

Did You Know? CDC

Office for State, Tribal, Local and Territorial Support

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- Almost half of American adults have at least one major [risk factor](#) for cardiovascular disease, including obesity, high cholesterol, and high blood pressure.
- Each year, nearly 1 in 3 deaths in the US is caused by heart disease and stroke, but at least 200,000 of these deaths [can be prevented](#) through healthy habits like regular physical activity and eating right.
- You can help others improve their eating habits by promoting the Million Hearts® initiative's [Healthy Eating & Lifestyle Resource Center](#).



Healthy Eating & Lifestyle
RESOURCE CENTER



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