

# CDC National Health Report Highlights



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention

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**This report offers practical dashboards that highlight America’s recent progress in combatting the leading causes of death and key risk and protective factors impacting our nation’s health. Progress for each indicator was assessed based on year-to-year (trend) data and the annualized percent change, though only baseline and the most current data are reported in the tables. Indicators with fewer than three data points were not assessed for progress.**

# I. Progress in the Leading Causes of Death

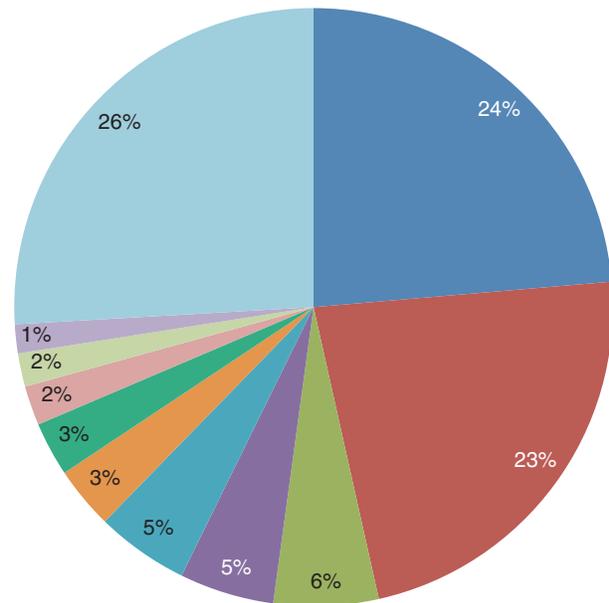
Since 2005, the rate of death has declined for all leading causes of death, except Alzheimer's disease and suicide.

Trends in Age-Adjusted Death Rates (per 100,000 persons), 2005-2011

Cause of Death	Baseline 2005	Status 2011	Progress
1. Heart disease	216.8	173.7	●
2. Cancers	185.1	169.0	●
3. Chronic lower respiratory diseases	43.9	42.5	▲
4. Stroke	48.0	37.9	●
5. Unintentional injuries	39.5	39.1	▲
6. Alzheimer's disease	24.0	24.7	▲
7. Diabetes	24.9	21.6	●
8. Pneumonia and influenza	21.0	15.7	●
9. Kidney disease	14.7	13.4	●
10. Suicide	10.9	12.3	■

■ Trend in wrong direction      ▲ Insufficient Progress      ● Progress

Percentage of Deaths by Cause, 2011



■ Heart disease      ■ Unintentional injuries      ■ Kidney disease  
 ■ Cancer      ■ Alzheimer's disease      ■ Suicide  
 ■ Chronic lower respiratory diseases      ■ Diabetes      ■ Other diseases  
 ■ Stroke      ■ Pneumonia and influenza

The ten leading causes of death are responsible for three-quarters of all deaths in the U.S. Most of these deaths result from chronic conditions, which are the most common, costly and preventable.

