



Friday Facts

February 25, 2022

Did You Know?

Some sobering statistics from the Centers for Disease Control and Prevention (CDC) regarding heart disease:

- One person dies every 36 seconds in the United States from cardiovascular disease.
- About 659,000 people in the United States die from heart disease each year—that's 1 in every 4 deaths.
- Heart disease costs the United States about \$363 billion each year from 2016-2017. This includes the cost of health care services, medicines, and lost productivity due to death.
- Coronary heart disease is the most common type of heart disease, killing 360,900 people in 2019.
- About 18.2 million adults age 20 and older have CAD (about 6.7%).
- About 2 in 10 deaths from CAD happen in adults less than 65 years old.
- In the United States, someone has a heart attack every 40 seconds.
- Every year, about 805,000 people in the United States have a heart attack. Of these:
 - 605,000 are first heart attack
 - 200,000 happen to people who have already had a heart attack
 - About 1 in 5 heart attacks is silent—the damage is done, but the person is not aware of it.

Know your risk factors. Pay attention to signs and symptoms of heart disease. Make healthy lifestyle changes. Give us a call if you need some coaching.



The Friday Facts are for informational purposes only. It does not diagnose problems or recommend specific treatment, and it's not a substitute for your doctor's care.

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