



Our Families Our Hearts

African Americans & Heart Disease

See how these risks affect you...

- African Americans have the highest rates of blood pressure nationwide.
 - High blood pressure is a risk factor for heart disease.
 - African American men and women with high blood pressure develop heart disease more often than others.
- Overweight and Obesity is an epidemic in all communities, including African Americans
 - African Americans are experiencing an increasing problem with overweight/obesity, a risk factor for heart disease.
- African Americans are specifically targeted by cigarette advertisers.
 - African American men have very high rates of smoking, a major risk factor for Heart Disease.



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Turn It Around

Prevention of heart disease is possible by making personal choices to lower your risks:

- Limit or avoid the 3 S—sugars, salt, & smoking!
- Get regular check-ups to monitor your blood pressure and cholesterol levels.
- If you smoke, Quit!
- Increase your physical activity
- Ask for help if you are under too much stress.

First Steps

Commit to Succeed: Making changes can be challenging, but if you show up everyday, your goal is one step closer!

- Add one vegetable and one fruit to your diet everyday—especially something green, like broccoli, or orange, like squash.
- Two for one! Exercise your heart and nurture your spirit: Make a weekly commitment with friends or family to play ball, workout together to your favorite music, or to take a walk in a local park.

Visit us at

www.youthtakeheart.org

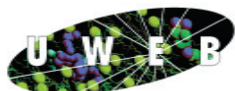
The mission of Youth Take Heart is to expand the knowledge and interest of young people, especially those in underserved communities, and their families, to take positive action to promote lifelong heart health and prevent cardiovascular disease.



www.hopeheart.org



www.washingtonmesa.org



www.uweb.engr.washington.edu

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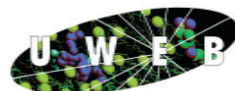
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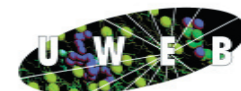
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