Heart disease is the #1 leading cause of death in the United States. Lowering your blood pressure may decrease your risk of stroke and heart disease by about 50%.

- 1 of every 3 deaths in the United States is caused by heart disease and stroke.
- Each year, an estimated 470,000 Americans will have another heart attack.
- Each year, an estimated 785,000 Americans will have their first heart attack.
- Every 39 seconds someone dies from heart disease and stroke.
- Every 25 seconds an American will have a coronary event.

- 99% of Americans need to improve their heart health.
- 72% don’t consider themselves at risk for heart disease.
- 58% put no effort into improving their heart health.
- 83% believe that heart attacks and stroke can be prevented, but aren’t motivated to do anything.
- 56% of adults have been told by a healthcare professional to improve their health.
- 60% of adults don’t know their blood pressure and cholesterol numbers.
- 44% monitor their blood pressure outside of the doctor’s office.

- 58% monitor their blood pressure outside of the doctor’s office.
- 44% know their blood pressure and cholesterol numbers.

More than 62,000 visits per day on heart.org and strokeassociation.org.

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Statistics from the American Heart Association/American Stroke Association.
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