



Heart Disease

FACTS

- Heart disease is the leading cause of death for men and women.
- About 610,000 Americans die from heart disease each year—that's **1 in every 4 deaths**.
- Heart disease is the leading cause of death for people of most racial/ethnic groups, 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.
- Coronary heart disease alone costs the U.S. **\$108.9 billion** each year. This total includes cost of health care services, medications and lost productivity.

RISK FACTORS

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 those 3 risk factors.

Several other medical conditions and lifestyle choices include:

- Diabetes
- Overweight and obesity
- Poor diet
- Physical inactivity

TAKE THIS 6 QUESTION HEART DISEASE QUIZ

Knowing how to prevent or manage heart disease can help save your life.

Test your knowledge about heart disease with six quick questions, here:

<http://www.cdc.gov/heartdisease/quiz.htm>

FOR MORE INFORMATION, VISIT THE CDC WEBSITE. JUST CLICK BELOW:

[CDC WEBSITE - HEART DISEASE INFO](http://www.cdc.gov/heartdisease/)