

# Heart Health



## Fast Facts About CVD

- ♥ Cardiovascular disease is the leading cause of death globally, accounting for an estimated **17.9 million deaths annually**.
- ♥ Approximately **85%** of CVD deaths are due to **heart attack** and **stroke**.
- ♥ A heart attack strikes someone in the U.S. about **every 40 seconds**.
- ♥ **Every 60 seconds** in the U.S., more than one person dies from a heart-disease-related event.
- ♥ **High blood pressure, high LDL cholesterol, and smoking** are key risk factors for developing heart disease.
  - Almost **half of all Americans (49%)** have at least one of these three risk factors.
  - **90% of women** have one or more risk factors for developing heart disease or stroke.
- ♥ Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:
  - **Diabetes**
  - **Overweight and obesity**
  - **Poor diet**
  - **Physical inactivity**
  - **Excessive alcohol use**
- ♥ **Nearly half of all African American men and women** have some form of heart disease.
- ♥ **80%** of heart disease and stroke events may be prevented by lifestyle changes and education.

Sources: World Health Organization ([www.who.int](http://www.who.int)), Centers for Disease Control and Prevention ([www.cdc.gov](http://www.cdc.gov)), American Heart Association ([www.heart.org](http://www.heart.org))