**2.5 MILLION ANNUAL U.S. DEATHS AT LAST REPORT**

**7 in 10** leading causes of death resulting from chronic diseases

**1 in 2** deaths in the U.S. caused by heart disease or cancer

## Life Expectancy and Premature Death

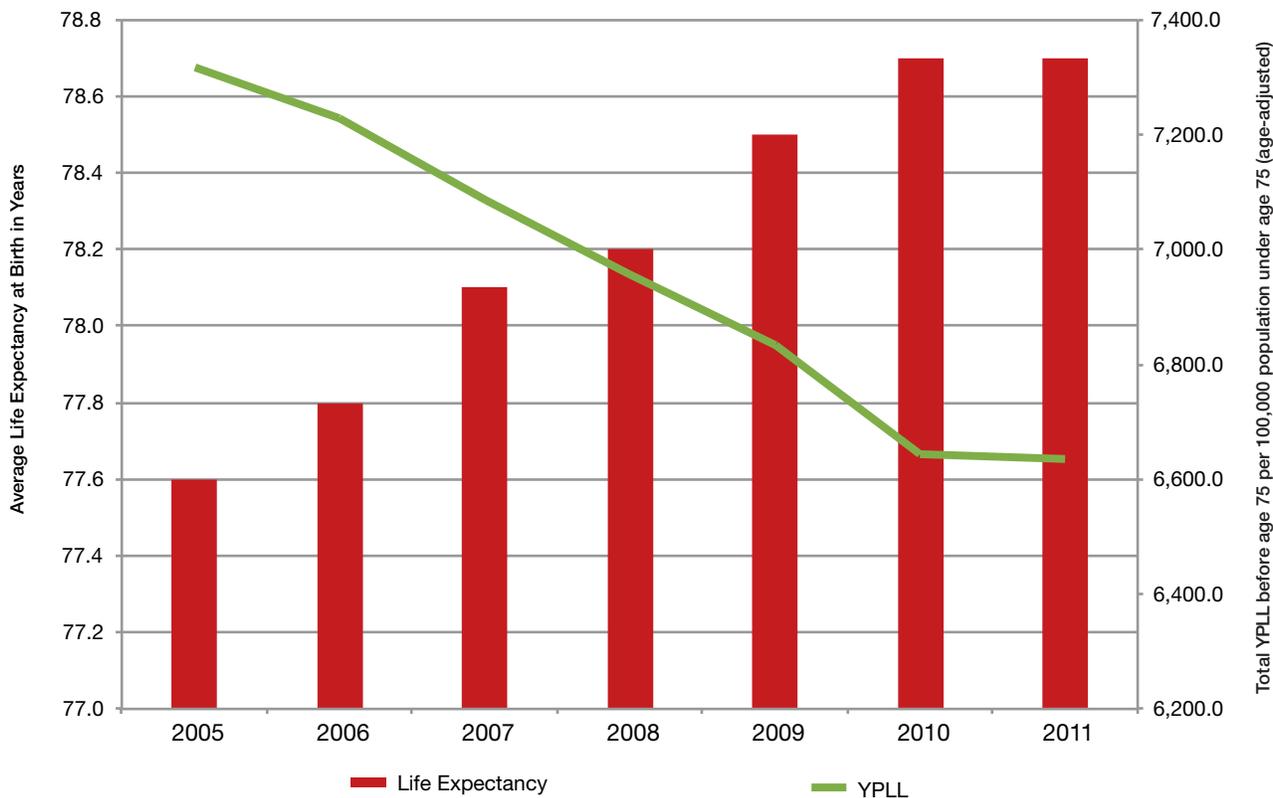
We have reached an all-time-high life expectancy in the U.S., due in part to improvements in the prevention and control of key diseases. Americans are living longer, with declines in premature mortality across most of the leading causes of death.

### Trends in Key Indicators of Life Expectancy and Premature Death, 2005-2011

Key Indicator	Baseline 2005	Status 2011	Progress
<b>Life Expectancy</b>			
Life expectancy at birth, in years	77.6	78.7	●
<b>Premature Death</b>			
Number of premature deaths (before age 80)	1,365,816	1,370,830	▲
<b>Years of Potential Life Lost<sup>1</sup></b>			
Total years of potential life lost before age 75 (rate per 100,000 persons under age 75 age adjusted)	7,315.7	6,635.2	●

■ Trend in wrong direction     
 ▲ Insufficient Progress     
 ● Progress

### Trends in Life Expectancy and Years of Potential Life Lost (YPLL) in the United States, 2005–2011



Years of potential life lost (YPLL) is a measure of the extent of premature mortality in a population. This estimate is based on the approximate age at death as well as the number of people who died in that age group in a given year.

