GO RED FOR WOMEN®
2015-16 FACT SHEET

Let’s unite to prevent heart disease and stroke. It’s time to put our hearts into it and Go Red For Women®.

Our mothers, daughters, sisters, and friends are at risk. Heart disease and stroke cause 1 in 3 deaths among women each year—more than all cancers combined. Fortunately, we can change that because 80 percent of cardiac events can be prevented with education and lifestyle changes.

Get informed about the risks of heart disease and stroke. Know the red flags. Know your heart health story. Go Red For Women inspires women to make lifestyle changes, mobilize communities, and shape policies to save lives. United we are working to improve the health of women in your community.

Take action at GoRedForWomen.org.

Here are a few ways to take today:

- Go to GoRedForWomen.org to learn what you can do to reduce your risk of heart disease and stroke.
- Encourage your family and friends to take small steps toward healthy lifestyle choices to reduce their risk for heart disease and stroke, too.
- Explain “What it means to Go Red” by sharing the following acronym:
  
  **G**et Your Numbers: Ask your doctor to check your blood pressure, cholesterol and glucose.
  **O**wn Your Lifestyle: Stop smoking, lose weight, be physically active and eat healthy.
  **R**aise Your Voice: Advocate for more women-related research and education.
  **E**ducate Your Family: Make healthy food choices for you & your family. Teach your kids the importance of staying active.
  **D**onate: Show your support with a donation of time or money.

FACTS ABOUT CARDIOVASCULAR DISEASES

**FACT 1**: Cardiovascular diseases cause one in three women’s deaths each year in the U.S., killing approximately one woman every 80 seconds.

- An estimated 44 million women in the U.S. are affected by cardiovascular diseases.
- Ninety of women have one or more risk factors for heart disease or stroke.
- Eighty of heart disease and stroke events can be prevented.

**FACT 2**: Scientific evidence proves heart disease is different in women as compared to men.

- Fewer women than men survive their first heart attack.
• The symptoms of heart attack can be different in women vs. men, and are often misunderstood – even by some physicians.
• Women have a higher lifetime risk of stroke than men.
• Each year, about 55,000 more women than men have a stroke.

**FACT 3**: Heart disease and stroke affect women of all ethnicities.

- Cardiovascular diseases are the leading cause of death for African-American women, killing nearly 50,000 annually.
- Research shows that African Americans are more likely than Caucasians to experience sudden cardiac arrest and at a much earlier age.
- In addition, Hispanic women are likely to develop heart disease 10 year earlier than Caucasian women.
- Only 36% of African American women and 34% of Hispanic women know that heart disease is the leading cause of death in women, compared with 65% of Caucasian women.
- Of African-American women ages 20 and older, 48% have cardiovascular disease. Yet, only 14% believe heart disease is the greatest health problem facing women.
- Only about 50% of African-American women are aware that pain that spreads to the shoulders, neck, or arms is a sign of heart attack.

**FACT 4**: Women who are involved with the Go Red For Women movement live healthier lives.

- Nearly 90% have made at least one healthy behavior change.
- Almost half have lost weight.
- More than 50% get regular physical exercise.
- Six out of 10 have changed their diets.
- More than 40% have checked their cholesterol levels.
- One third has talked with their doctors about developing heart health plans.

**FACT 5**: When you get involved in supporting Go Red For Women by advocating, fundraising and sharing your story, more lives are saved.

- More than 670,000 women have been saved from heart disease and stroke since the launch of GRFW.
- About 300 fewer women are dying per day.

**ABOUT GO RED FOR WOMEN**
Go Red For Women is the American Heart Association's national movement to end heart disease and stroke in women. Heart disease and stroke kill 1 in 3 women – more than all cancers combined. The good news is that 80 percent of cardiac events can be prevented with education and lifestyle changes. Women who Go Red live healthier lives.

For more than a decade Go Red For Women has fought for equal health opportunity for women. We proudly wear red, share our stories of survival and advocate for more research and swifter action for women’s heart and brain health. Our future is focused on changing the culture to make it easier for women and their families to live healthier lives.

When it comes to beating heart disease and stroke, it’s time to put our hearts into it. Take action at [GoRedForWomen.org](http://GoRedForWomen.org).

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