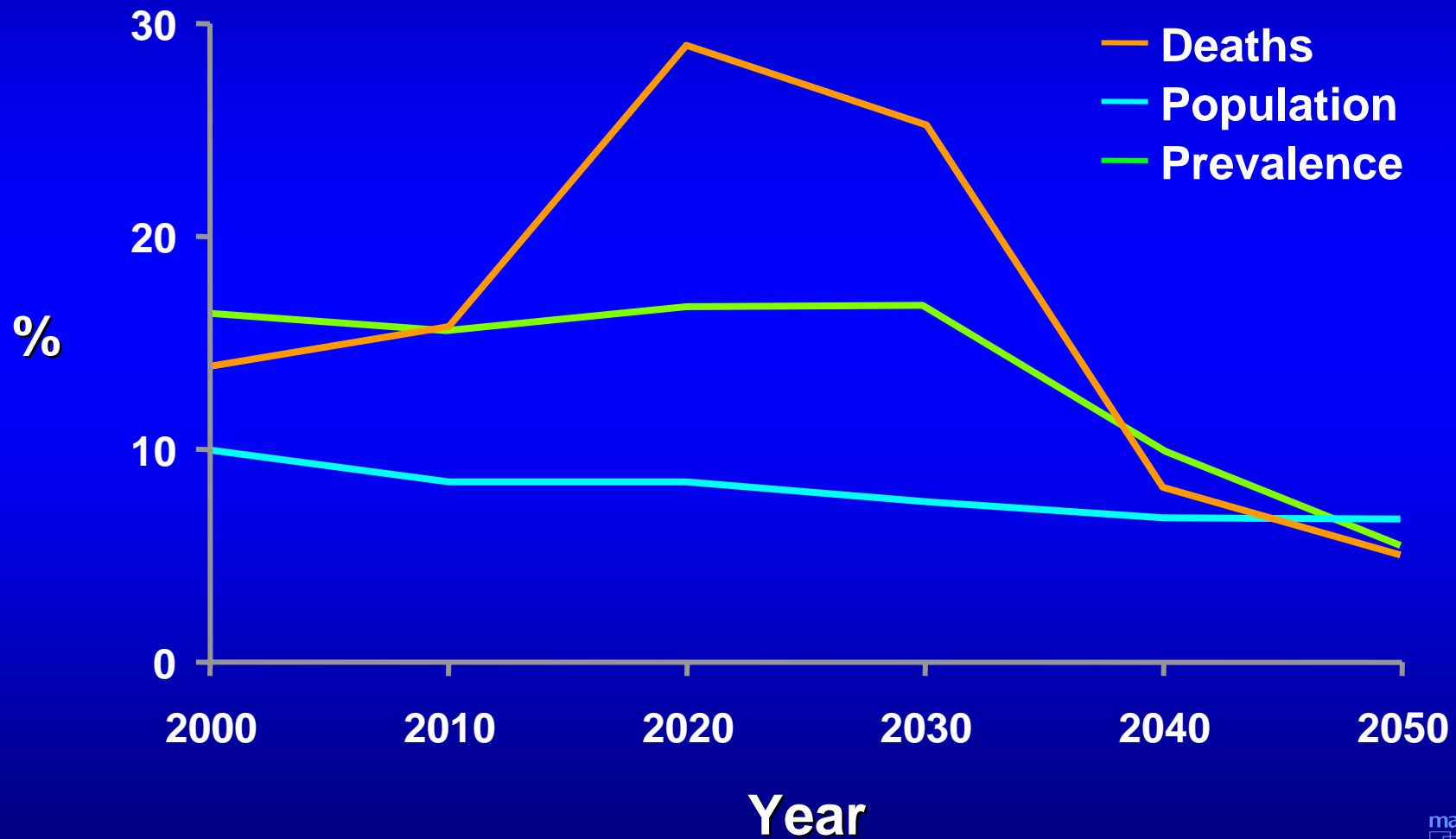
# Prevalence of Cardiovascular Diseases in Americans Age 20 and Older by Age and Sex

NHANES: 1999-2002



*Source: CDC/NCHS and NHLBI. These data include coronary heart disease, heart failure, stroke and hypertension.*

# Cardiovascular Disease by Decade

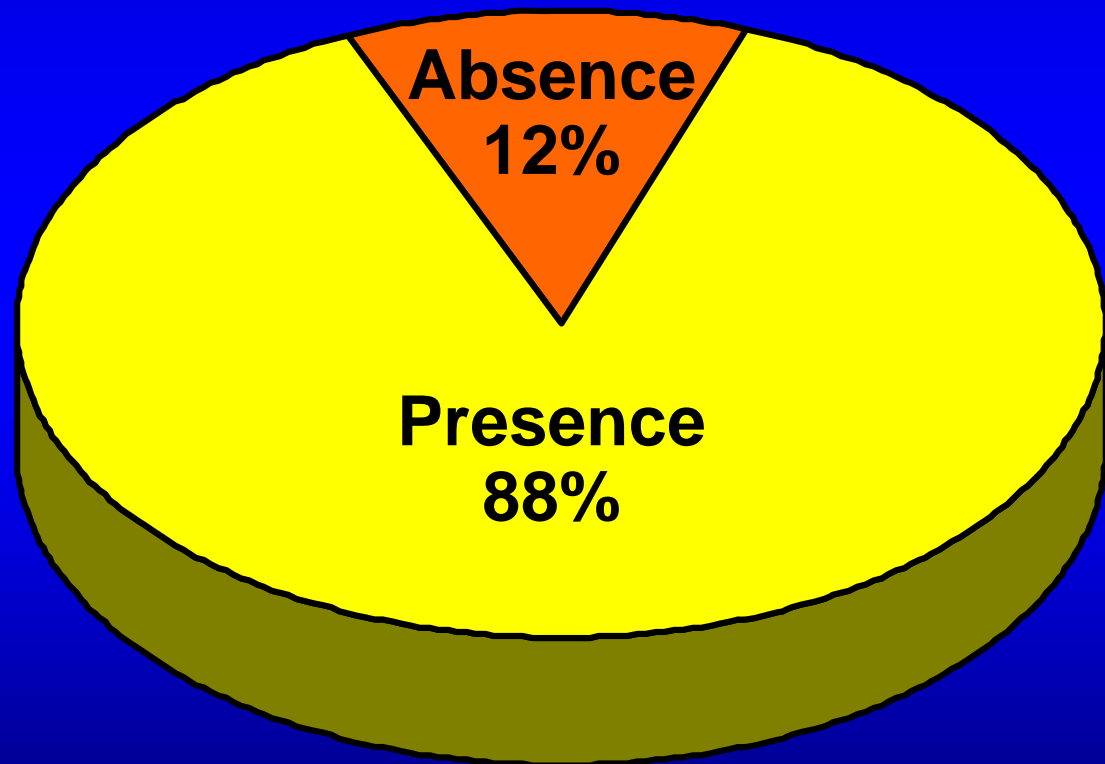


# Nurses Health Study

## Population Attributable Risk of Diabetes

### Risk factors

- Poor diet
- Inactivity
- BMI >25
- Smoking



# US Spending-2006

- **\$7100 per capita for health care**
- **\$95 per capita for NIH**
- **\$1 per capita for AHRQ**

