



The Board of Health Wants You To Love Your Heart!

America's Heart Disease Burden

- About **600,000 people** die of heart disease in the United States every year—that's **1 in every 4 deaths**.¹
- Heart disease is the leading cause of death for both men and women. **More than half** of the deaths due to heart disease in 2009 were in men.
- Coronary heart disease is the most common type of heart disease, killing more than **385,000 people** annually.
- Every year about **715,000 Americans** have a heart attack. Of these, 525,000 are a first heart attack and 190,000 are re-current heart attack.
- Coronary heart disease alone costs the United States **\$108.9 billion** each year. This total includes the cost of health care services, medications, and lost productivity.

Make Healthy Changes to Lower your Risk of Developing Heart Disease

Watch Your Weight



Quit Smoking & Stay Away from 2nd Hand Smoking



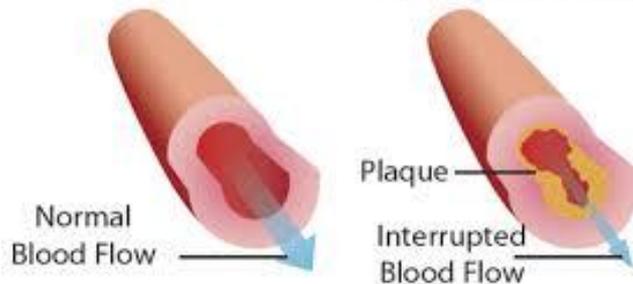
Make Healthy Changes to Lower your Risk of Developing Heart Disease

Control Cholesterol & Blood Pressure



Normal Artery

Artery Narrowed by Arteriosclerosis



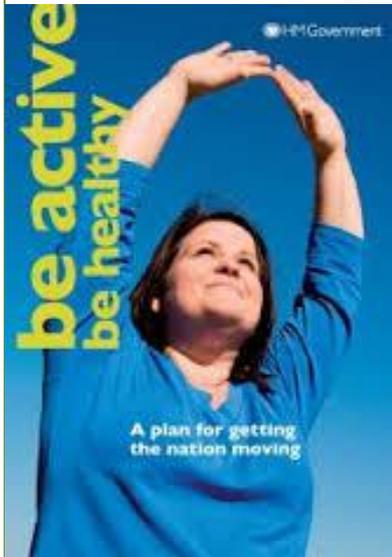
Cholesterol cause Plaque Build-up in Artery

Drink only in Moderation, if you Drink Alcohol

- If you choose to drink, have only a moderate (limited) amount. This means:
- No more than 1 drink a day for women
- No more than 2 drinks a day for men
- One drink is a:
- Bottle of beer (12 ounces)
- Glass of wine (5 ounces)
- Shot of liquor (1.5 ounces)

Make Healthy Changes to Lower your Risk of Developing Heart Disease

Be Active



Eat Healthy

