February is
HEART HEALTH MONTH

1 in 3
of U.S. adults is living with a type of heart disease.

#1
Heart disease is the leading cause of death in the United States.

KEY RISK FACTORS FOR HEART DISEASE

- Excessive alcohol use: 20%
- Diabes: 20%
- Physical inactivity: 20%
- Being overweight: 20%
- Poor diet: 20%

80%
of heart disease can be prevented

START MOVING
Being sedentary increases your risk for heart disease. Cardiovascular exercise such as walking, running, swimming, and cycling can reduce your risk.

TAKE CONTROL OF YOUR HEART HEALTH

- Manage blood pressure
- Know your blood sugar
- Maintain a healthy weight
- Control salt intake
- Stop smoking
- Control cholesterol