## II. Focus on the Top Five Leading Causes of Death

### 1. Heart Disease (#1) and Stroke (#4)

Every hour in the U.S., about 83 Americans die from heart disease and stroke. More than a quarter of these deaths could have been prevented or delayed with better control of key risk factors (below) and health-promoting behaviors, including physical activity, healthy diet and avoiding tobacco use (see Sections V.1 and V.2).

#### Trends in Heart Disease, Stroke and Key Risk and Protective Factors

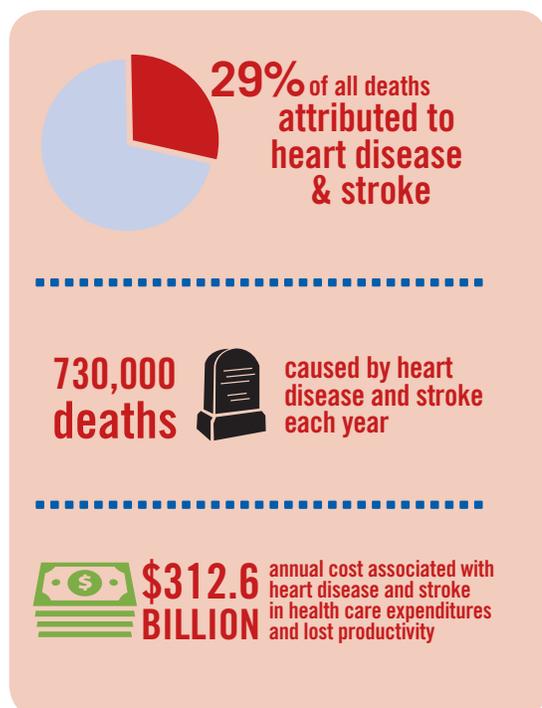
Key Indicator	Baseline	Status	Progress
<b>Heart Disease</b>	<b>2005</b>	<b>2011</b>	
Age-adjusted death rate from heart disease	216.8	173.7	●
<b>Stroke</b>	<b>2005</b>	<b>2011</b>	
Age-adjusted death rate from stroke	48.0	37.9	●
<b>Select Risk Factors</b>	<b>2006</b>	<b>2012*</b>	
Aspirin Use: Percent of high-risk adults (post event/diagnosis) who use aspirin	46.1%	53.8% (2010)	●
Blood Pressure Control: Percent of adults with high blood pressure who have it controlled (<140/90)	36.5%	46.3%	▲
Cholesterol Control: Percent of adults with high LDL-Cholesterol who have it controlled	22.3%	29.5%	▲
Sodium Intake: Daily amount of sodium (mg) consumed in food, per person (ages 2+)	3,436	3,463 (2010)	■

■ Trend in wrong direction

▲ Insufficient Progress

● Progress

\* Unless otherwise noted.



Percent of Deaths from Heart Disease and Stroke that Could Have Been Prevented or Delayed through Changes in Health Habits

**HEART DISEASE**



**34%**

**STROKE**



**33%**

## 2. Cancer

Recent years have brought advances in the prevention and control of cancers, including a first-ever vaccine against HPV-related cancers. Yet vaccine coverage levels fall well below that of other countries and other routine adolescent vaccines in the U.S., putting future generations at risk. At the same time, declining rates of recommended cancer screenings among women are cause for concern.

