

# Heart Failure 101

**Heart failure is a chronic condition in which the heart muscle becomes weakened and is unable to pump sufficient blood and oxygen to meet the body's needs.** Because heart failure is progressive, the heart's ability to function declines over time. As a result, people living with heart failure commonly experience symptoms such as fatigue, shortness of breath, and reduced physical endurance, along with other related complications.

Nearly all individuals living with heart failure will require at least one hospitalization during the course of their illness. **In the United States, approximately one million people are hospitalized for heart failure each year,** underscoring the substantial clinical and public health impact of this condition.

## Key Takeaways



Heart failure affects over **6.7 million Americans**. Researchers expect the number to increase to 8 million by the year 2030.



**Racial and ethnic minority groups** experience higher rates of heart failure. Black adults are at a significantly higher risk for cardiovascular disease than white adults.



Heart failure is the **leading cause of hospitalization** among Medicare patients and has a yearly price tag that exceeds \$30 billion.



The economic burden of heart failure is substantial, with an estimated annual cost of **\$30,000 per patient** in the U.S.



**One in four heart failure patients** are readmitted to the hospital within 30 days of discharge, and nearly 40% die within a year of their first hospitalization.



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