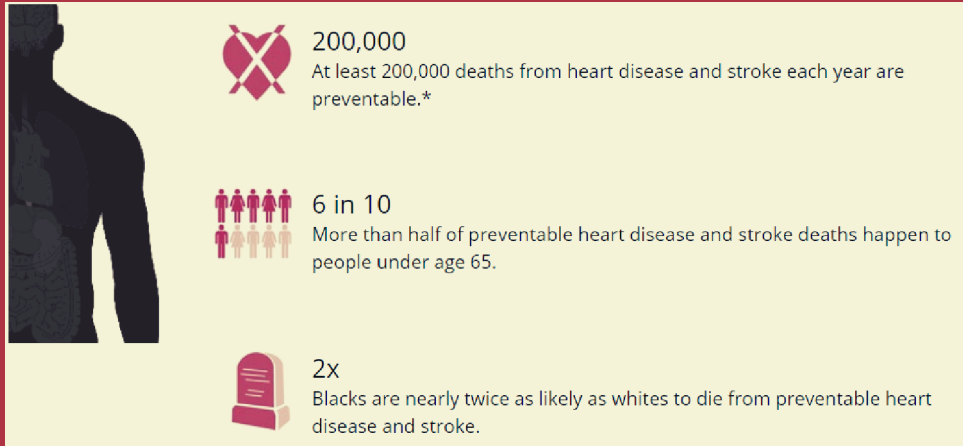


CHAMPS LIFELINE

HEART DISEASE AND STROKE



Retrieved from <https://www.cdc.gov/VitalSigns/heartdisease-stroke/infographic.html>

Heart disease is the **leading cause of death** in the U.S. Stroke is the **fifth leading cause**. Together, they are responsible for the deaths of over **800,000 Americans** every year. At least **200,000 of these deaths - people who die from heart disease or stroke under the age of 75 - are considered preventable**. According to the CDC, **one person dies of cardiovascular disease every 37 seconds** in the United States.

Top 3 Tips

1. Live well

- Avoid activities such as tobacco use that increase your risk of heart disease or stroke.
- Have yearly check-up visits with your doctor.

2. Eat healthy

- Avoid foods high in salt and enjoy lots of fresh vegetables and fruits.

3. Get active

- Start small and participate in activities you enjoy that get you moving!

Where there is
no struggle, there
is no strength.

Oprah Winfrey



hearttruth.gov

Nearly 800,000 Americans die each year from heart disease and stroke. Most of the major risk factors can be managed or prevented.

Risk factors and solutions for managing them



High blood pressure – Make control your goal.



High cholesterol – Work with your doctor on a treatment plan to manage your cholesterol.



Diabetes – Work with your doctor on a treatment plan to manage your diabetes.



Tobacco use – If you don't smoke, don't start. If you do smoke get help to quit.



Unhealthy diet – Eat a healthy diet, low in sodium and trans fats and high in fresh fruits and vegetables.



Physical inactivity – The Surgeon General recommends adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week.



Obesity – Work to maintain a healthy weight.

Retrieved from <https://www.cdc.gov/VitalSigns/heartdisease-stroke/infographic.html>