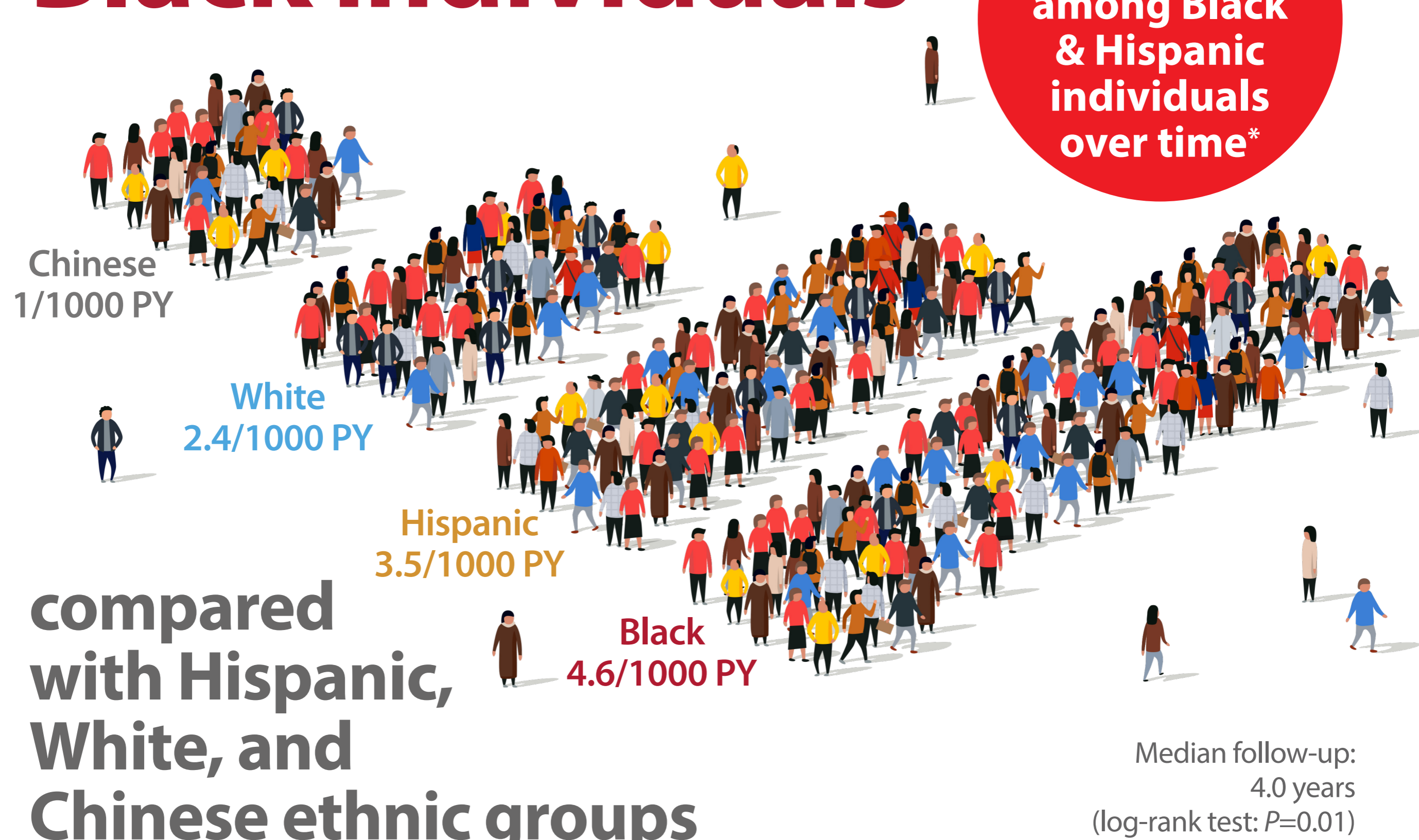


Heart Failure Estimates by Race/Ethnicity, Age, and Sex

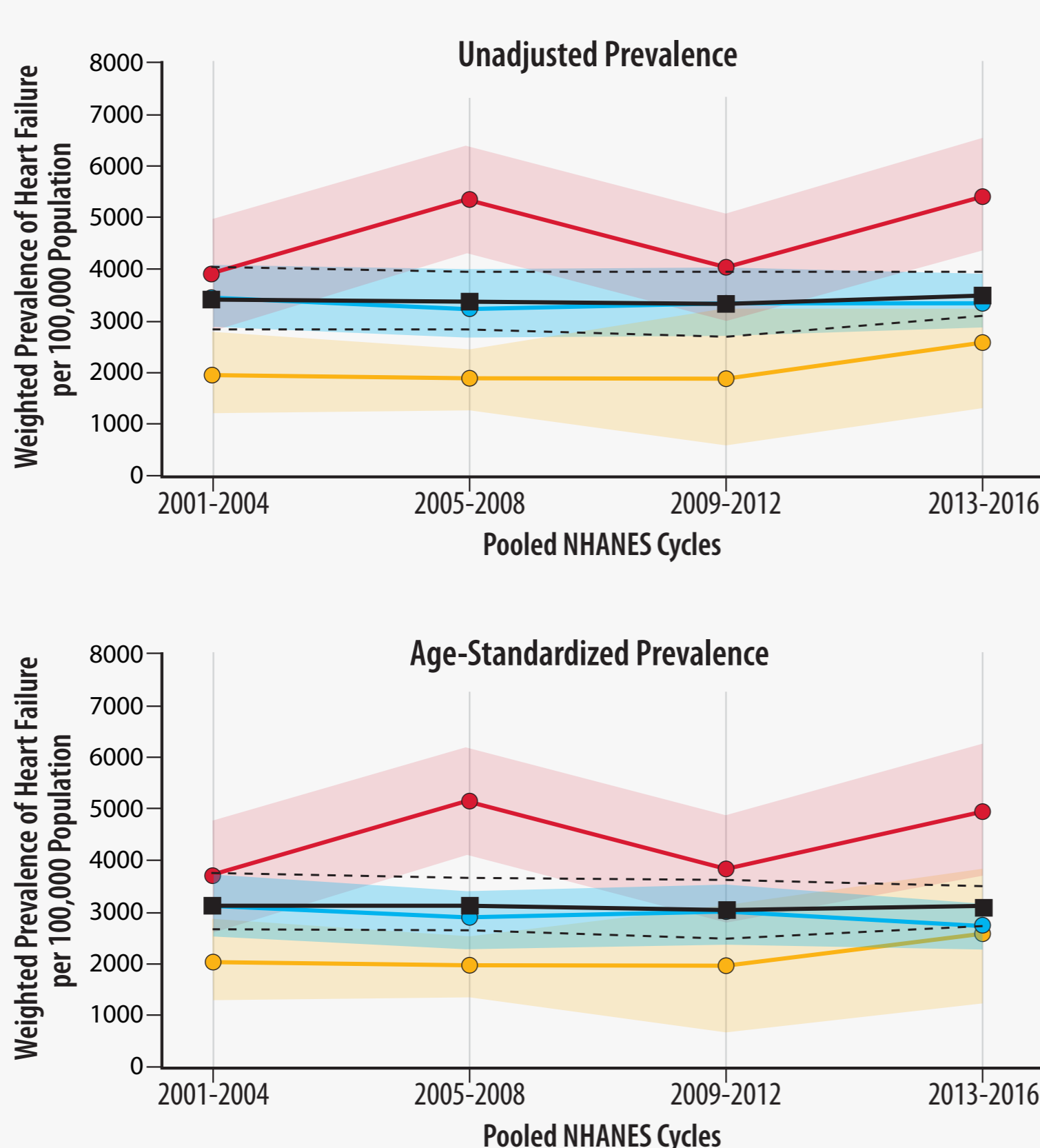
ESTIMATES BY RACE/ETHNICITY

The incidence and prevalence of HF is higher among **Black individuals**

Prevalence has increased among Black & Hispanic individuals over time*



*Prevalence of HF from Pooled NHANES Cycles by Race/Ethnicity and Age



The prevalence of HF is higher among young and middle-aged Black adults compared with young and middle-aged White adults

The higher prevalence of cardiometabolic risk factors in Black and Hispanic populations is related to disparities in SDoH and structural racism.