### Trends in Cancer and Related Protective Factors

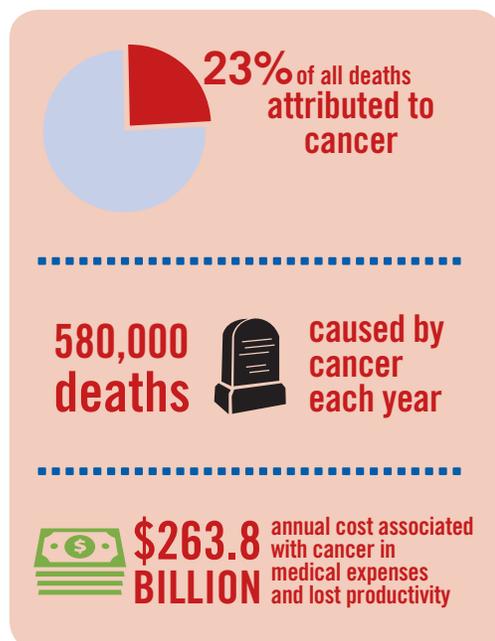
Key Indicator	Baseline	Status	Progress
<b>Age-Adjusted Death rate (per 1000,000 deaths)</b>	<b>2005</b>	<b>2011</b>	
All cancers	185.1	169.0	●
Breast cancer	24.2	21.6	●
Colorectal cancer	17.7	15.3	●
Lung cancer	52.7	46.0	●
<b>Cancer Screening and Prevention</b>			
<b>Cancer Screening</b>	<b>2006*</b>	<b>2012</b>	
Percent of women (ages 50-74) receiving a mammogram, past 2 years (age-adjusted)	81.6%	78.8%	■
Percent of adults (ages 50-75) receiving recommended colorectal cancer screening (age-adjusted)	60.9% (2008)	65.1%	●
Percent of women (ages 21-65) receiving a Pap test, past 3 years (age-adjusted)	87.8%	83.8%	■
<b>Cancer Vaccination</b>	<b>2008</b>	<b>2013</b>	
Percent of adolescent girls (13-15years) receiving 3 doses of HPV vaccine	16.6%	32.7%	▲

■ Trend in wrong direction

▲ Insufficient Progress

● Progress

\* Unless otherwise noted.



### Missed Opportunities in Cancer Prevention



**1 in 3**

people at-risk for colon cancer are not getting recommended screening



**1 in 5**

women at-risk for breast cancer are not getting recommended screening



**1 in 6**

women at-risk for cervical cancer are not getting recommended screening



**2 in 3**

teen girls have not received full HPV vaccine series

If current trends continue, cancer will soon surpass heart disease as the leading cause of death in the U.S.

### 3. Chronic Lower Respiratory Diseases

Chronic lower respiratory diseases, primarily chronic obstructive pulmonary diseases (COPD) such as emphysema and chronic bronchitis, became the 3<sup>rd</sup> leading cause of death in 2008.

#### Trends in Chronic Lower Respiratory Diseases and Select Risk Factors

Key Indicator	Baseline 2005	Status 2011*	Progress
Age-adjusted death rate (per 100,000) from chronic lower respiratory diseases	43.9	42.5	▲
<b>Select Risk Factors</b>			
Number of hospitalizations for asthma	489,000	439,000 (2010)	▲
Percent of adults who are current smokers (cigarettes/cigars/pipes)	28.0%	25.2% (2012)	▲

■ Trend in wrong direction      ▲ Insufficient Progress      ● Progress

\* Unless otherwise noted.

Despite slightly declining death rates, the number of deaths from these conditions is on the rise, as our nation's older population grows. It will remain a concern in the years to come.

**6%** of all deaths attributed to chronic respiratory disease

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**140,000 deaths** caused by chronic respiratory disease each year

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**\$32.1 BILLION** annual cost associated with chronic respiratory disease annually

**COPD by 2020:** expected cost of medical care for adults with COPD will be more than **\$90 BILLION**

## 4. Unintentional Injuries

While we have made great progress in reducing motor-vehicle fatalities in recent years, deaths from other types of injury have been on the rise. Drug overdoses, particularly from prescription painkillers, now kill as many as 46 people each day in the U.S. Deaths from falls among older persons have also increased, as our aging population grows. Together, drug poisonings (of any intent) and older-adult falls claimed an additional 18,500 lives in 2011, compared to 2005.

