

March 7, 2023

<https://health.gov/healthypeople/objectives-and-data/browse-objectives/heart-disease-and-stroke>

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## Heart Disease and Stroke

## Overview and Objectives

### Evidence-Based Resources

Goal: Improve cardiovascular health and reduce deaths from heart disease and stroke.



Heart disease is the leading cause of death in the United States, and stroke is the fifth leading cause.<sup>1,2</sup> Healthy People 2030 focuses on preventing and treating heart disease and stroke and improving overall cardiovascular health.

Heart disease and stroke can result in poor quality of life, disability, and death. Though both diseases are common, they can often be prevented by controlling risk factors like high blood pressure and high cholesterol through treatment.

In addition, making sure people who experience a cardiovascular emergency — like stroke, heart attack, or cardiac arrest — get timely recommended treatment can reduce their risk for long-term disability and death. Teaching people to recognize symptoms is key to helping more people get the treatment they need.

### Objective Status

3 Getting worse

9 Baseline only

## 7 Developmental

0 Research


[Learn more about objective types](#)

## Heart Disease and Stroke Objectives



### Heart Disease and Stroke — General

<a href="#">Improve cardiovascular health in adults — HDS-01</a>	 Baseline only
<a href="#">Increase the proportion of adult heart attack survivors who are referred to a rehabilitation program — HDS-D03</a>	 Developmental
<a href="#">Increase the proportion of adult stroke survivors who participate in rehabilitation services — HDS-D05</a>	 Developmental
<a href="#">Reduce coronary heart disease deaths — HDS-02</a>	 Getting worse
<a href="#">Reduce stroke deaths — HDS-03</a>	 Getting worse

### Chronic Kidney Disease

<a href="#">Reduce the proportion of adults with chronic kidney disease who have elevated blood pressure — CKD-06</a>	 Baseline only
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### Emergency Preparedness

<a href="#">Increase the rate of bystander CPR for non-traumatic cardiac arrests — PREP-01</a>	 Baseline only
<a href="#">Increase the rate of bystander AED use for non-traumatic cardiac arrests in public places — PREP-02</a>	 Baseline only