

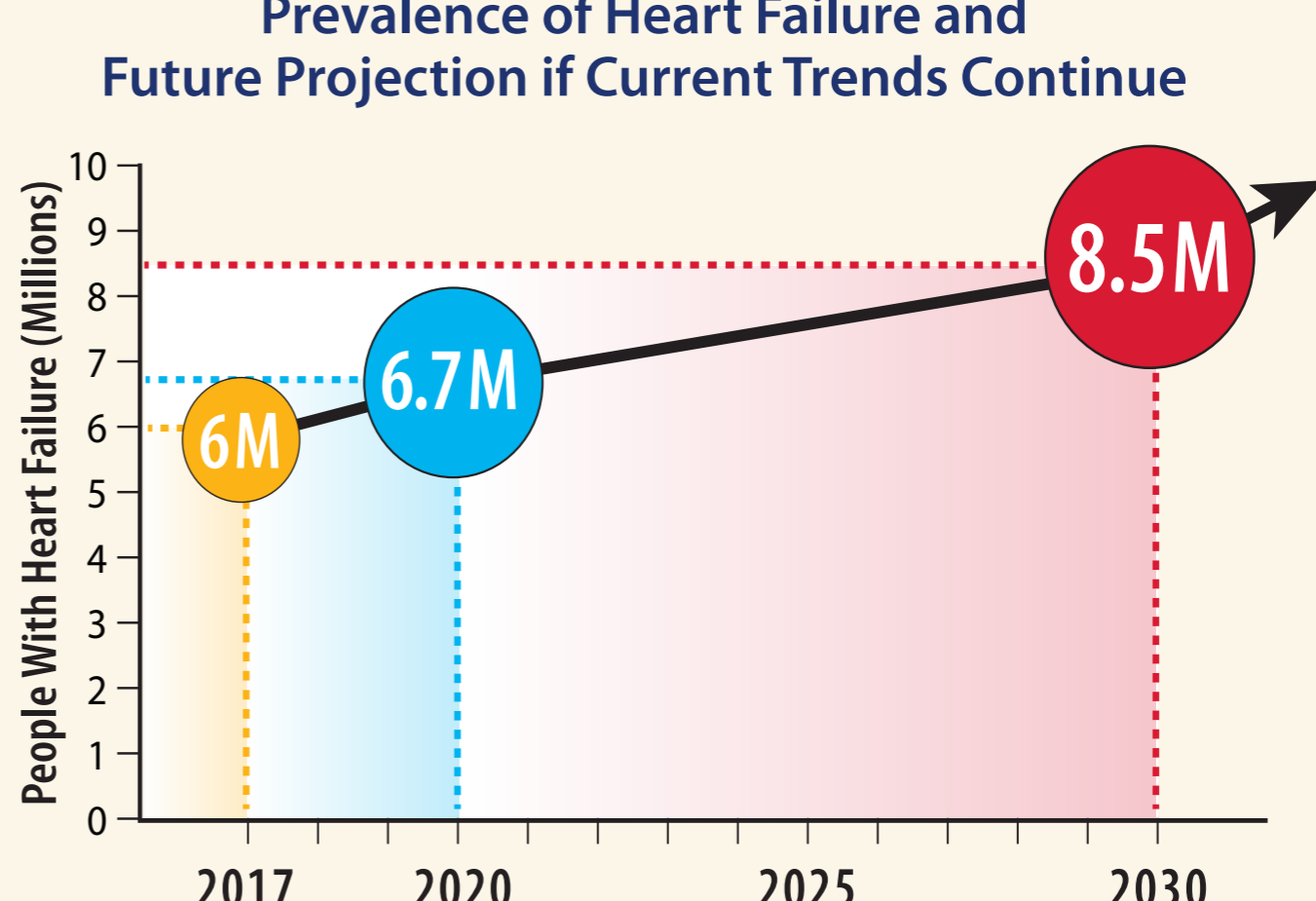
# Incidence, Prevalence, and Lifetime Risk Estimates of Heart Failure in the United States

