

Statistical Fact Sheet — Populations 2008 Update

Baby Boomers and Cardiovascular Diseases — Statistics

“Baby boomers” are persons born from 1946 through 1964. Thus, for the 2004 death rates presented here, baby boomers included people ages 37 through 55. As provided in U.S. government data, the 35–44 and 45–54 age groups in the statistics below are an approximation for comparing baby boomers with other groups.

Note: The following death rates are crude rates per 100,000 population.

Cardiovascular Disease (CVD) (ICD/10 codes I00-I99, Q20-Q28)

- For the 40–59 age group, the following have CVD:
 - 39.1 percent of men.
 - 39.5 percent of women.

(NHANES [1999-2004], NCHS and NHLBI)

- The 2004 overall crude death rate from CVD was 288.0. For the 35–44 age group the crude rates were 45.0 for white men, 20.0 for white women, 94.5 for black men and 59.9 for black women. For the 45–54 age group the crude rates were 142.7 for white men, 54.5 for white women, 309.1 for black men and 169.4 for black women.

Coronary Heart Disease (CHD) (ICD/10 codes I20-I25)

- For the 40–59 age group, the following have CHD:
 - 7.8 percent of men.
 - 5.5 percent of women.

(NHANES [1999-2004], NCHS and NHLBI)

- The 2004 overall crude CHD death rate was 150.5. For the 35-44 age group the crude rates were: 24.1 for white men, 7.2 for white women, 31.9 for black men and 15.5 for black women. For the 45–54 age group the crude rates were: 89.6 for white men, 24.4 for white women, 138.4 for black men and 59.6 for black women.

Stroke (ICD/10 codes I60-I69)

- For the 40–59 age group the prevalence of stroke is
 - 1.2 percent of men.
 - 2.3 percent of women.

(NHANES [1999-2004], NCHS and NHLBI)

- The 2004 overall crude death rate for stroke was 50.0. For the 35–44 age group the crude rates were: 4.7 for white men, 4.1 for white women, 12.8 for black men and 11.8 for black women. For the 45–54 age group the crude rates were: 12.8 for white men, 10.1 for white women, 44.8 for black men and 33.9 for black women.

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

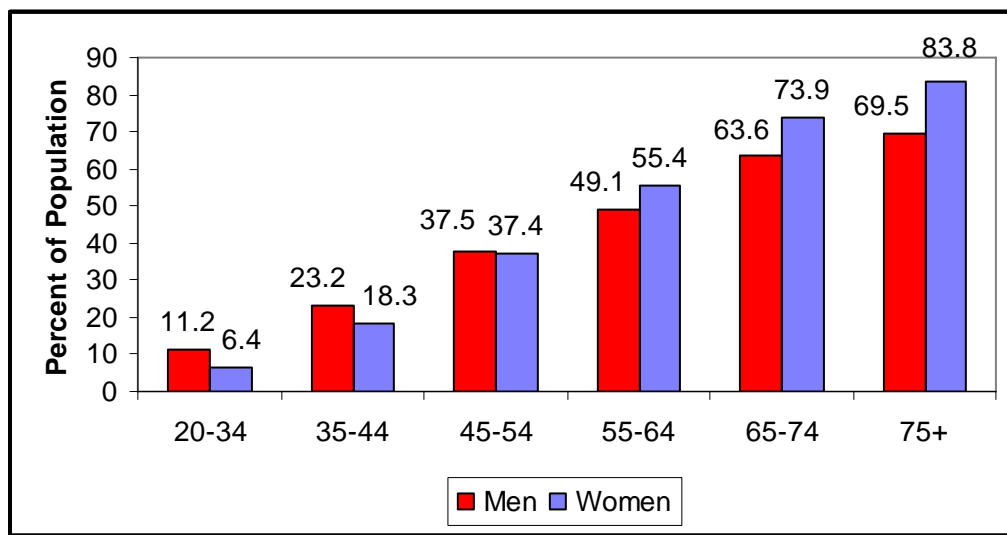
- For the 40–59 age group, the following have HBP:
 - 34.8 percent of men.
 - 35.5 percent of women.

