

Women and Heart Disease

More common than you may think

- More than 42 million women are currently living with some form of cardiovascular disease.¹ More than 8 million women have a history of heart attack and/or angina.¹
- Five and a half million women will suffer angina.¹

More fatal than any other disease

- Heart disease is the leading cause of death of American women, killing more than a third of them.¹
- 35.3% of deaths in American women over the age of 20, or more than 432,000, are caused by cardiovascular disease each year.¹
- More than 200,000 women die each year from heart attacks- nearly five times as many women as breast cancer.¹
- More than 159,000 women die each year of congestive heart failure, accounting for 56.3% of all heart failure deaths.¹

Who is at-risk?

- Cigarette smoking results in a 2-3 times increased risk of dying of heart disease.¹
- 48% of adult women have total cholesterol of at least 200mg/dL.¹
- 50% of Caucasian women, 64% of African-American women, 60% of Hispanic women, and 53% of Asian/Pacific Islander women are sedentary and get no leisure time physical activity.¹
- 58% of Caucasian women, 80% of African-American women, and 74% Hispanic-American women are overweight or obese.¹
- Women with diabetes are 2.5 times more likely to have heart attacks.¹

Affects more women than men

- More women than men die of heart disease each year.¹
- 23% of women and 18% of men will die within one year of a first recognized heart attack; 22-32% of women and 15-27% of men heart attack survivors will die within five years.¹