The lifetime risk of heart failure (HF) has increased to **24%**



Approximately **1 in 4 persons** will develop HF in their lifetime

Approximately **6.7 million Americans** over 20 years of age have HF, and the prevalence is expected to rise to **8.5 million Americans** by 2030



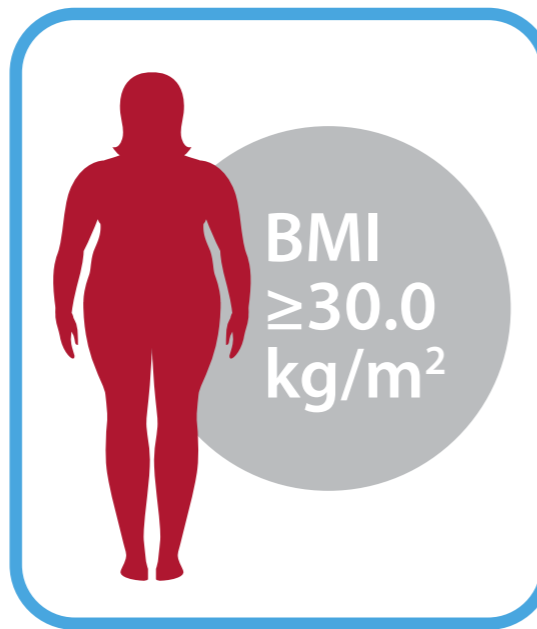
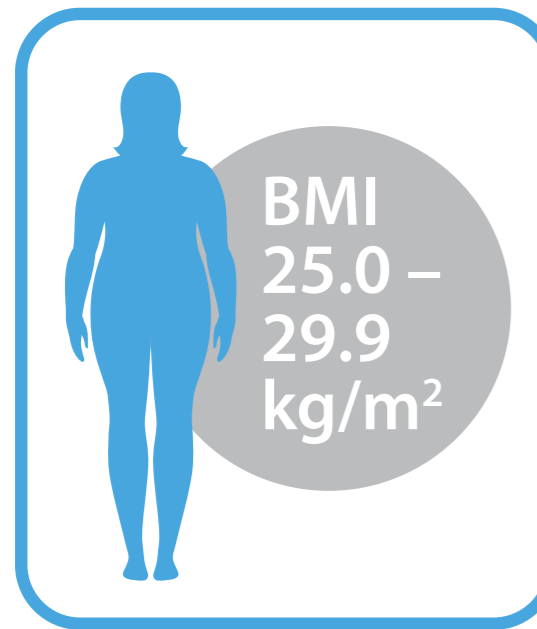
Risk of developing HF was **24%-62% higher**