(NHANES [1999-2004], NCHS and NHLBI)

- The 2003 overall crude death rate from HBP was 17.9. For the 35–44 age group the crude rates were: 3.8 for white men, 1.5 for white women, 17.5 for black men and 10.0 for black women. For the 45–54 age group the crude rates were: 10.6 for white men, 4.4 for white women, 50.0 for black men and 30.0 for black women.

Prevalence of High Blood Pressure in Americans Age 20 and Older by Age and Sex

NHANES: 1999–2004



Source: NCHS and NHLBI.

Congenital Cardiovascular Defects (ICD/10 codes Q20-Q28) (ICD/9 codes 745-747)

- The 2004 overall crude death rate for congenital cardiovascular defects was 1.3. For ages 35–44 the crude rates were
 - 0.6 for white men
 - 0.5 for white women
 - 0.9 for black men
 - 0.5 for black women.

For the 45–54 age group the crude rates were

- 0.8 for white men.
- 0.6 for white women.
- 0.8 for black men.
- 0.6 for black women.

Heart Failure (HF) (ICD/10 code I50) (ICD/9 code 428)

- For the 40–59 age group, the following have HF:
 - 2.0 percent of men.

- 1.5 percent of women.

(NHANES [1999-2004], NCHS and NHLBI)

- The 2004 overall crude HF underlying cause death rate was 19.5. For the 35–44 age group the crude rates were: 0.7 for white men, 0.4 for white women, 2.2 for black men and 1.7 for black women. For the 45–54 age group the crude rates were: 2.3 for white men, 1.5 for white women, 9.3 for black men and 5.9 for black women.

Rheumatic Fever/Rheumatic Heart Disease (RF/RHD) (ICD/10 codes I00-I09)

(ICD/9 codes 390-398)

- The 2004 overall crude death rate from rheumatic fever and rheumatic heart disease was 1.1. The crude rate for the 35–44 age group were: 0.1 for white men, 0.2 for white women, 0.5 for black men and 0.6 for black women.
- For the 45–54 age group the crude rates for RF/RHD were: 0.4 for white men, 0.5 for white women, 0.9 for black men and 1.1 for black women.

Tobacco Smoke

- 2004 estimates for smoking in the 35–44 age group are
 - 26.6 percent of white men.
 - 22.9 percent of white women.
 - 28.4 percent of black or African-American men.
 - 18.9 percent of black or African-American women.

(Health United States 2006, NCHS)

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. (NHANES [1999-2004], NCHS)

- Among Americans ages 40–59, the following have total blood cholesterol levels of 200 mg/dL or higher:
 - 59.6 percent of men.
 - 55.8 percent of women.

(NHANES [1999-2004], NCHS and NHLBI)

- Among Americans ages 40–59, the following have total blood cholesterol levels of 240 mg/dL or higher:
 - 23.2 percent of men.
 - 19.6 percent of women.

(NHANES [1999-2004], NCHS and NHLBI)

Overweight and Obesity

- At ages 35–44 the following are overweight or obese (body mass index [BMI] of 25.0 kg/m² and higher):
 - 72.9 percent of men.
 - 60.1 percent of women.

