

# Public Health is **EVERYWHERE**

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## Heart Health

Heart disease is the leading cause of death for both men and women in the United States. More than half of the deaths due to heart disease in 2009 were in men. High blood pressure, high cholesterol and smoking are key risk factors for heart disease. About half of Americans 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 and excessive alcohol use. You can help prevent heart disease by making healthy choices and managing any health conditions you may have. By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and sugar normal and lower your risk for heart disease and heart attack.

A healthy lifestyle includes: **eating a healthy diet ♥ maintaining a healthy weight ♥ getting enough physical activity ♥ not smoking or using other forms of tobacco ♥ limiting alcohol use.**

### KEEP IN MIND...

Knowing the signs and symptoms of a heart attack will help you act fast if you or someone you know might be experiencing one. The chances of survival are greater when emergency treatment begins quickly. Major warning signs/symptoms include:

- Chest pain or discomfort
- Upper body pain or discomfort in the arms, back, neck, jaw, or upper stomach
- Shortness of breath
- Nausea, lightheadedness, or cold sweats.

### STATISTICALLY SPEAKING...

**1 in 4** deaths in the United States each year are due to heart disease - that's about 610,000 people.

**Every** year, about 735,000 Americans have a heart attack. Of these, about 71% are a first heart attack and 29% happen in people who have already had a heart attack.

**CHD** (Coronary Heart Disease) is the most common type of heart disease, killing over 370,000 people annually.

Source: [www.cdc.gov](http://www.cdc.gov)

Public Health is Everywhere video series is available at  
<http://bit.ly/PHEverywhere>.

Sound clips and photo stills are available at [www.scph.org/media](http://www.scph.org/media).



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