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**CORONARY HEART DISEASE
FACT SHEET**

Coronary Heart Disease:

Analysis of data from 1981-1995 by the Centers for Disease Control and Prevention (CDC), found that while deaths from coronary heart disease are declining, it is still the most frequent cause of death in the United States -- accounting for 481,287 deaths in 1995.

Who's At Risk:

- Black women between the ages of 35 and 54 had coronary heart disease death rates more than twice those of white women in the same age groups.
- While coronary heart disease death rates dropped for both men and women and most age groups among blacks and whites -- except black women age 85 and older -- the overall gap in coronary heart disease rates between younger African-Americans and their white counterparts increased over the 15-year period.

Case Findings:

The gap in death rates may reflect differences among blacks and whites in risk factors that could be changed or managed -- cigarette smoking, body weight, diabetes, and hypertension -- and socioeconomic status.

Recommendations: To reduce your risk of heart disease, the CDC recommends eating a heart-healthy diet and being moderately physically active on most days of the week to maintain a healthy body weight. Also, if you smoke, stop.