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

3 Wilmot, 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