

HEART HEALTH MONTH

FEBRUARY 2021



Risk Factors for Heart Disease

- ♥ High blood pressure.
- ♥ High cholesterol.
- ♥ Smoking.

Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:

- ♥ Diabetes.
- ♥ Obesity and being overweight.
- ♥ Diets with poor nutrition and high in trans fats.
- ♥ Physical inactivity.
- ♥ Excessive Alcohol Use.

7 Steps to a Healthier Heart



Heart Disease Statistics in the United States:

- ♥ Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States.
- ♥ One person dies every 36 seconds in the United States from cardiovascular disease.
- ♥ About 655,000 Americans die from heart disease each year—that's 1 in every 4 deaths.
- ♥ Heart disease costs the United States about \$219 billion each year from 2014 to 2015.
 - ♥ This includes the cost of health care services, medicines, and lost productivity due to death.