

# Tips and Resources

# Heart Health



Heart disease is the leading cause of death for both men and women in the United States.

To help prevent heart disease, you can:

- Eat healthy
- Get active
- Stay at a healthy weight
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- Drink alcohol only in moderation
- Manage stress



## What is heart disease?

The most common type of heart disease is coronary heart disease (CHD).

When someone has CHD, the coronary arteries (tubes) that take blood to the heart are narrow or blocked. This happens when cholesterol and fatty material, called plaque, build up inside the arteries.

Several things can lead to plaque building up inside your arteries, including:

- Too much cholesterol in the blood
- High blood pressure
- Smoking
- Too much sugar in the blood because of diabetes

## Am I at risk?

Anyone can get heart disease, but you're at higher risk if you:

- Have high cholesterol, high blood pressure, or diabetes
- Smoke
- Are overweight or have obesity
- Don't get enough physical activity
- Don't eat a healthy diet

**Making lifestyle changes can dramatically reduce your chances of heart disease. If you know you are at risk, ask your doctor about other lifestyle changes.**

For more information visit: [health.gov](https://www.health.gov)