



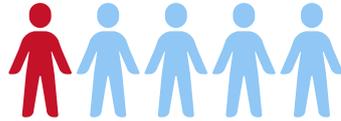
American Heart Month

Learning About Cardiovascular Disease (CVD)

Heart Disease Overview

Over
680,000
deaths a year

Accounts for **1 in every 5** deaths



The age-adjusted
US death rate
attributable to CVD:

**218 per 100,000
people**

Someone dies in
the U.S. of CVD
every **34 seconds**



That is **2,510** US deaths
from CVD **each day**

Cardiovascular disease (CVD) is a group of conditions that affect the heart and blood vessels. It involves the buildup of plaque that narrows the arteries, then leading to heart attacks or strokes. The most common form is coronary artery disease (CAD), which is when the arteries in your heart are narrowed due to plaque buildup. This results in the reduction of blood flow, leading to heart attacks.

It is important to understand the risk factors of CVD as it can lead to early detection and provide an opportunity to make necessary lifestyle changes that can prolong your life.

Are You At Risk?

Modifiable (In your control)

- Smoking & Tobacco Use
- High Blood Pressure
- High Cholesterol
- Overweight & Obesity
- Lack of Physical Activity
- Diabetes
- Poor Diet
- Excessive Alcohol Use

Non-modifiable (Out of your control)

- Age
- Genetics/Family History
- Sex
- Race/Ethnicity

Preventing CVD

Making positive lifestyle changes is the best way to prevent CVD. These changes include your diet, exercise, and limiting tobacco and alcohol use.



Aim for 150 minutes of moderate physical activity each week



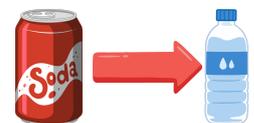
Minimize the number of processed foods you eat



Include a wide variety of fruits and vegetables to your meals



Avoid excessive amounts of salt. Alternate for low sodium options.



Minimize your added sugars



For cooking oils, use corn, canola, sunflower, or soybean oils



Limit your alcohol consumption



Incorporate whole grains



No smoking



Include healthy protein sources like those found in seafood and plants. For meat and poultry, make sure that it is unprocessed and lean.