



Heart Health for All Ages

You may find yourself expressing love to your favorite people this month. But February is also a great time to show your own heart some love. February is American Heart Month.

Heart disease continues to be the leading killer of Americans, taking the lives of 2,200 people each day. In addition, 103 million adults have high blood pressure and 6.5 million are living with heart failure. While genetic factors do play a part in cardiovascular disease, the good news is 80 percent of cardiovascular diseases may be preventable with education and action.



Take a few moments to learn more about the warning signs and symptoms as well as the things that we can do in our everyday lives to mitigate risk to our hearts.

You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits!

FOR MORE INFORMATION, SEE:

- American Heart Association (AHA): [heart.org](https://www.heart.org)
- National Heart, Lung and Blood Institute (NIH): [nhlbi.nih.gov](https://www.nhlbi.nih.gov)
- Centers for Disease Control (CDC): <https://www.cdc.gov/heartdisease/index.htm>

What are the risk factors for heart disease?

High blood pressure, high blood cholesterol and smoking are key risk factors for heart disease. About half of people in the United States (47 percent) have at least one of these three risk factors. **The CDC identifies several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including:**

- Diabetes
- Overweight and obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use