Discrimination is linked to factors which contribute to accelerated aging and earlier development of disease:

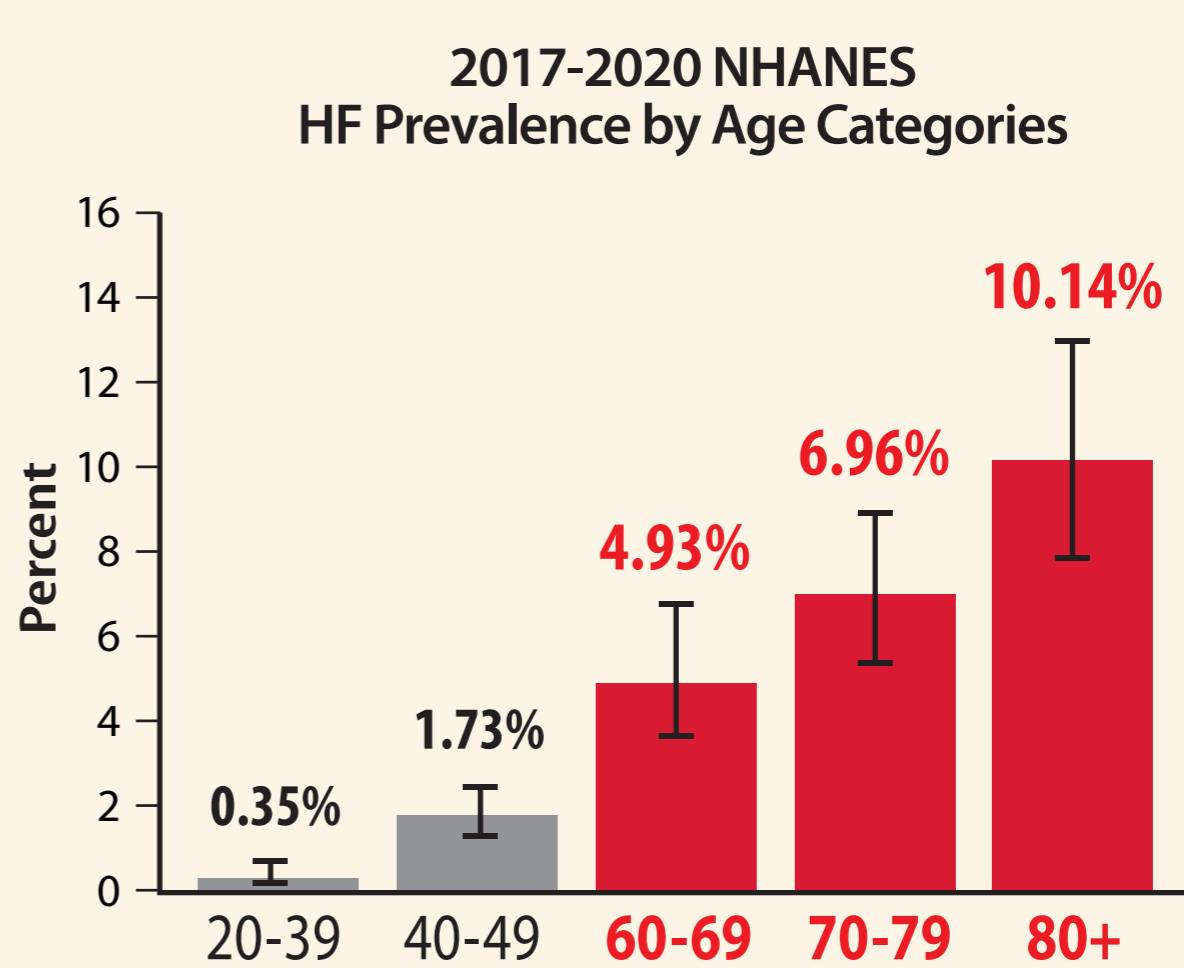
- Higher allostatic loads
- Telomere shortening
- Oxidative stress
- Tissue inflammation



