Heart disease – the facts

Leading cause of death in both men and women in the U.S. and in New Jersey

Risk factors
- Cholesterol level
- High blood pressure
- Diabetes
- Obesity
- Diet
- Physical inactivity
- Smoking
- Family history

Almost 1/2 of sudden cardiac deaths occur outside of the hospital

Every 40 seconds, someone in the U.S. has a heart attack

Smoking, high cholesterol and high blood pressure:
49% of Americans have at least one of these risk factors

Sources: American Heart Association, Centers for Disease Control and Prevention, Healthy NJ 2020