1965 TO 1989

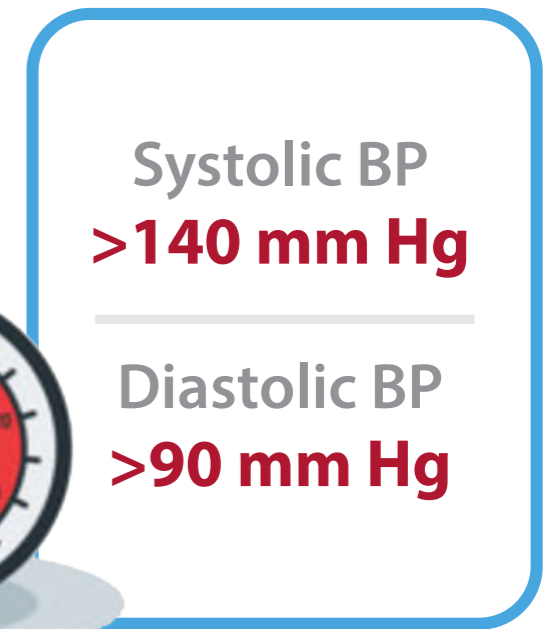
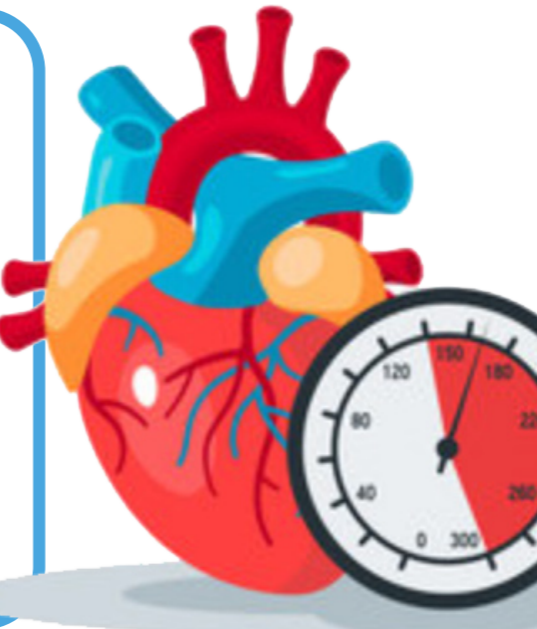
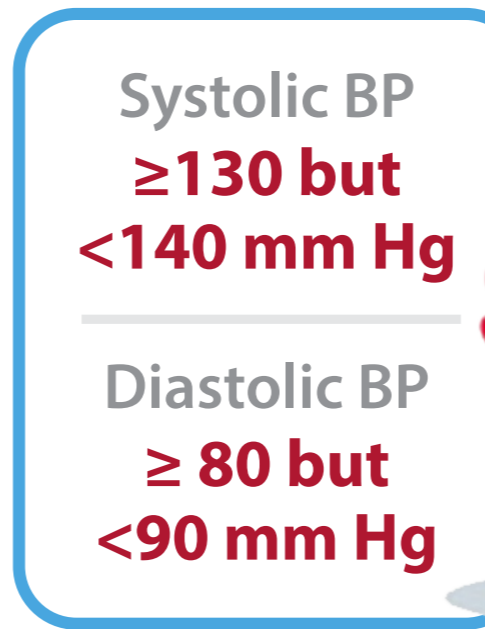
in the second epoch relative to risk factor strata in the first epoch in the following categories:

1990 TO 2014

Overweight or obese participants



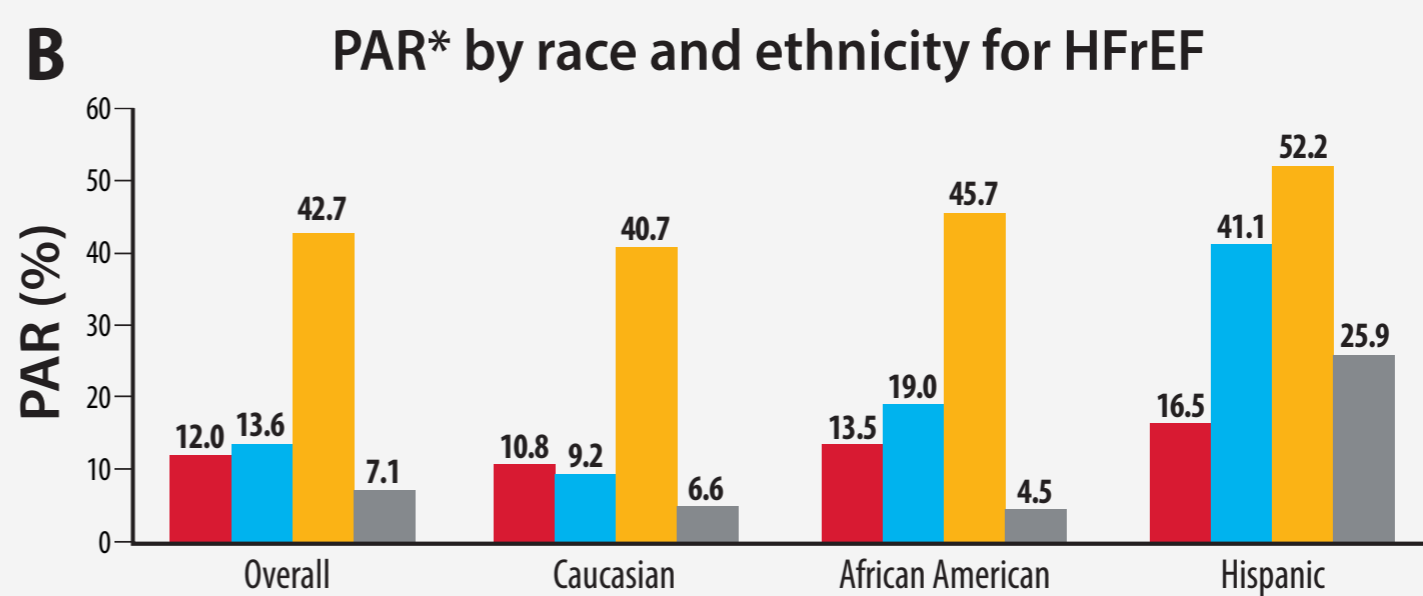
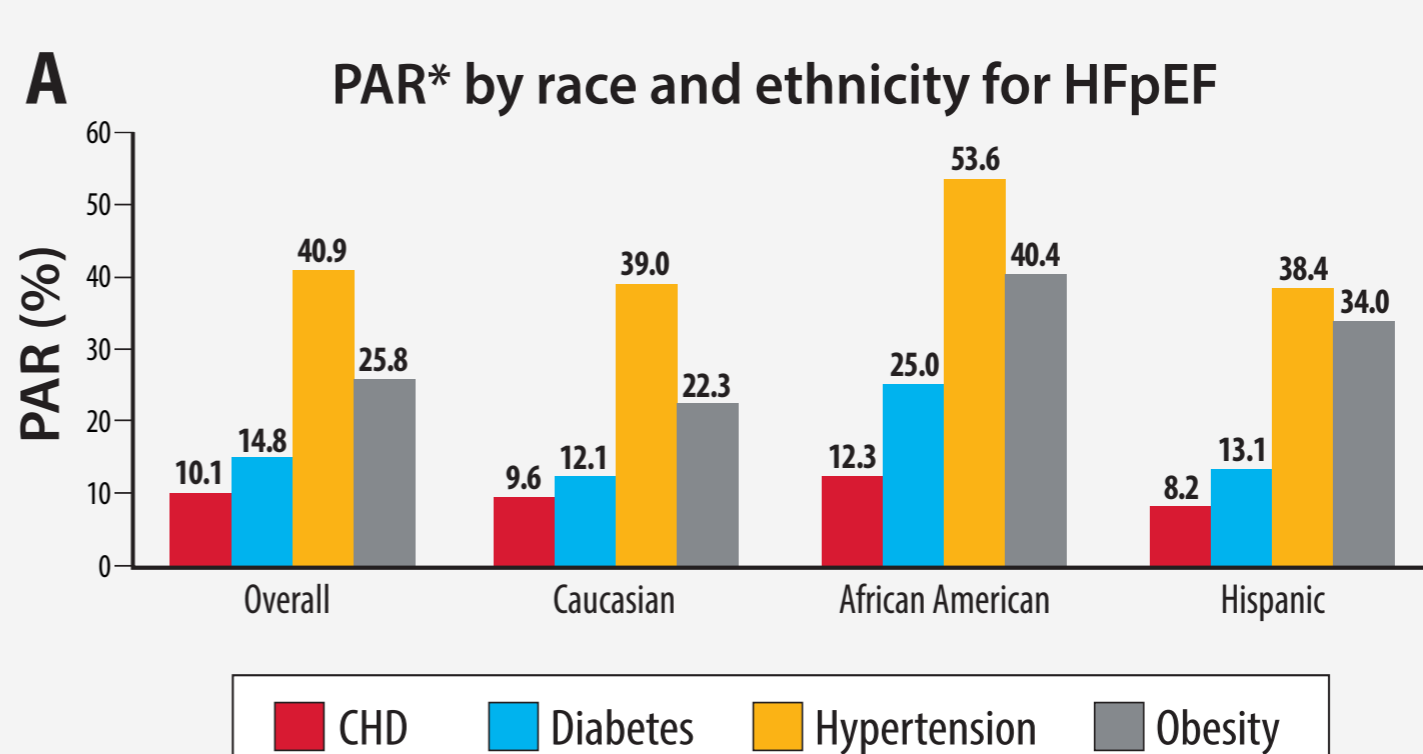
Participants with intermediate/high blood pressure (BP)