### Trends in Unintentional Injuries

Age-Adjusted Death rate (per 100,000 persons)	Baseline 2005	Status 2011	Progress
All unintentional injuries (motor-vehicle crashes, falls among older adults, and drug poisonings)	39.5	39.1	▲
• Motor vehicle	15.2	11.1	●
• Drug poisonings (any intent)	10.1	12.3	■
• Older adult falls (age 65+)	42.3	53.7	■



Trend in wrong direction



Insufficient Progress



Progress



**5%** of all deaths attributed to unintentional injuries

**130,000**  
**deaths**



caused by unintentional injuries each year



**\$99.0**  
**BILLION**

annual cost associated with motor vehicle injuries alone, from medical care, rehabilitation and lost wages



**1 in 3**

**motor vehicle deaths caused by drinking and driving**

### III. Other Leading Causes of Death

Each of these five diseases or conditions accounts for 3% or less of all deaths, but together they claimed the lives of nearly 300,000 people in 2011 alone. We have effective prevention and control strategies for most of these conditions, but they must be adopted by populations most in need. We can do better in helping individuals control key risk factors for diabetes and kidney disease (see Sections III.1, V.1 and V.2), and get vaccinated against flu.

#### Trends in Other Leading Causes of Death and Related Risk and Protective Factors

Key Indicator	Baseline 2005*	Status 2011*	Progress
<b>6. Alzheimer's Disease</b>			
Age-adjusted death rate (per 100,000 persons) from Alzheimer's Disease	24.0	24.7	▲
<b>7. Diabetes</b>			
Age-adjusted death rate (per 100,000 persons) from diabetes	24.9	21.6	●
<b>Diabetes Control</b>			
Percent of adults with diabetes with an A1c value >9% (age-adjusted)	17.9% (2008)	21.0% (2012)	N/A
<b>8. Pneumonia and Influenza</b>			
Age-adjusted death rate (per 100,000 persons) from pneumonia and influenza	21.0	15.7	●
<b>Influenza Vaccination</b>			
Percent of children ages 6 months-17 years receiving ≥1 dose of influenza vaccine per influenza season	43.7% (2009)	56.6% (2012)	●
Percent of adults receiving influenza vaccination	40.4% (2009)	41.5% (2012)	▲
Percent of pregnant women receiving influenza vaccination	49.0% (2010)	50.5% (2012)	▲
Percent of health-care personnel receiving influenza vaccination	63.4% (2009)	72.0% (2012)	●
<b>9. Kidney Disease</b>			
Age-adjusted death rate (per 100,000 persons) from kidney disease	14.7	13.4	▲
<b>10. Suicide</b>			
Age-adjusted death rate (per 100,000 persons) from suicide	10.9	12.3	■

■ Trend in wrong direction      ▲ Insufficient Progress      ● Progress

\* Unless otherwise noted.

## IV. KEY CONTRIBUTORS TO THE NATION'S HEALTH

### 1. Tobacco Use

Smoking is the leading preventable cause of disease and death in the U.S., responsible for about 1 in every 5 deaths. It puts smokers and those exposed to secondhand smoke at risk for serious health problems, including heart attack, stroke, lung cancer and many other cancers. Although fewer Americans are smoking and they are smoking less than in previous years, continued efforts are needed, when as many as one-quarter of adults and nearly 1 in 6 youth are still smoking.

#### Trends in Tobacco Use and Exposure

Key Indicator	Baseline 2005*	Status 2012*	Progress
Annual per capita cigarette consumption	1,716	1,196	▲
Percent of adults who are current cigarettes, cigars, or pipe smokers (age-adjusted)	28.0%	25.2%	▲
Percent of high school students who are current cigarette smokers	23.0%	15.7% (2013)	●
Percent of children (3-11 years) exposed to secondhand smoke <sup>2</sup>	50.8% (2006)	41.3%	●



Trend in wrong direction



Insufficient Progress



Progress

\* Unless otherwise noted.

