

# Heart Attacks – Picture This



## Matters of Your Heart

### 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

**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

**60%** of adults don't know their blood pressure and cholesterol numbers

**44%** monitor their blood pressure outside of the doctor's office

**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