Heart Health

Did you know?

- Cardiovascular disease is the leading global cause of death, accounting for an estimated **17.7 million deaths** in 2015.
- Cardiovascular disease is projected to account for more than **23.6 million deaths** per year globally by 2030.
- Heart disease (including coronary heart disease, hypertension, and stroke) remains the **#1 cause of death** in the U.S.
- Coronary heart disease (CHD) causes **1 of every 7 deaths** in the United States, killing more than **360,000** annually.
- A heart attack strikes someone in the U.S. about every **40 seconds**.
- An estimated **790,000** Americans have a heart attack each year—of those, approximately **114,000** will die.
- The average age at first heart attack is **65.3 years for males** and **71.8 years for females**.
- **80%** of heart disease and stroke events may be prevented by lifestyle changes and education.

Sources: World Health Organization (www.who.int), American Heart Association (www.heart.org)

Learn more about taking care of your **Heart Health** at **benefits.cat.com>wellness**.