# SMOKING



causes more deaths each year than all of these combined:

Human immunodeficiency virus (HIV)  
 Illegal drug use  
 Alcohol use  
 Motor vehicle injuries  
 Microbial agents  
 Toxic agents

## 480,000 deaths



caused by cigarette smoking each year

## 2. Healthy Weight

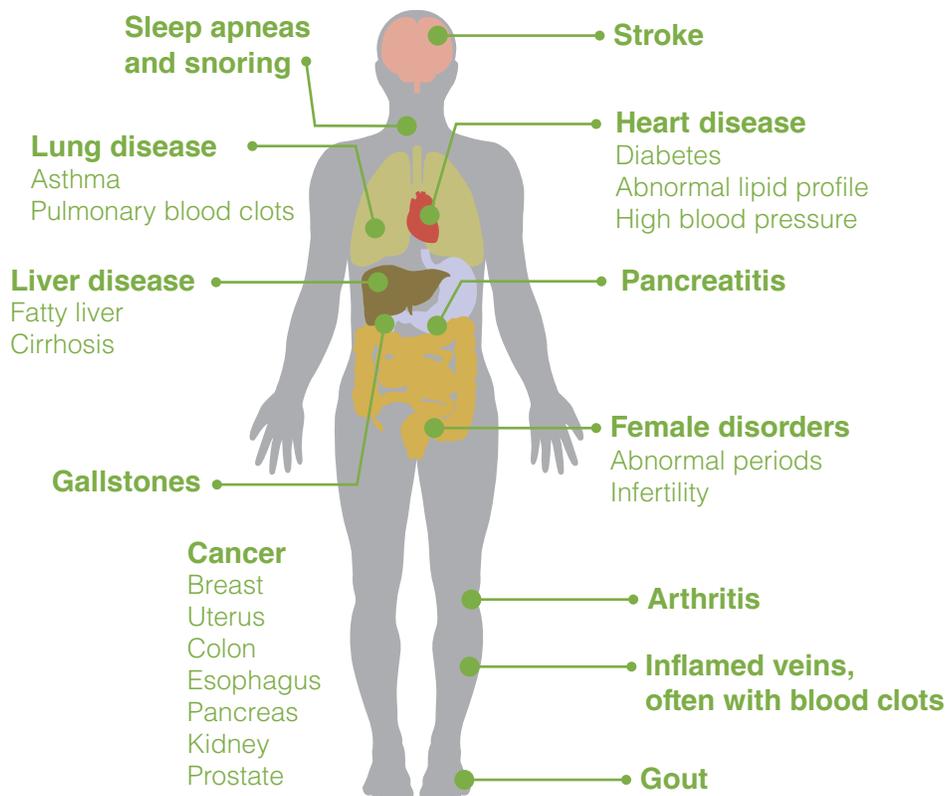
Obesity puts individuals at risk for many of the leading causes of death, including heart disease, stroke, some types of cancer, respiratory diseases, diabetes and kidney disease. Despite progress in some areas, our nation falls far short of healthy physical-activity and dietary-consumption levels, leaving more than a third of adults obese. Obesity costs the U.S. about \$147 billion in medical expenses each year.

### Trends in Obesity and Key Risk and Protective Factors

Key Indicator	Baseline 2006	Status 2012	Progress
Percent of adults (ages 20+) who are obese	34.3%	34.9%	▲
Percent of youth (ages 2-19) who are obese	15.4%	16.9%	▲
<b>Behavioral Risk or Protective Factors</b>			
<b>Physical Activity</b>	<b>2005</b>	<b>2013</b>	
Percent of adults who met the federal physical activity guidelines	16.6%	20.7%	●
Percent of high school students who are physically active at least 1 hour a day, seven days a week	17.9%	27.1%	●
<b>Nutrition</b>	<b>2006</b>	<b>2010</b>	
Average daily fruit intake (per 1,000 calories consumed) per person (ages 2+)	0.5 cups	0.6 cups	▲
Average daily vegetable intake (per 1,000 calories consumed) per person (ages 2+)	0.8 cups	0.8 cups	▲

■ Trend in wrong direction      ▲ Insufficient Progress      ● Progress

### Medical Complications of Obesity



### 3. Maternal and Child Health

We have reached historically low infant-mortality and teen-birth rates in the U.S. and made great strides in increasing infant vaccination and breastfeeding rates. Yet half of infants are still not breastfed and as many as 1 in 16 new mothers in the U.S. are teens, putting the health of future generations at risk.

