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

Heart disease kills more people than all cancers combined each year

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