

INTERESTED IN A PHD?

Preventing Heart Disease

Heart disease is the #1 killer in the USA. Read to learn more about heart disease and how to combat it effectively.

Don't forget to
S.H.A.R.E

Save
Hearts
Actively,
Responsibly, and
Effectively

The mission of our S.H.A.R.E initiative is to spread awareness and resources about heart disease. Our goal is to educate, inform, and ultimately save hearts.



S.C.A.R.F

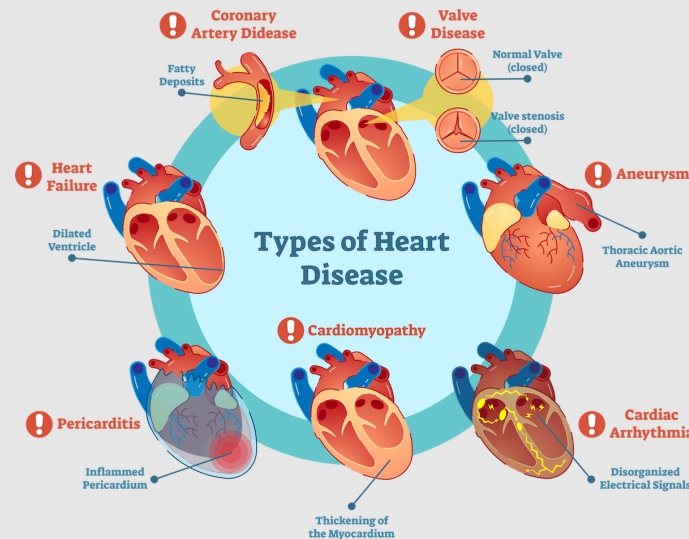
Sudden Cardiac-Death Awareness
Research Foundation

Our mission is to eradicate the deadly health care epidemic of sudden cardiac death by empowering communities and health care providers with knowledge and greater access to automated external defibrillators.

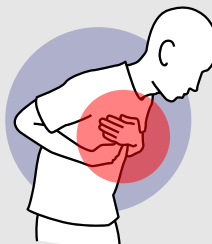
www.scarfnow.org

STATISTICS

- CHD remains the leading cause of death in the United States, claiming the lives of 489,171 Americans in 1990
- Men (51.6%) were more likely than women (41.2%) to have at least one risk factor for CVD.
- Women aged 60 and over (53.9%) were more likely to have at least one of the three CVD risk factors compared with women aged 40–59 (40.5%) or 20–39 (34.4%).
- 58% of non-Hispanic black adults had at least one risk factor, while about 47% of non-Hispanic white adults and almost 45% of Mexican-American adults had at least one of the three risk factors for CVD.
- From 1999–2010, lower-income adults were more likely to have at least one of the three CVD risk factors (60.8%) compared with those in the middle- income (47.2%) and higher-income (37.9%) groups.



Remember, Heart Disease is the number one killer in the United States. It is important to take care of your health to decrease your chances of developing CHD or mitigate your symptoms.



Fryar CD, Chen T, Li X. Prevalence of uncontrolled risk factors for cardiovascular disease: United States, 1999–2010. NCHS data brief, no 103. Hyattsville, MD: National Center for Health Statistics. 2012.

RESOURCES

HEALTHY AND AFFORDABLE FOOD OPTIONS:

- **Supplemental Nutrition Assistance Program (SNAP)**
 - SNAP is a federal nutrition assistance program in the United States that helps eligible low-income individuals purchase nutritious food from eligible stores. Visit [fns.usa.gov](https://fns.usda.gov) to find out if you are eligible or not.
- **Special Supplemental Nutrition Program for Women, Infants and Children (WIC)**
 - WIC services low-income, pregnant, breastfeeding, and postpartum women. If eligible, resources given include foods to help meet the nutrition needs of both the woman and the child, baby food and formula, and referrals to health care providers. Visit fns.usda.gov for more information.

Accessible Exercise:

- Local gyms
 - Planet fitness, The Y, LifeTime, etc
- Home equipment
 - dumbbells, treadmills, etc
- Outdoor activities
 - Hiking, biking, swimming