#### Trends in Maternal and Child Health, Risk and Protective Factors

Key Indicator	Baseline 2005*	Status 2011*	Progress
<b>Infant Mortality</b>			
Infant Death Rate (< 1 year)	6.9	6.1	●
Number of Infant Deaths	28,440	23,985	●
<b>Teen Births</b>			
Rate of teen births among females ages 15 to 19 (per 1,000 female population)	39.7	26.6 (2013)	●
<b>Breastfeeding</b>			
Percent of infants breastfed at six months	42.9%	49.4%	●
<b>Child Vaccination</b>			
Percent of children (19-35 months) receiving universally recommended doses of vaccines (DTaP, polio, MMR, Hib, Hep B, varicella, PCV)	44.3% (2009)	70.4% (2013)	●
<b>Lead Poisoning</b>			
Number of children ages 1 to 5 with blood lead levels greater than 5 µg/dL	654,703 (2008)	535,699 (2010)	N/A

■ Trend in wrong direction

▲ Insufficient Progress

● Progress

\* Unless otherwise noted.

275,000  
babies



born to teen  
mothers  
aged 15–19  
each year



\$9.4  
BILLION

annual cost  
associated with  
teen pregnancy

## 4. Infectious Diseases

### a. Sexually Transmitted and Bloodborne Infections

Despite progress in curbing HIV transmission, nearly 50,000 people still acquire HIV each year, and 1 in 6 persons who have it are unaware of their infection. Chlamydia and Hepatitis C tend to be under-diagnosed, but increased screening efforts have identified more cases in recent years, leading to higher case rates. Despite this, deaths from hepatitis C are expected to rise in the coming decades, as many individuals (who remain undiagnosed and untreated) grow older and develop serious complications.

#### Trends in Select Sexually Transmitted and Bloodborne Infections

Key Indicator	Baseline	Status	Progress
<b>HIV</b>	<b>2006</b>	<b>2010</b>	
Number of new HIV infections in the U.S. (persons ages 13+)	48,600	47,500	■
Rate of HIV transmission among adolescents and adults (per 100 persons, age 13+, who have HIV)	4.6	4.2	●
Percent of people living with HIV who know their serostatus (persons ages 13+)	80.9%	84.2%	●
<b>Chlamydia</b>	<b>2005</b>	<b>2012</b>	
Rate of chlamydia in women ages 15-19 (per 100,000 population)	2733	3291.5	■
Rate of chlamydia in women ages 20-24 (per 100,000 population)	2667.9	3695.5	■
<b>Hepatitis C</b>	<b>2005</b>	<b>2011</b>	
Number of new cases of hepatitis C	694	1,229	■
Number of hepatitis C deaths	11,849	17,721	■



Trend in wrong direction



Insufficient Progress



Progress

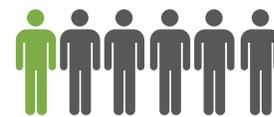


**1.1 MILLION**  
people in the U.S.  
are living with HIV



**1 in 5** have their HIV  
under control

**YET**



**1 in 6** do not know  
they are infected

**b. Healthcare-Associated Infections**

Healthcare-associated infections affect about 1 in 25 hospital patients, resulting in roughly 75,000 deaths each year. Whereas improvements have been made in reducing many infections, most notably surgical-site and central line-associated bloodstream infections; catheter-associated urinary tract infections (CAUTIs) have reached historically high rates, signaling a need for more aggressive and focused CAUTI prevention measures.

