

# Preventable Deaths

## from Heart Disease & Stroke

Many deaths from heart disease and stroke **can be prevented**



**1 IN 3**

Nearly 1 in 3 deaths in the US each year is caused by heart disease and stroke.



**200,000**

At least 200,000 deaths from heart disease and stroke each year are preventable.

Your chances of dying from heart disease and stroke **are related to many things**



### Age

**6 in 10:** More than half of preventable heart disease and stroke deaths happen to people under age 65.

While the number of preventable deaths has declined in people ages 65–74, it has remained virtually unchanged in people under 65.



### Race/ethnicity

**2x:** Blacks are nearly twice as likely as whites to die early from heart disease and stroke.



### Sex

Men have a higher risk of death across all races and ethnic groups. Black men are most at risk.



### Location

Risk of preventable death from heart disease and stroke varies by county, even within the same state.

Counties in southern states have the greatest risk overall.

Improving health habits can **save more lives**

#### The ABCS of heart health

- Aspirin when appropriate
- Blood pressure control
- Cholesterol management
- Smoking cessation

#### Communities can create healthier living spaces

- Promote smoking quitlines.
- Create tobacco-free areas.
- Make safe walking areas.
- Improve access to healthy food.

#### Individuals can take steps to reduce their risk

- Talk with your health care provider about the ABCS of heart health.
- Get help to stop smoking. If you don't smoke, don't start.
- Try going for a brisk 10-minute walk, 3 times a day, 5 days a week.
- Eat a heart-healthy diet with more fruits and vegetables and less sodium and trans fat.
- Know the signs and symptoms of heart attack and stroke, and get help as needed.

