

Heart Disease

America's Number One Killer



U.S. deaths due to heart disease

Every **40** seconds, someone in the U.S. has a heart attack

64%

of women who die of heart disease have no previous symptoms

70%-89%

of sudden cardiac events occur in men

2 million+

heart attacks and strokes per year

Start Healthy Habits **NOW**



Exercise

Healthy Diet

Stop Smoking

Risk Factors

- ♥ Unhealthy weight and obesity
- ♥ Diabetes
- ♥ Excessive alcohol use
- ♥ Poor diet
- ♥ Physical inactivity



CANCER

Heart disease kills more people than all cancers combined each year