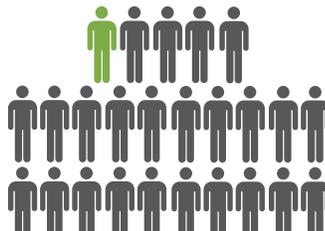
**Trends in Healthcare-Associated Infections**

Key Indicator	Baseline 2008*	Status 2012	Progress
Central line-associated blood stream infection (CLABSI), standardized infection ratio (SIR) <sup>1</sup>	1.00	0.56	●
Catheter-associated urinary tract infections (CAUTI), SIR	1.00 (2009)	1.03	■
Hospital admission and readmission due to surgical-site infections (SSI), SIR	1.00	0.8	●
Hospital onset of <i>Clostridium difficile</i> ( <i>C. difficile</i> ), SIR	1.00 (2011)	0.98	N/A
Incidence of healthcare-associated invasive Methicillin-resistant <i>Staphylococcus aureus</i> (MRSA) infections (rate per 100,000 persons)	27.08	18.74	●

■ Trend in wrong direction      ▲ Insufficient Progress      ● Progress

\* Unless otherwise noted.

<sup>1</sup> The Standardized Infection Ratio (SIR) is calculated by dividing the actual (observed) infections by the expected infections using data gathered through the CDC National Healthcare Safety Network (NHSN).

**1 in 25**  
  
**hospital patients develop healthcare-associated infections**



 **\$28-33 BILLION**  
**estimated annual cost of preventable health care expenditures from healthcare-associated infections**

**c. Foodborne Illnesses**

Each year, there are about 1,000 foodborne illness outbreaks caused by foods contaminated with bacteria such as *Listeria*, *Salmonella* and *E. coli*. These illnesses sicken 1 out of 6 Americans and cause 3,000 deaths annually. Despite progress in reducing *Listeria* infections, there have been slight increases in *Salmonella* and *E. coli* infections – signaling the need for more work in these areas.

**Trends in Food-Borne Illnesses**

Key Indicator	2005	2013*	Progress
Rate of <i>Listeria</i> infection in the population (cases per 100,000 population)	0.29	0.26	▲
Rate of <i>Salmonella</i> infection in the population (cases per 100,000 population)	14.53	15.19	▲
Rate of <i>Salmonella</i> serotype Enteritidis (SE) infection in the population (cases per 100,000 population)	2.45	2.59 (2012)	▲
Rate of Shiga toxin-producing <i>Escherichia coli</i> (STEC) O157 infection in the population (cases per 100,000 population)	1.06	1.15	■

■ Trend in wrong direction      ▲ Insufficient Progress      ● Progress

\* 2013 data are preliminary and reflects the most currently available data, unless otherwise noted.

**Antibiotic Resistance Threatens our Ability to Fight Infectious Diseases**

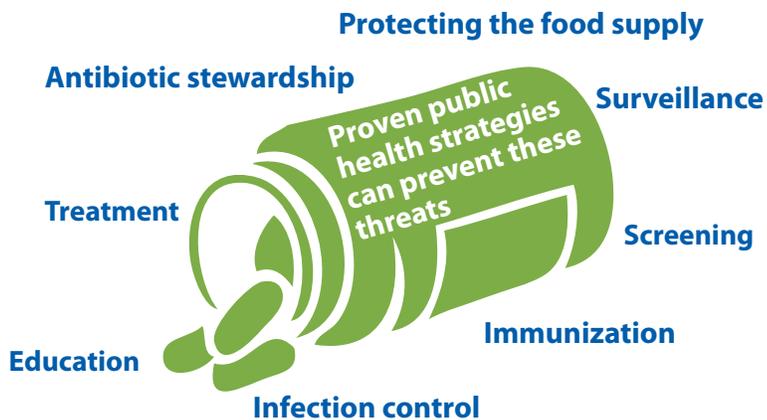
Each year, antibiotic resistance causes more than

**2 MILLION illnesses**



and

**23,000 deaths**



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**[www.CDC.gov/healthreport](http://www.CDC.gov/healthreport)**



**U.S. Department of  
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