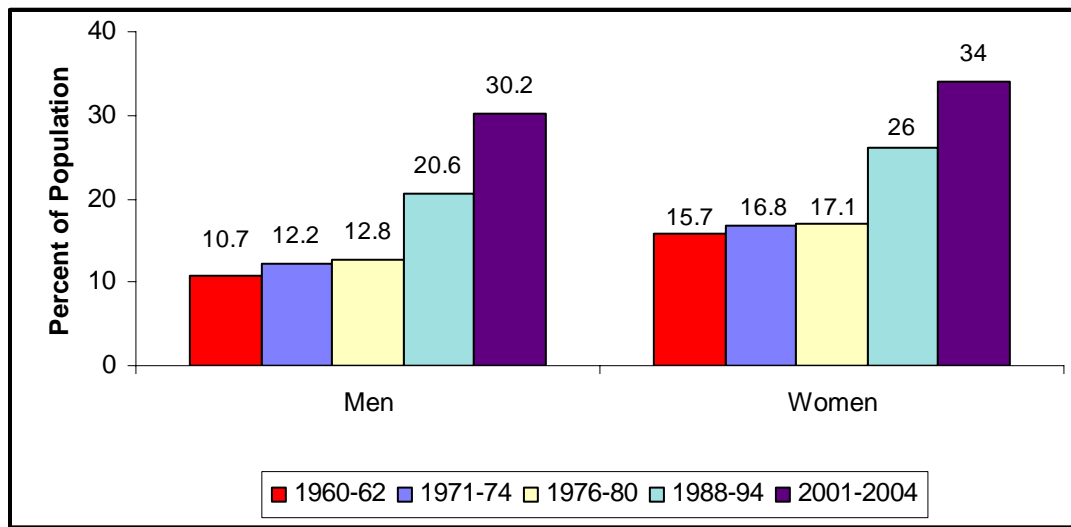
(NHANES [2001-2004], NCHS)

- At ages 35–44, the following are obese (BMI of 30.0 kg/m² and higher):
 - 33.8 percent of men.
 - 33.3 percent of women.

(NHANES [2001-2004], NCHS)

Age-Adjusted Prevalence of Obesity in Adults Ages 20–74 by Sex and Survey

NHES and NHANES: 1960–62, 1971–74, 1976–80, 1988–94 and 2001–04



Note: Obesity is defined as a BMI of 30.0 and higher.

Source: Health, United States, 2006, unpublished data. NCHS.

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

- In the total population age 20 and older, the prevalence of physician-diagnosed diabetes is 7.3 percent for men and 6.8 percent for women.
 - Among Americans ages 35–44, the following have physician-diagnosed diabetes :
 - 3.69 percent of men.
 - 2.79 percent of women.
 - Among Americans ages 45–54, the following have physician-diagnosed diabetes :
 - 6.77 percent of men.
 - 9.16 percent of women.
- (NHANES [1999-2004], NCHS and NHLBI)
- In the total population age 20 and older, the prevalence of undiagnosed diabetes is 3.6 percent for men and 2.0 percent for women. Using American Diabetes Association criteria of fasting blood glucose of 126 mg/dL or more.
 - Among Americans ages 35–44, the following have undiagnosed diabetes :
 - 1.37 percent of men.
 - 1.68 percent of women.
 - Among Americans ages 45–54, the following have physician-diagnosed diabetes :
 - 3.38 percent of men.
 - 1.23 percent of women.

Estimates are based on glucose tests of persons not previously diagnosed by a physician.
(NHANES [1999-2004], NCHS and NHLBI)

- In the total population age 20 and older, the prevalence of pre-diabetes is 27.9 percent for men and 33.5 percent for women. Using American Diabetes Association criteria of fasting blood glucose of 100 to less than 126 mg/dL.
 - Among Americans ages 35–44, the following have prediabetes :
 - 28.77 percent of men.
 - 16.31 percent of women.
 - Among Americans ages 45–54, the following have prediabetes :
 - 39.68 percent of men.
 - 27.43 percent of women.

(NHANES [1999-2004], NCHS and NHLBI).

Abbreviations Used:

BMI – Body mass index

kg/m² – kilograms/meter²

mg/dL - milligrams per deciliter

NCHS – National Center for Health Statistics

NHANES – National Health and Nutrition Examination Survey, NCHS

For additional information see the Heart Disease and Stroke Statistics – 2008 Update, published in Circulation, and available on our Web site.