

# Matters of Your Heart

## RISKS

**56%** of adults have been told by a healthcare professional to improve their health

**83%** believe that heart attacks and stroke can be prevented, but aren't motivated to do anything

**60%** of adults don't know their blood pressure and cholesterol numbers  
**44%** monitor their blood pressure outside of the doctor's office

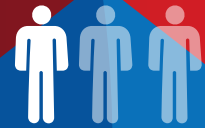
**99%** of Americans need to improve their heart health

**72%** don't consider themselves at risk for heart disease

**58%** put no effort into improving their heart health



**Heart disease** is the **#1** leading cause of **death** in the United States



**1 of every 3 deaths** in the United States is caused by **heart disease and stroke**

**Lowering your blood pressure** may decrease your risk of stroke and heart disease by **about 50%**



Every **25 seconds** an American will have a coronary event



Every **39 seconds** someone dies from heart disease and stroke

Each year, an estimated **785,000** Americans will have their first heart attack



Each year, an estimated **470,000** Americans will have another heart attack

## FACTS

More than **62,000** visits per day on [heart.org](http://heart.org) and [strokeassociation.org](http://strokeassociation.org)

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