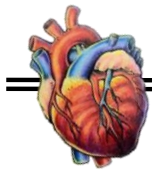


FEBRUARY

HEART AWARENESS MONTH



The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, **February marks American Heart Month**, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.



Did you know?

- ✓ Heart disease is the **leading cause** of death for both men and women. **More than half** of the deaths due to heart disease in 2009 were in men.
- ✓ About **610,000 Americans** die from heart disease each year—that's **1 in every 4 deaths**.
- ✓ Coronary heart disease is the most common type of heart disease, killing about **365,000 people** in 2014.
- ✓ In the United States, someone has a heart attack **every 42 seconds**. Each minute, someone in the United States dies from a heart disease-related event.
- ✓ Heart disease is the **leading cause** of death for people of most racial/ethnic groups in the United States, including African Americans, Hispanics, and whites. For Asian Americans or Pacific Islanders and American Indians or Alaska Natives, heart disease is second only to cancer.
- ✓ Heart disease costs the United States about **\$207 billion** each year, this total includes the cost of health care services, medications, and lost productivity.
- ✓ Obesity contributes to **five of the ten** leading causes of death in the U.S. including heart disease, type 2 diabetes, cancer, stroke and kidney disease.
- ✓ 94% of American Schools fail to meet federal standards for fat and saturated fat in school lunches.
- ✓ High blood pressure, high LDL cholesterol, and smoking are key heart disease risk factors for heart disease. About half of Americans (49%) have at least **one of these** three risk factors.
- ✓ 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

-Centers for Disease Control
-National Heart Lung and Blood Institute

"Have a healthy heart, don't delay or else you might live in dismay"