The population-attributable risk (PAR) for **CHD, diabetes, hypertension, and obesity** vary according to race and ethnicity.

Not only is the contribution of risk factors of hypertension, diabetes, obesity, hypercholesterolemia, and smoking to incident HF greater in Black patients than White patients, but this difference seems to be increasing over time.

PAR%\* by Race and Ethnicity for Heart Failure



A, PAR\* by race and ethnicity for heart failure (HF) with preserved ejection fraction. \*Sum of PAR% within race/ ethnicity may be >100% as incidence rates are not adjusted for other risk factors.

B, PAR\* by race and ethnicity for HF with reduced ejection fraction. \*Sum of PAR% within race/ethnicity may be >100% as incidence rates are not adjusted for other risk factors.

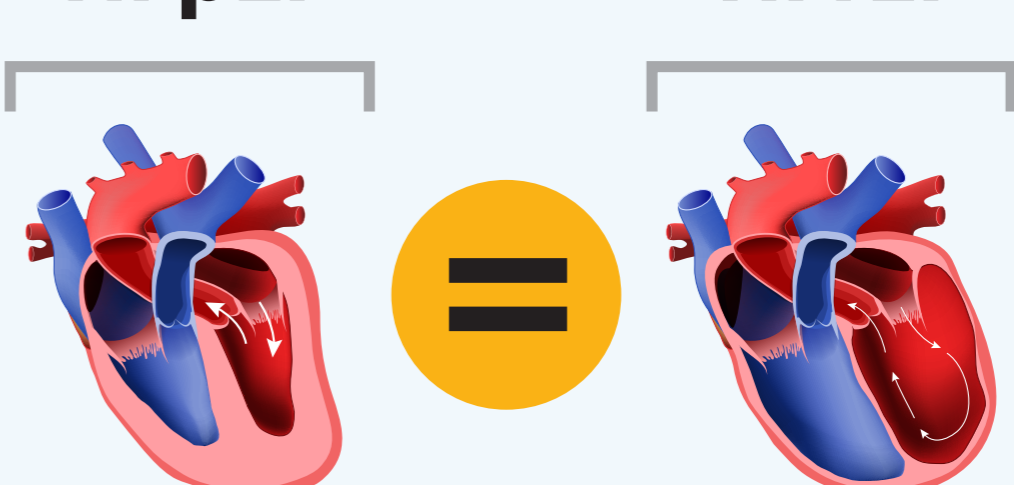
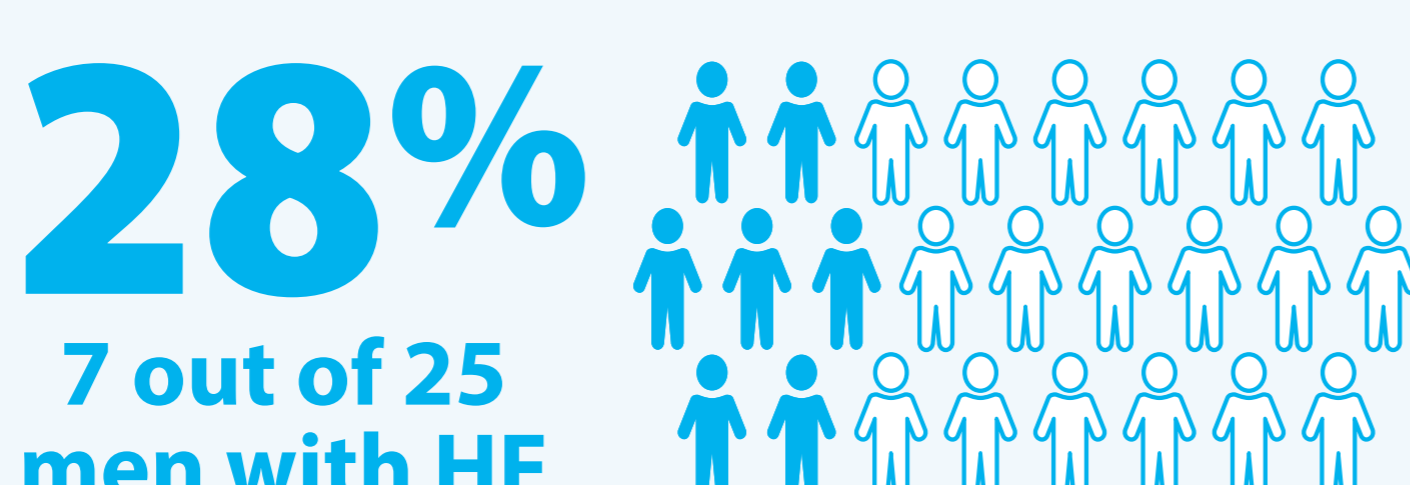
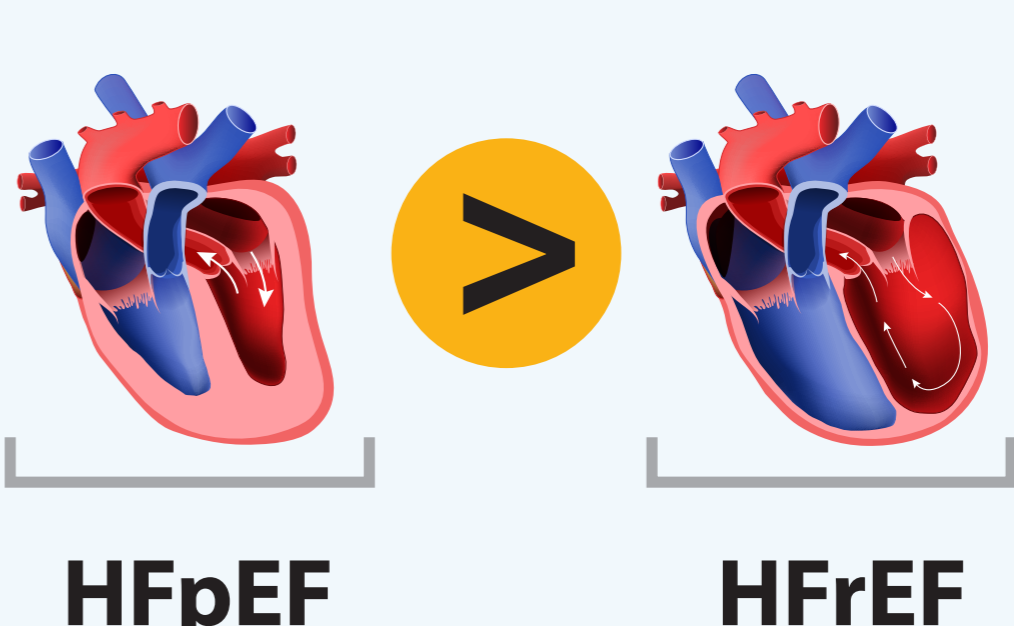
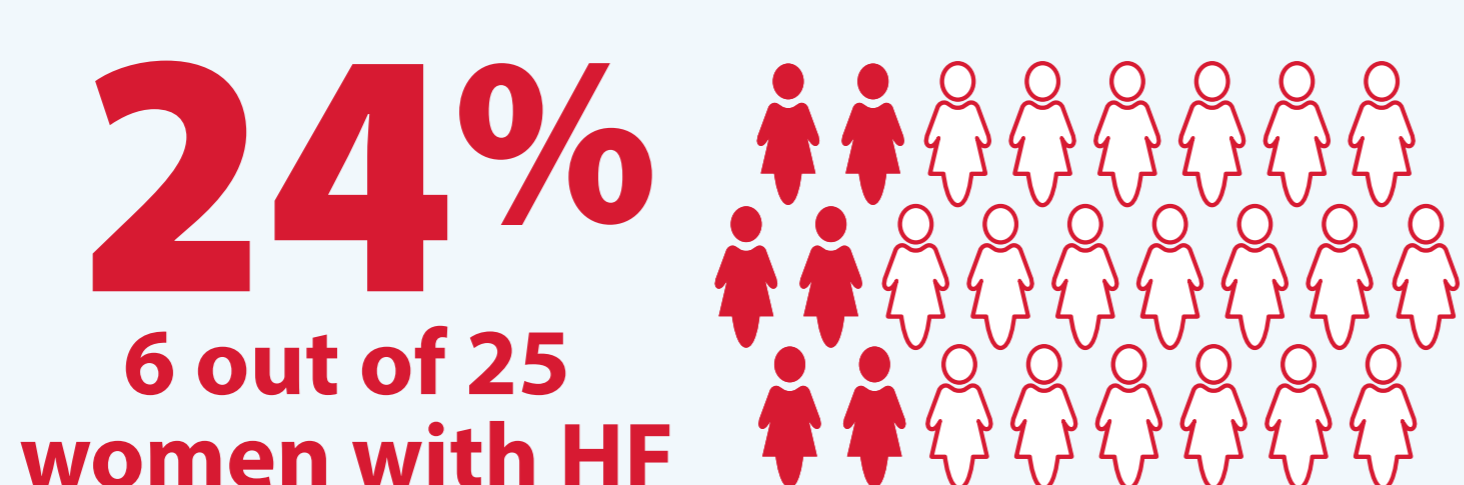
CHD = coronary heart disease; HF = heart failure; PAR = population-attributable risk

