



American Stroke Association®  
A division of the American Heart Association.

Together to End Stroke®

# High blood pressure increases risk of stroke.



Normal blood pressure is below

**120/80**



People with high blood pressure have an increased risk of having a stroke.



At age 50, ideal cardiovascular\* health adds to life expectancy:

**5.2 years** for men

**6.3 years** for women.



Up to **80%** of strokes may be **prevented.**

**Stroke occurs when a blood vessel to the brain is blocked or bursts.**

Blood and oxygen flow are interrupted, and brain cells begin to die.

More than **1 in 3** American adults with high blood pressure **don't know they have it.**



Have your blood pressure checked and keep it in check by self-measuring at home and recording results to help



**REDUCE** your risk of stroke.

\* Ideal cardiovascular health takes into consideration the following factors: blood pressure, cholesterol, blood sugar, body mass index, as well as behavioral factors of smoking status, physical activity, sleep and diet.

Together to End Stroke™ before it happens. For more information, visit [heart.org/HBP](http://heart.org/HBP).



**American Stroke Association**  
A division of the American Heart Association.

GETTING TO THE

**HEART OF STROKE™**

# What to do **instead** of having another **stroke**.

About one in four stroke survivors suffers a second one — but it doesn't have to be that way. Reduce your risk. Work with your doctor to create a secondary stroke prevention plan and stick with it.

## PREVENTION CHECKLIST

I plan to take these steps instead of having another stroke:

- Know the cause of my stroke
- Manage high blood pressure
- Control cholesterol
- Reduce blood sugar
- Be active
- Eat better
- Lose weight
- Stop smoking
- Be involved in my treatment plan decisions
- Take medications as prescribed
- Join a program that includes exercise, education and counseling



## WHEN STROKE STRIKES, EVERY SECOND COUNTS.

A stroke is always a medical emergency. The longer it goes untreated the greater the chance of lasting damage. **Time lost is brain lost.** Learn to recognize the signs of stroke using the letters B-E-F-A-S-T.

# B.E.F.A.S.T.

Balance Loss

Eye (Vision) Changes

Face Drooping

Arm Weakness

Speech Difficulty

Time to Call 911

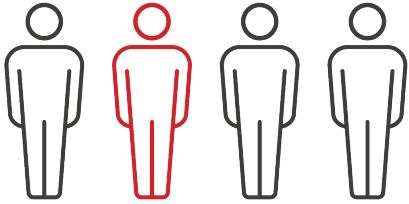
[stroke.org](http://stroke.org)



**American  
Stroke  
Association.**  
*A division of the  
American Heart Association.*

GETTING TO THE  
**HEART OF STROKE™**

# I AM Determined to Prevent Another Stroke



**1 IN 4**

**CLOT-RELATED STROKE SURVIVORS  
WILL HAVE ANOTHER STROKE.**

A previous ischemic stroke puts you at a **higher risk** of having a second one.



of **strokes** may be prevented by:

- **Managing blood pressure, cholesterol and diabetes**
- **Making healthy lifestyle choices**  
*such as eating a healthy diet, being physically active, not smoking and limiting alcohol*
- **Taking medications as recommended by your doctor**  
*after an ischemic stroke or TIA, most patients will be prescribed an antiplatelet or anticoagulant therapy*

**Treatment to prevent future strokes can be tailored to individual situations.**

Work with your doctor through a shared decision process to decide on the best treatment plan for you. This plan should address your wishes, goals, concerns and circumstances.

**Preventing another stroke starts with YOU.**  
Don't delay. Talk to your doctor about a prevention plan that's right for you.

Learn more at  
**[stroke.org/OnelsEnough](https://stroke.org/OnelsEnough)**

## ONE IS ENOUGH

Tips to help prevent another stroke:

- Work with my doctor to identify the cause of my stroke or previously unknown risk factors.
- Keep my follow-up appointments.
- Take my recommended meds and talk to my doctor before making any changes.
- Manage my risk factors with small, healthy steps for big impact.
- Connect with a group for support, information and shared experiences.
- Ask my doctor about a formal program to help me live a healthier lifestyle. It should include exercise, education and counseling.
- Call **911** if I see or have any stroke warning signs or symptoms.

