WHAT IS HEART DISEASE?

Heart disease refers to several conditions that affect the heart’s structure and function. This includes conditions such as coronary heart disease, heart failure, and heart attack.

You are at a higher risk for heart disease if you are overweight or obese, smoke, or have high blood pressure, diabetes, or high cholesterol.

REDUCE YOUR RISK FOR HEART DISEASE BY:

Choosing healthy foods and drinks  
Keeping a healthy weight  
Not smoking  
Getting regular physical exercise

DID YOU KNOW?

A person dies from heart disease every 36 seconds.

Heart disease can be treated with FDA-approved medications and medical devices such as pacemakers.

More than 1 in 10 adults in the United States have been diagnosed with heart disease.

For more information on health equity, visit www.fda.gov/healthequity.