

What are my risks for getting heart disease?

Ask yourself these 3 questions:

1 How many risk factors do I have?

Major Risk Factors

Are those that research has shown significantly increase the risk of heart disease.

The more risk factors you have, the greater your chance of developing it.

- ❑ 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. That's almost 9% of the adult population.

EAT RIGHT

When you eat a heart-healthy diet you improve your chances for feeling good and staying healthy!

LOSE WEIGHT

Most Americans older than 20 are overweight or obese. About 32% of children are overweight or obese.

GET MOVING

About one in every three U.S. adults – 30% – reports participating in no leisure time physical activity.

STOP SMOKING

6% of adolescents aged 12 to 17 report being current smokers. Among adults, 19% of men and 15% of women are smokers.

CONTROL CHOLESTEROL

More than 40% of American adults have total cholesterol levels higher than 200 mg/dL.

MANAGE BLOOD PRESSURE

About 80 million U.S. adults have high blood pressure. That's about 33%.

Get your **My Life Check® Assessment** now at heart.org/mylifecheck

3 Am I making an effort or making excuses?

Top “barriers” to healthy living from a recent survey of website visitors to heart.org:

7%

I don't really know how to take care of my heart.

You're in luck! We have all the heart-health information you need. heart.org/healthyliving

27%

I live a heart-healthy lifestyle.

Great job! Learn more about preventing heart disease at any age: heart.org/atanyage

18%

I don't want to stop eating foods I like.

Then DON'T! Just find healthy ways to prepare them here: heart.org/recipes

14%

I don't like exercising.

Keep trying! Here are our top 5 tips to loving exercise ... or at least not hating it: heart.org/lovingactivity

12%

I'm too busy taking care of others to take care of myself.

To do the best for our loved ones, we must make an effort to be in the best possible health ourselves. heart.org/caringforyourself

17%

I don't have time to exercise regularly.

Don't worry, 10 minutes, 3 times a day is all it takes. heart.org/take10

14%

It costs too much to eat healthy.

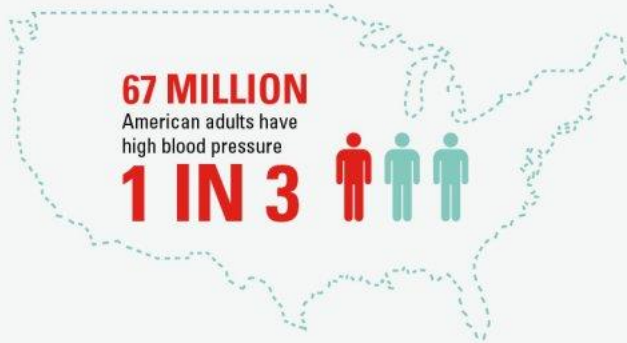
Think again! Try our tips to save you money and time: heart.org/healthytips

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 ▶

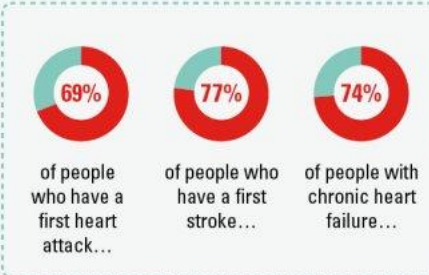


High blood pressure contributes to
~1,000 DEATHS/DAY

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



HAVE HIGH BLOOD PRESSURE

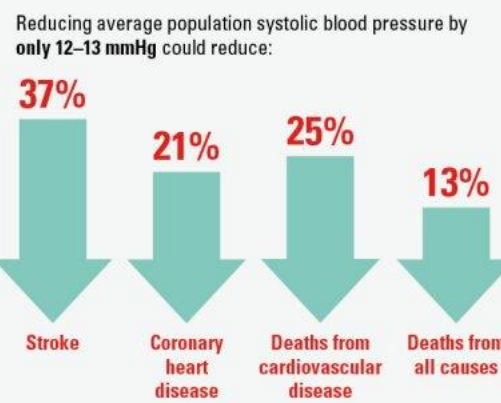
Annual estimated costs associated with high blood pressure:
\$51 BILLION

\$47.5 BILLION in direct medical expenses

◀ BLOOD PRESSURE CONTROL ▶



47% **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
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

Adults should limit alcohol to no more than:

1 drink per day for women

2 drinks per day for men

Nutrition Facts 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

Get active and maintain a healthy weight

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