Approximately **33%** of the United States adult population is at-risk for HF (Stage A HF)

**24-34%** of the US population have pre-HF (Stage B HF)



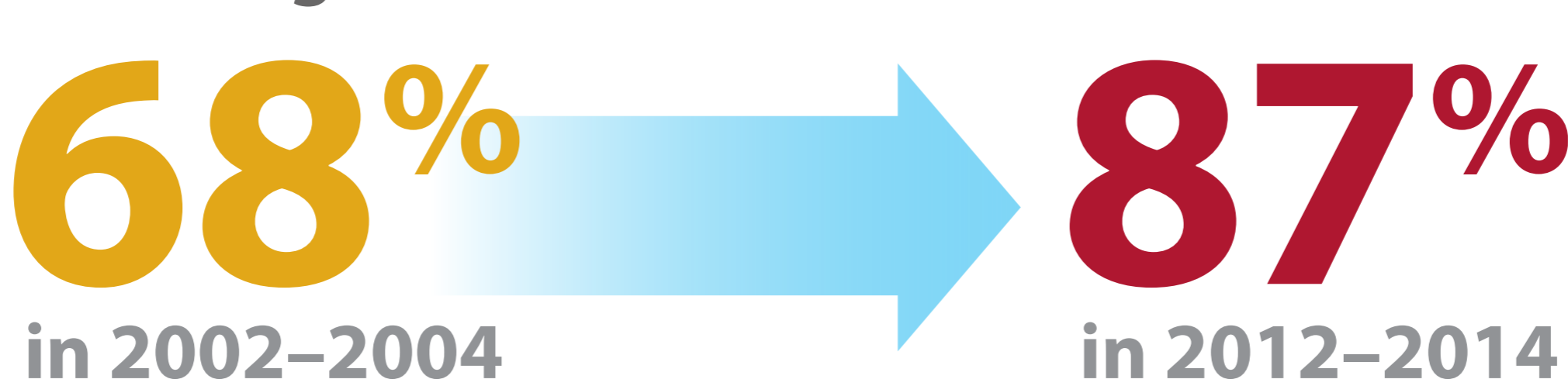
Among HF sub-types, the lifetime risk of HFpEF was greater than the lifetime risk of HFrEF in women (10.7% vs 5.8%, respectively),



