



# HEART HEALTH

By The Numbers

Today, 1 in 3 Americans (36.9 percent) have some form of heart disease, including high blood pressure, coronary heart disease, heart failure, stroke and other conditions.<sup>1</sup> In honor of American Heart Month, *Quaker* wants to help raise awareness about how people can take steps to improve their heart health.

The AHA predicts that by 2030, the cost of medical care in the U.S. for heart disease (in 2008 dollar values) will triple, rising from \$273 billion to \$818 billion.<sup>1</sup>

For the baby boomers within the 40–59-year-old age group, nearly 40 percent of men and 37 percent of women have cardiovascular disease (CVD).<sup>1</sup>

For nearly 30 years (since 1984), the number of CVD deaths for women has exceeded those for men. More than one in three female adults has some form of CVD.<sup>1</sup>

Overall, nearly 17 percent of US children and adolescents 6 to 19 years of age have body mass index-for-age values at or above the 95th percentile of the 2000 CDC growth charts.<sup>1</sup>

Recent research shows that heart disease can begin as early as age 9.<sup>2</sup> That's why *Quaker* wants to help all Americans understand that being amazing starts with taking care of your heart.

While you only get 1 heart, there are many opportunities to help reduce your heart disease risk. Start your journey today and visit [Facebook.com/Quaker](https://www.facebook.com/Quaker).