**HCA Healthcare®  
FOUNDATION**

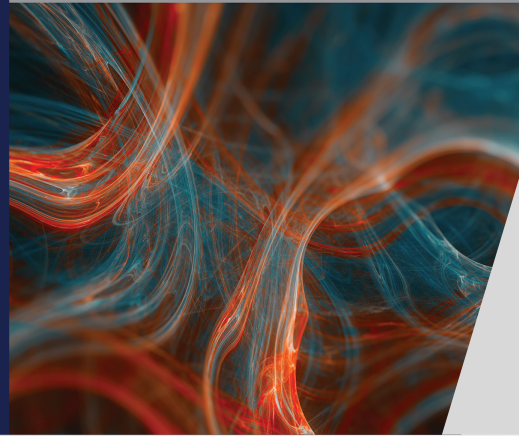
The HCA Healthcare Foundation is the national sponsor of Getting to the Heart of Stroke™.

© Copyright 2022 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. American Stroke Association is a registered trademark of the AHA. Getting to the Heart of Stroke is a trademark of the AHA. Unauthorized use prohibited. DS62018 10/22

# Heart Disease & Stroke Statistics 2026 Update

The American Heart Association (AHA) **2026 Statistics Update** is a major source for monitoring cardiovascular health, risk factors, and disease in the US and global population. It is published annually in **Circulation** and can be accessed for free at [AHAjournals.org/StatUpdate](https://AHAjournals.org/StatUpdate)

## Circulation



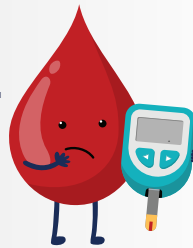
**Diabetes or prediabetes affects over half of US adults.**

*(based on 2021-2023 data)*

**Only 23% of US adults with diabetes**

**achieve recommended control of blood sugar, blood pressure, and cholesterol.**

*(based on 2021-2023 data)*



**218**  
per 100,000

The age-adjusted **US death rate attributable to CVD**

*(based on 2023 data)*



**235**  
per 100,000

The age-adjusted **global death rate attributable to CVD**

*(based on 2021 data)*



On average, someone in the US dies of **CVD every 34 seconds.**

**2,510 US deaths from CVD each day**

*(based on 2023 data)*



On average, someone in the US dies of a **stroke every 3 minutes and 14 seconds.**

**446 US deaths from a stroke each day**

*(based on 2023 data)*

# Heart Disease & Stroke Statistics 2026 Update



Free Access to the Newest US and Global Data

**26%**

of US youth 6-11 years of age and

**14%**

of US youth 12-17 years of age

meet the US recommendation of at least **60 minutes of physical activity every day.**

*(based on 2022 and 2023 data)*



**United States: Adults**



**40%**

have obesity *(based on 2021 to 2023 data)*

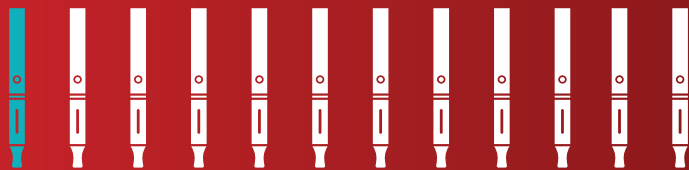


**United States: Children and Adolescents**



**21%**

have obesity *(based on 2021 to 2023 data)*



**1 in 12** high school students in the United States used e-cigarettes in the past 30 days.

*(based on 2024 data)*



**Over 80%** of US young and middle-aged adults

show early **CKM (cardiovascular-kidney-metabolic)** risk.

*(based on 2009 to 2018 data)*



In 2021, Alzheimer disease and other dementias affected

**57 million**

people globally.

Access the full report at: [AHAjournals.org/StatUpdate](https://AHAjournals.org/StatUpdate)

© American Heart Association, Inc. All rights reserved. Unauthorized use prohibited.

Palaniappan LP, Allen NB, Almarzooq ZI, Anderson CAM, Arora P, Avery CL, Baker-Smith CM, Bansal N, Currie ME, Earlie RS, Fan W, Fetterman JL, Barone Gibbs B, Heard DG, Hiremath S, Hong H, Hyacinth HI, Ibeh C, Jiang T, Johansen MC, Kazi DS, Ko D, Kwan TW, Leppert MH, Li Y, Magnani JW, Martin KA, Martin SS, Michos ED, Mussolino ME, Ogunbeye O, Parikh NI, Perez MV, Perman SM, Sarraju A, Shah NS, Springer MV, St-Onge M-P, Thacker EL, Tierney S, Urbut SM, Van Spall HGC, Voeks JH, Whelton SP, Wong SS, Zhao J, Khan SS; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Committee. 2026 Heart disease and stroke statistics: a report of US and global data from the American Heart Association. *Circulation*. Published online January 21, 2026. DOI: 10.1161/CIR.0000000000001412