

February is American Heart Month

American Heart Month is the time to learn heart-healthy facts!

BE IN THE KNOW



1 in 4

U.S. Deaths are caused by Heart Disease.



Heart Disease

Is one of the leading causes of death in Virginia.



Heart Disease is the

#1 killer of women.



In 2012, **13,276** Virginians died from Heart Disease.



Every **43 seconds** someone in the U.S. has a heart attack.

The American Heart Association suggests "Life's Simple 7" for heart health



Manage Blood Pressure

High blood pressure is a major risk for heart disease.



Control Cholesterol

This can prevent arteries from clogging.



Reduce Blood Sugar

High levels of blood sugar can damage the heart.



Eat Better

A healthy diet is the best way to fight heart disease.



Get Active

Daily physical activity increases length and quality of life.



Lose Weight

Losing excess pounds help lessen the load on the heart.



Stop Smoking

Smokers have a higher risk of heart disease.