

Statistical Fact Sheet — Populations

Baby Boomers and Cardiovascular Diseases — Statistics

“Baby boomers” are persons born from 1946 through 1964. Thus, for the 2001 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 45-54 age group, the following have CVD:
 - 36.2 percent of men.
 - 36.6 percent of women.

(NHANES [1999-2002], CDC/NCHS and NHLBI)
- The 2002 overall underlying **crude** death rate from CVD was 321.6. For the 35-44 age group the crude rates were
 - 134.4 for white men.
 - 20.2 for white women.
 - 97.5 for black men.
 - 61.9 for black women.

For the 45-54 age group the crude rates were

 - 254.4 for white men.
 - 56.6 for white women.
 - 317.1 for black men.
 - 175.6 for black women.

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

- For the 45-54 age group, the following have CHD:
 - 3.0 percent of men.
 - 1.6 percent of women.

(NHANES [1999-2002], CDC/NCHS and NHLBI)
- The 2002 overall underlying **crude** CHD death rate was 171.4. For the 35-44 age group the crude rates were
 - 25.6 for white men.
 - 7.3 for white women.
 - 35.2 for black men.
 - 16.3 for black women.

For the 45-54 age group the crude rates were

 - 96.3 for white men.
 - 25.5 for white women.
 - 144.3 for black men.
 - 64.9 for black women.

Stroke (ICD/10 codes I60-I69)

- For the 35-44 age group the prevalence of stroke is
 - 1.1 percent of men.
 - 0.8 percent of women.

For the 45-54 age group the prevalence of stroke is

- 1.2 percent of men.
- 2.1 percent of women.

(NHANES [1999-2002], CDC/NCHS and NHLBI)

- The 2002 overall underlying **crude** death rate for stroke was 56.4. For the 35-44 age group the crude rates were
 - 4.2 for white men.
 - 4.3 for white women.
 - 12.2 for black men.
 - 13.4 for black women.

For the 45-54 age group the underlying crude rates were

- 12.9 for white men.
- 10.4 for white women.
- 46.5 for black men.
- 35.7 for black women.

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

- For the 35-44 age group, the following have HBP:
 - 17.1 percent of men.
 - 15.1 percent of women.

For the 45-54 age group, the following have HBP:

- 30.9 percent of men.
- 31.7 percent of women.

(NHANES [1999-2002], Health, United States, 2004, CDC/NCHS)

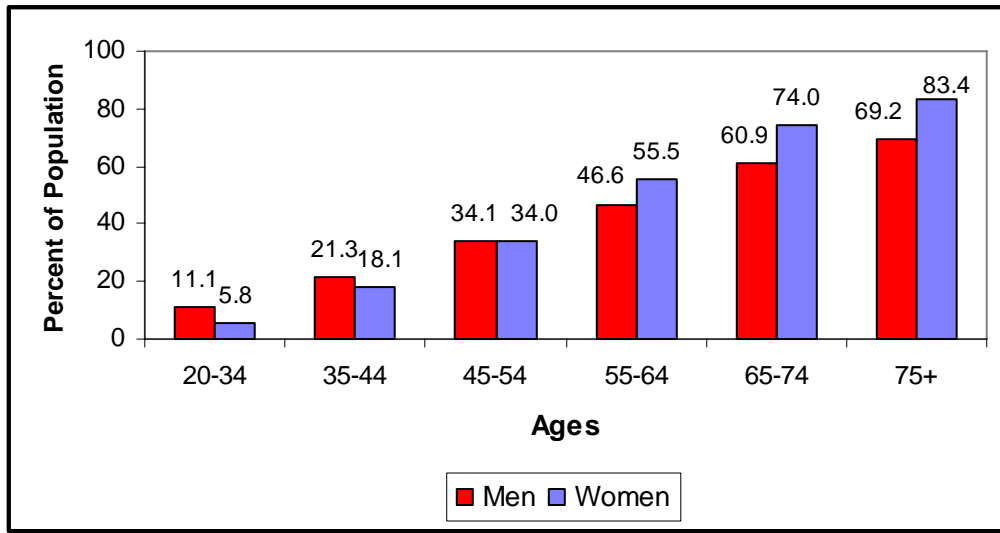
- The 2002 overall underlying **crude** death rate from HBP was 17.2. For the 35-44 age group the crude rates were
 - 3.4 for white men.
 - 1.3 for white women.
 - 16.7 for black men.
 - 9.4 for black women.

For the 45-54 age group the crude rates were

- 9.4 for white men.
- 4.0 for white women.
- 46.1 for black men.
- 27.2 for black women.

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

NHANES: 1999-2002



Source: CDC/NCHS.

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

- The 2002 overall underlying **crude** death rate for congenital cardiovascular defects was 1.4. For ages 35-44 the crude rates were
 - 0.7 for white men.
 - 0.6 for white women.
 - 1.0 for black men.
 - 0.9 for black women.
- For the 45-54 age group the crude rates were
 - 0.7 for white men.
 - 0.8 for white women.
 - 1.1 for black men.
 - 0.8 for black women.

Heart Failure (HF) (ICD/10 code I50.0) (ICD/9 code 428.0)

- For the 35-44 age group, the following have HF:
 - 0.6 percent of men.
 - 0.4 percent of women.
- For the 45-54 age group, the following have HF:
 - 2.5 percent of men.
 - 1.5 percent of women.

(NHANES [1999-2002], CDC/NCHS and NHLBI)

- The 2002 overall underlying **crude** CHF death rate was 18.2. For the 35-44 age group the crude rates were
 - 0.5 for white men.
 - 0.3 for white women.
 - 1.8 for black men.
 - 1.4 for black women.

