

Matters of Your Heart



American
Heart
Association

American
Stroke
Association®

RISKS

56% of adults have been told by a healthcare professional to improve their health

83% believe that heart attacks and stroke can be prevented, but aren't motivated to do anything

60% of adults don't know their blood pressure and cholesterol numbers
44% monitor their blood pressure outside of the doctor's office

99% of Americans need to improve their heart health

72% don't consider themselves at risk for heart disease

58% put no effort into improving their heart health

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



1 of every 3 deaths in the United States is caused by **heart disease and stroke**

Lowering your blood pressure may decrease your risk of stroke and heart disease by **about 50%**



Every **25 seconds** an American will have a coronary event



Every **39 seconds** someone dies from heart disease and stroke

Each year, an estimated **785,000** Americans will have their first heart attack



Each year, an estimated **470,000** Americans will have another heart attack

FACTS

More than **62,000** visits per day on heart.org and strokeassociation.org

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