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**

![Bar chart showing prevalence of high blood pressure by age and sex.]

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**

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<td>10.7</td>
<td>12.2</td>
<td>12.8</td>
<td>15.7</td>
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<tr>
<td>Women</td>
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<td>20.6</td>
<td>28.1</td>
<td>16.8</td>
<td>34.0</td>
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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