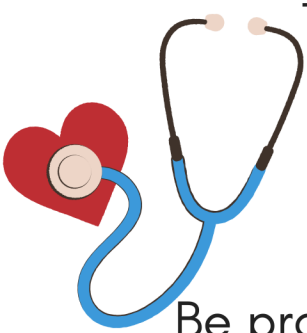


# HEART DISEASE AMONG NATIVE AMERICANS

## What should you do if you are concerned about heart disease?



Talk with your primary care provider or a healthcare professional about your risks and other concerns.

Be proactive about your health!

*Heart Disease is the leading cause of death among Native Americans*



### Risk Factors:

*Risk factors increase your chances of getting heart disease*



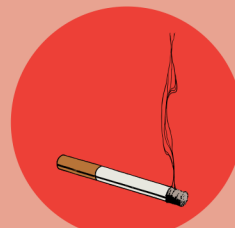
Overweight or Obese



Hypertension aka High Blood Pressure



High Cholesterol



Cigarette Smoking

are more likely to be diagnosed with coronary heart disease than Caucasians

# 50%

of Native Americans

## DECREASE YOUR RISK:



### Maintain a Healthy Weight

Monitor weight

Make adjustments to calorie intake when needed.



### Limit Unhealthy Foods

Eat foods low in salt, sugar, saturated and trans fats and high in unsaturated fats (fish, avocado, etc.)



### Increase Exercise

Regular moderate aerobic exercise for at least 30 minutes five days a week  
Vigorous workouts at least 20 minutes three times a week



### Avoid Smoking and Recreational Drug Use

Be cautious of second-hand smoking, which affects those who may inhale the smoke from smokers.

FOR MORE INFORMATION AND RESOURCES PLEASE GO TO:

American Heart Association  
<https://www.heart.org>

If you have any questions or concerns please contact the Community Health Education Program (520)562-5100

