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
- 70%-89% of sudden cardiac events occur in men
- 2 million+ heart attacks and strokes per year
- 64% of women who die of heart disease have no previous symptoms
- Heart disease kills more people than all cancers combined each year

Start Healthy Habits NOW

Exercise  Healthy Diet  Stop Smoking

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

Heart disease is America's Number One Killer. It's time to start healthy habits now to reduce your risk of heart disease.