**Facts**

- 56% of adults have been told by a healthcare professional to improve their health.

- 83% believe that heart attacks and stroke can be prevented, but aren't motivated to do anything.

- 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.

- 1 of every 3 deaths in the United States is caused by heart disease and stroke.

- Lowering your blood pressure may decrease your risk of stroke and heart disease by about 50%.

- Each year, an estimated 785,000 Americans will have their first heart attack.

- Each year, an estimated 470,000 Americans will have another heart attack.

- 58% monitor their blood pressure outside of the doctor's office.

- 60% of adults don't know their blood pressure and cholesterol numbers.

- 44% put no effort into improving their heart health.

**Risks**

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**Matters of Your Heart**

- 1 in every 3 deaths in the United States is caused by heart disease and stroke.

- Heart disease is the leading cause of death in the United States.

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

- 329 Join our Facebook communities every day.

- Join our conversation every day at facebook.com/AmericanHeart.

Statistics from the American Heart Association/American Stroke Association.