



CARDIOVASCULAR DISEASE

CARDIOVASCULAR DISEASE (CVD)

is the term for all types of diseases that affect the heart or blood vessels, including coronary heart disease (clogged arteries), which can cause heart attacks, stroke, and peripheral artery disease, among others.¹

It may not be on the top of your to-do list, but caring for your heart through regular exercise and having a healthy diet plan is key to preventing heart disease.

Heart disease is a “catch-all” phrase for a variety of conditions that affect the heart. The most common type of heart disease is coronary heart disease. In fact, when people talk about “heart disease” they often mean coronary heart disease.¹

121.5M

(NEARLY HALF OF ALL ADULTS IN THE U.S.)

have some type of **cardiovascular disease**.²

EVERY



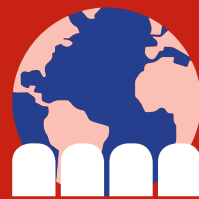
SECONDS

one person dies in the United States from cardiovascular disease.³



56%

of women are **unaware** that heart disease is the leading cause of death in women.⁴



Cardiovascular disease is the leading global cause of death.⁸



MINUTES

of exercise each day can reduce your risk of heart disease by up to **30 - 40 percent**.⁶



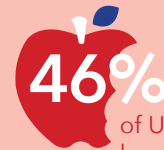
GET UP AND GET MOVING! Studies have shown that for every hour of walking, life expectancy may increase by two hours.⁶

THE GOOD NEWS

REDUCE YOUR RISK OF HEART DISEASE UP TO **80%** by including a healthy diet and exercise into your daily routine.⁵

80%

Start with small but consistent changes. Your diet should include a variety of vegetables and fruits, lean proteins, healthy fats, and whole grains.



46%

of U.S. employers have some type of health promotion program.⁷

A focus on prevention in the workplace is a win for both employers and employees. Prevention tactics keep workers healthy and productive and help employers avoid losses from morbidity and mortality. Each short-term disability claim can cost nearly \$8,000 in lost productivity while a long-term claim can cost more than \$52,000 to employers.²

Cardiovascular disease is **America's costliest disease** and costs will continue to rise in the coming decades.²

■ 2016 ■ 2035

MEDICAL COSTS \$318B \$749B

INDIRECT COSTS \$237B \$368B

TOTAL COSTS \$555B \$1.1T

1. "Know the Difference Fact Sheet." National Heart Lung and Blood Institute, U.S. Department of Health and Human Services, www.nhlbi.nih.gov/health-topics/all-publications-and-resources/know-differences-cardiovascular-disease-heart-disease-coronary-heart-disease.
2. "Cardiovascular Disease: A Costly Burden for America – Projections Through 2035." www.heart.org, www.heart.org/en/about-us/policy-research/advocacy-fact-sheets.
3. "Heart Disease Facts." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 2 Dec. 2019, www.cdc.gov/heartdisease/facts.htm.
4. "Cardiovascular Disease: Women's No. 1 Health Threat." www.heart.org, www.heart.org/en/about-us/policy-research/advocacy-fact-sheets.
5. "Preventing Cardiovascular Disease." www.goredforwomen.org, www.goredforwomen.org/en/about-heart-disease-in-women/preventing-cardiovascular-disease.
6. "Exercise to Prevent Heart Disease." www.goredforwomen.org, www.goredforwomen.org/en/about-heart-disease-in-women/preventing-cardiovascular-disease/exercise-to-prevent-heart-disease.
7. "Strategies to Prevent Heart Attack and Stroke in the Workplace." Centers for Disease Control and Prevention, www.cdc.gov/workplacehealthpromotion/initiatives/resource-center/.
8. "2020 Heart Disease and Stroke Statistical Update Fact Sheet At-a-Glance." www.empoweredtoserve.org, www.empoweredtoserve.org/en/about-us/heart-and-stroke-association-statistics?fun_cid=15791863269756246986.