

AMERICAN  
*Heart*  
MONTH

STATISTICS

Cardiovascular disease accounted for nearly 801,000 deaths in the US. last year. That's about 1 of every 3 deaths in the US.

About 2,200 Americans die of cardiovascular disease each day, an average of 1 death every 40 seconds.

## HOW TO HELP PREVENT HEART DISEASE



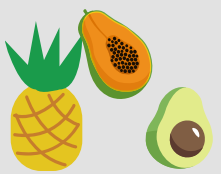
### Stop Smoking

Although tobacco use in the United States has been declining, those most likely to smoke among adults were Non-Hispanic American Indians.



### Exercise

About one in every three U.S. adults do not engage in leisure-time physical activity. Even among high school students, only about 27% meet the recommendation of 60 minutes of exercise every day.



### Eating Habits

Increase your intake of whole grains, fruits, and vegetables and cut down on any sugar-sweetened beverages.



### Health Check Up

Check with your doctor regarding your health in terms of your blood pressure, cholesterol, blood sugar, and weight.

Heart disease is the leading cause of death among American Indians.

The heart disease death rate is 20 percent greater among American Indians and Alaska Natives than among all U.S. races

American Indians die from heart diseases at younger ages than other racial and ethnic groups in the U.S. 36% of those who die of heart disease die before age 65.