

Better Heart Health, Step By Step

Take This to Heart...

Heart disease is the leading cause of death worldwide, accounting for **one-third** of deaths in 2019.

However, an estimated **80%** of cardiovascular disease, including heart disease and stroke, are **preventable**.



7 Steps to a Healthier Heart

Check out these steps to see what you should be doing – or not doing – to live a heart-healthy lifestyle.

Quit smoking. Within one year, your heart disease risk will drop by half.

Control cholesterol. Lower cholesterol reduces your heart disease risk by half.

Get to a healthy weight. Losing 5-10% of excess weight can reduce your health risks dramatically.

Lower your blood sugar. Exercise and eat a healthy diet. Heart failure risk is twice as high in people with diabetes than without.

Monitor your blood pressure. Controlling high blood pressure reduces your risk for heart failure by 50%; heart attack, 13%; and stroke, up to 22%.

Get active. Aim for at least 30-60 minutes of exercise per day. Regular exercise can greatly reduce your risk for heart disease.

Eat better. Center meals around veggies, fruits, whole grains and fish. Limit sodium, saturated fats, added sugars, and fried foods. Even a half-cup of fried food a week raises your heart disease risk.

SOURCES: American Heart Association, Web MD, Heart.org, NCBI, BMJ