

Women and Heart Disease



More common than you may think

- 43.8 million women are currently living with some form of cardiovascular disease (CVD).¹
- 6.6 million women are currently living with coronary heart disease (CHD).¹
- 2.7 million women have a history of heart attack.¹
- 4.2 million women will suffer angina.¹

Impact on women

- 23% of women ≥ 45 years of age and 18% of men ≥ 45 years of age will die within one year of a first recognized heart attack; 47% of women and 36% of men heart attack survivors will die within five years.¹
- Following a heart attack, 22% of women >45 years of age and 16% of men >45 years of age will be diagnosed with heart failure within five years.¹
- 64% of women and 50% of men who die suddenly from CHD had no previous symptoms of this disease.²
- For women <55 years of age, mortality rates are showing no signs of decline.³
- After a heart attack, women are less likely than men to participate in cardiac rehabilitation.⁴

More fatal than any other disease

- Cardiovascular disease is the leading cause of death of American women. It is responsible for one in 3 female deaths in the U.S. ¹
- CVD caused approximately 1 death every 1 minute and 20 seconds among women in 2013. That represents approximately the same number of female lives claimed by cancer, chronic lower respiratory diseases and diabetes combined.¹
- 398,086 deaths in American women are caused by CVD each year.¹
- 50,742 women die each year from heart attacks.¹

Who is at risk?

- Cigarette smokers are 2 to 4 times more likely to develop heart disease than non-smokers.⁵
- 44.9% of women have total cholesterol of at least 200mg/dL.¹
- 31.7% of women do not engage in leisure time physical activity.¹
- 61.2% of Caucasian women, 81.9% of African-American women, and 76.3% of Mexican-American women are overweight or obese.¹
- Women with diabetes have a 2.5-fold higher risk for developing CVD compared to women who do not have diabetes, and men with diabetes have a 2.4-fold higher risk for developing CVD compared to men who do not have diabetes; women with diabetes and CVD have a 2.2-fold higher risk of dying from CVD compared to women who do not have these two conditions; men with diabetes and CVD have a 1.7-fold increased risk of dying from CVD compared to men who do not have these two conditions.¹

1 Mozaffarian, Dariush, MD, DrPH, FAHA, Benjamin, Emelia J., MD, ScM, FAHA, Go, Alan S., MD, et. al. Heart Disease and Stroke Statistics 2016 Update: A Report from the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. *Circulation* 2016. Pages 42, 79, 94, 113, 148, 151, 258, 261, and 262.

2 Thom, Thomas, Haase, Nancy, Rosamond, Wayne, PhD et. al. Heart Disease and Stroke Statistics 2006 Update: A Report from the American Heart Association Statistics Subcommittee. *Circulation* 2006.

3 Wilmut, Kobina A., MD, O'Flaherty, Martin, MD, PhD, MSc, et. al., Coronary Heart Disease Mortality Declines in the United States from 1979 Through 2011. *Circulation* 2015; 132: 997-1002

4 Sanderson, BK, Shewchuk, RM, Bittner, V, Cardiac rehabilitation and women: what keeps them away? *Journal of Cardiopulmonary Rehabilitation and Prevention*, January-February 2010.

5 Centers for Disease Control and Prevention fact sheet: "Health Effects of Cigarette Smoking," updated October 1, 2015. Available online at: http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/.