For the 45-54 age group the crude rates were

- 1.9 for white men.
- 1.1 for white women.
- 7.4 for black men.
- 4.8 for black women.

Rheumatic Fever/Rheumatic Heart Disease (RF/RHD) (ICD/10 codes I00-I09) (ICD/9 codes 390-398)

- The 2002 overall underlying **crude** death rate from rheumatic fever and rheumatic heart disease was 1.2. The crude rates for the 35-44 age group were
 - 0.2 for white men.
 - 0.2 for white women.
 - 0.4 for black men.
 - 0.3 for black women.

For the 45-54 age group the crude rates for RF/RHD were

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

Tobacco Smoke

- 2002 estimates for smoking in the 35-44 age group are
 - 29.7 percent of white men.
 - 24.5 percent of white women.
 - 28.3 percent of black or African-American men.
 - 24.0 percent of black or African-American women.

(Health United States 2004, CDC/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 [1999-2002], CDC/NCHS)*

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

Estimates are age-adjusted. *(NHANES [1999-2002], CDC/NCHS and NHLBI)*

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

Estimates are age-adjusted. (NHANES [1999-2002], CDC/NCHS and NHLBI)

Overweight and Obesity

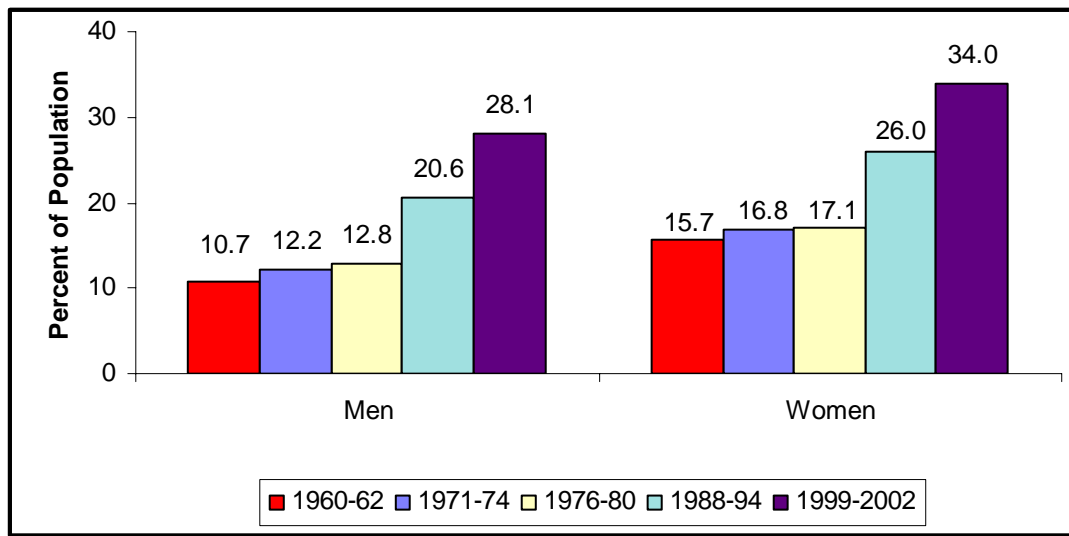
- At ages 40-59 the following are overweight or obese (body mass index [BMI] of 25.0 kg/m² and higher):
 - 74.7 percent of men.
 - 64.9 percent of women.

(NHANES [1999-2002], CDC/NCHS)

- At ages 40-59, the following are obese (BMI of 30.0 kg/m² and higher):
 - 30.7 percent of men.
 - 36.7 percent of women.

(NHANES [1999-2002], CDC/NCHS)

Age-Adjusted Prevalence of Obesity in Americans Ages 20-74 by Sex and Survey
 NHES and NHANES: 1960-62, 1971-74, 1976-80, 1988-94 and 1999-2002



Note: Obesity is defined as a BMI (body mass index) of 30.0 and higher.

Source: Health, United States, 2004. CDC/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 7.2 percent for men and 6.3 percent for women.
 - For NH whites, 6.2 percent for men and 4.7 percent for women.
 - For NH blacks, 10.3 percent for men and 12.6 percent for women.
 - For Mexican Americans, 10.4 percent for men and 11.3 percent for women.

Estimates are age-adjusted. (NHANES [1999-2002], CDC/NCHS and NHLBI)

- In the total population age 20 and older, the prevalence of **undiagnosed diabetes** is 2.9 percent for men and 2.7 percent for women. Using American Diabetes Association criteria of fasting blood glucose of 126 mg/dL or more.
 - For NH whites, 3.0 percent for men and 2.7 percent for women.
 - For NH blacks, 1.3 percent for men and 6.1 percent for women.
 - For Mexican Americans, 3.5 percent for men and 1.8 percent for women.

Estimates are age-adjusted based on glucose tests of persons not previously diagnosed by a physician. (NHANES [1999-2002], CDC/NCHS and NHLBI)

- In the total population age 20 and older, the prevalence of **pre-diabetes** is 8.9 percent for men and 5.4 percent for women. Using American Diabetes Association criteria of fasting blood glucose of 110 to less than 126 mg/dL.
 - For NH whites, 8.6 percent for men and 4.6 percent for women.
 - For NH blacks, 8.3 percent for men and 5.9 percent for women.

Estimates are age-adjusted. (NHANES [1999-2002], CDC/NCHS and NHLBI)

Source Footnotes

CDC/NCHS – Centers for Disease Control and Prevention/National Center for Health Statistics

NH – non-Hispanic

NHANES III (1988-94) – National Health and Nutrition Examination Survey III

NHANES (1999-2002) – National Health and Nutrition Examination Survey