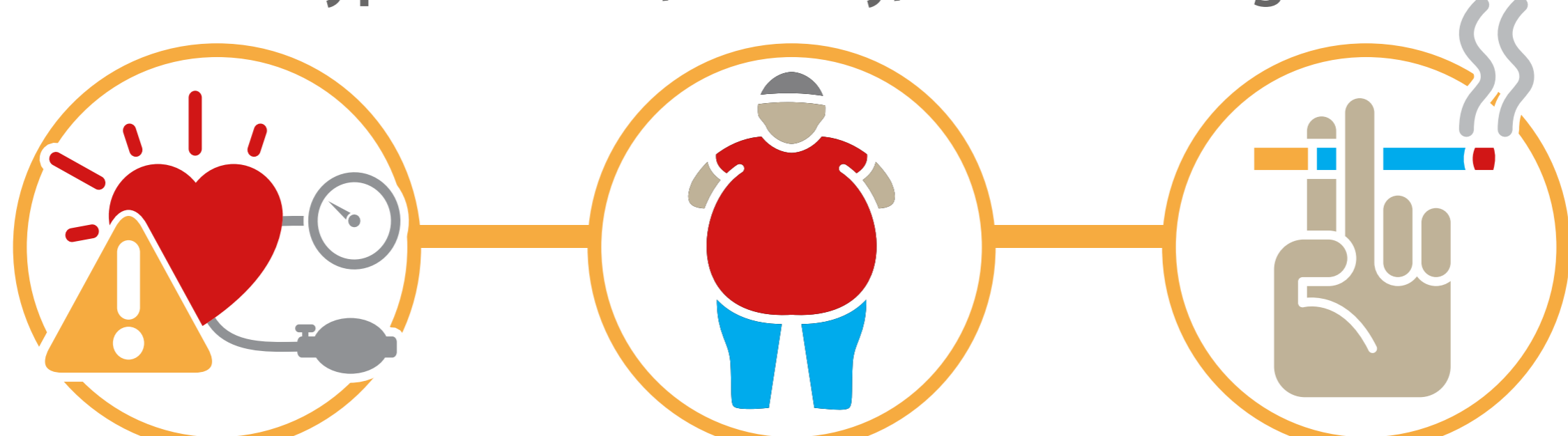
whereas lifetime risk of HFpEF was similar to HFrEF in men, but these vary by race and ethnicity.

HFpEF = heart failure with preserved ejection fraction; HFrEF = heart failure with reduced ejection fraction.

The incidence and burden of risk factors for HF is increasing over time. The proportion of individuals with HF exhibiting 3 or more comorbidities increased from



The risk factors with the greatest increases in prevalence are hypertension, obesity, and smoking.



All information, including graphics, tables, and text in this infographic are from the report published in the *Journal of Cardiac Failure*, and should be referenced as follows: *J Card Fail.* 2023; 29 P1412-1451

