What are my risks for getting heart disease?

Ask yourself these 3 questions:

1. How many risk factors do I have?
   - Major Risk Factors
     - age
     - gender
     - family history
     - high blood cholesterol
     - high blood pressure
     - physical inactivity
     - obesity and overweight
     - smoking
     - diabetes
     - poor diet
   - Non-Modifiable
     - These risk factors cannot be changed.
   - Modifiable
     - Any person can make changes to these risk factors, even modest improvements to your health will make a big difference.

2. Do I know Life’s Simple 7® keys to prevention?
   - Reduce Blood Sugar
     - About 21 million American adults have diagnosed diabetes. There’s almost 9% of the U.S. population.
   - Control Cholesterol
     - More than 40% of American adults have total cholesterol levels higher than 200 mg/dL.
   - Lose Weight
     - Most Americans older than 20 are overweight or obese. About 25% of children are overweight or obese.
   - Eat Right
     - When you eat a heart-healthy diet you are more likely to feel good and stay healthy.
   - Stop Smoking
     - 6% of adolescents aged 12 to 17 report being current smokers. Among adults, 15% of men and 15% of women are smokers.
   - Manage Blood Pressure
     - About 80 million U.S. adults have high blood pressure. That’s about 33%.
   - Get Moving
     - About one in every three U.S. adults – 30% – reports participating in no leisure time physical activity.

3. Am I making an effort or making excuses?
   - Top “barriers” to healthy living from a recent survey of website visitors to heart.org:
     - I don’t really know how to take care of my heart. [7%]
     - I live a heart-healthy lifestyle. [27%]
     - Great job! Learn more about preventing heart disease at any age heart.org/atanyage
     - I don’t want to stop eating foods I like. [18%]
     - Then DON’T! Just find healthy ways to prepare them here heart.org/recipes [14%]
     - I’m too busy taking care of others to take care of myself. [12%]
     - To do the best for our loved ones, we must make an effort to be in the best possible health ourselves. heart.org/parentsgroup
     - It costs too much to eat healthy. [14%]
     - You don’t have to save money and time heart.org/healthyliving
     - I don’t have time to exercise regularly. [17%]
     - Don’t worry, 10 minutes, 3 times a day is all it takes. heart.org/take10

Start here: heart.org/makinganeffort
A SNAPSHOT: BLOOD PRESSURE IN THE U.S.
Make Control Your Goal

High blood pressure is a major risk factor for heart disease and stroke, the first and fourth leading causes of death for all Americans.

HIGH BLOOD PRESSURE BASICS

67 MILLION
American adults have high blood pressure

1 IN 3

High blood pressure contributes to
~1,000 DEATHS/DAY

When your blood pressure is high:

You are 4x more likely to die from a stroke.

You are 3x more likely to die from heart disease.

H ave HIGH BLOOD PRESSURE

Annual estimated costs associated with high blood pressure:

$51 BILLION in direct medical expenses

$47.5 BILLION in indirect medical expenses

BLOOD PRESSURE CONTROL

Reducing average systolic blood pressure by only 12–13 mmHg could reduce:

37% of strokes
21% of coronary heart disease
25% of heart attacks
13% of deaths from all causes

ONLY ABOUT HALF of people with high blood pressure have their condition under control

MAKE CONTROL YOUR GOAL, EVERY DAY

Check your blood pressure regularly—at home, at a doctor's office, or at a pharmacy.

Quit smoking—or don't start. Call 1-800-QUIT-NOW or Smokefree.gov.

Eat a healthy diet with:

More fruits, vegetables, potassium, and whole grains
Less sodium, saturated fat, trans fat, and cholesterol

Read nutrition labels and lower your sodium intake.

Most of the sodium we eat comes from processed and restaurant foods.

About 90% of Americans eat too much sodium.

Adults should limit alcohol to no more than:

1 drink per day for women

2 drinks per day for men

Nutrition Facts

Get active and maintain a healthy weight.

Aim for 2 hours and 30 minutes of moderate physical activity every week.