ESTIMATES BY AGE POPULATION

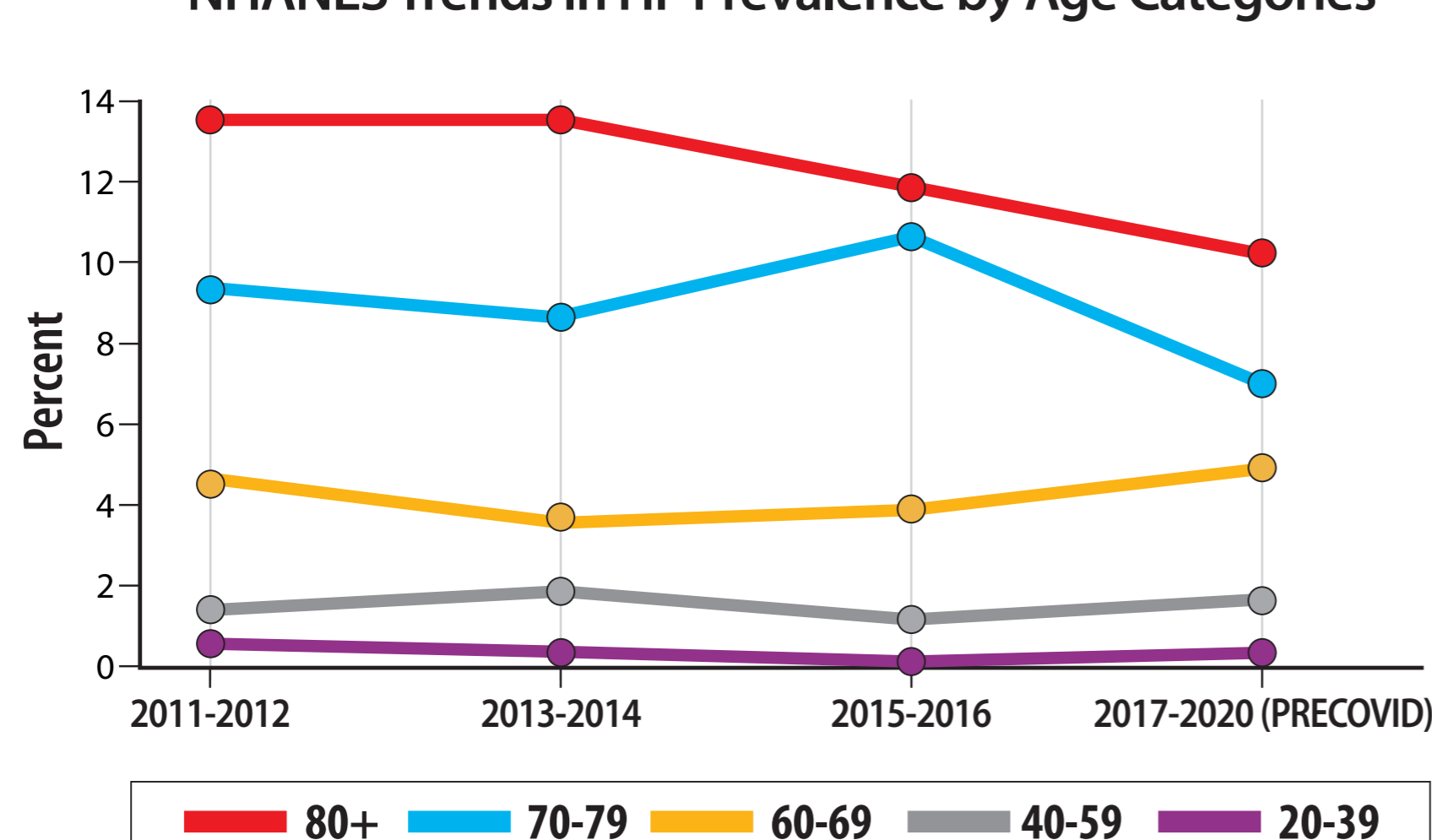
Globally, HF is most prevalent among adults

>60 years of age



The risk of developing HF is 20-fold higher among adults 60 years of age and older compared with those under 60 years of age.

NHANES Trends in HF Prevalence by Age Categories



Based on 2011-2012 to 2017-2020 pre-COVID NHANES data, there was a downward trend in the prevalence of HF over time among adults aged 80 years and older, as well as among adults aged 70-79 years.

ESTIMATES BY SEX

The global number of HF cases has increased with

more HF cases in women compared with men

34.8 million women

29.5 million men

Per GBD Study 2017

HF prevalence peaked at **75-79 years** in women

HF risk factors:

- Age
- Diabetes mellitus
- Hypertension
- Tobacco

Women experienced more
Hypertensive heart disease
Rheumatic heart disease

HF prevalence peaked at **70-74 years** in men

HF risk factors:

- Body mass index
- Coronary heart disease

Men experienced more
Ischemic heart disease,
COPD, Chagas Disease,
Alcoholic Cardiomyopathy

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

