

## February is Heart Health Month

Cardiovascular disease (CVD) is still the number one cause of mortality in both the U.S. and Michigan. There are several factors such as physical activity, smoking, weight management, and diet that can have a definite influence on preventing the development of heart disease. According to Julie Zumpano, RD, LD diet alone can play a significant role in reducing risk factors. She suggests eating a variety of foods that are as close to their natural form as possible.

### Heart healthy foods

- Salmon, tuna – omega 3 fatty acids
- Berries – phytonutrients and fiber
- Flaxseed – omega 3 fatty acids, fiber, phytoestrogens
- Beans – fiber, B vitamins
- Colorful veggies – carotenoids, fiber, vitamins
- Oatmeal – beta-glucan (fiber that lowers LDL cholesterol)
- Olive oil and avocados – monounsaturated fats (lower LDL cholesterol)
- Red grapes – resveratrol (helps keep blood from sticking together)

### U.S CVD statistics

- **31.3%** of all deaths in 2011
- **\$207 billion** – costs to Americans each year
- More people die from **CVD** than all forms of **cancer** combined
- Every **60 seconds** – someone dies from a heart related event

### Women and heart disease

- 1 in 31 American women die from breast cancer each year, **1 in 3 from heart disease**
- **Every minute** a woman dies from CVD
- **90%** of American women have at least one or more risk factors for developing CVD

### CVD in Michigan (2010 statistics)

- Heart disease was the **number one** cause of death
- **\$16.8 billion** spent on CVD in 2010
- **One** out of every **three deaths** was due to CVD
- **2,858,267** projected cases of CVD in 2030
- **58,298** women died from CVD in the past 5 years.

*\*Cardiovascular disease includes both heart disease and stroke while heart disease refers to diseases that affect the heart.*

### References

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