HEART HEALTH
BY THE NUMBERS

CARDIOVASCULAR DISEASE (CVD)
(including heart disease, hypertension, and stroke) is the leading cause of death in the U.S. for both men and women, accounting for almost one-quarter of annual deaths.

Typical cardiovascular issue symptoms include:
- Pain or pressure in the chest
- Pain or discomfort in the arms, left shoulder, elbows, jaw, or back
- Shortness of breath
- Nausea and fatigue
- Lightheadedness or dizziness
- Cold sweats

Ways to prevent CVD include:
- Reducing the use of alcohol and tobacco
- Eating fresh fruits and vegetables
- Reducing salt, sugar, and saturated fat intake
- Avoiding a sedentary lifestyle

Between 2013 and 2016, 121.5 MILLION American adults had some form of cardiovascular disease.

Between 2013 and 2016, 400,000 women in the U.S. die annually from cardiovascular disease.

NEW YORK STATE
New York has the 17TH-HIGHEST death rate from cardiovascular disease in the country.

HUDSON VALLEY
- 11% of adults smoke; 14% statewide
- 31% have been told they have high blood pressure
- 18% of children are overweight or obese; 31% nationally
- 22% reported to have had no physical activity in the past month

*Stats provided by American Heart Association unless otherwise noted