With over $1.5 trillion in buying power, no other group spends as much on fresh foods.

Despite this, one of the fastest growing minorities is facing a major HEALTH CRISIS.

Roughly 40.6% of Hispanics suffer from Cardiovascular Disease.

Cardiovascular Disease is a leading cause of death.

The four contributors to Cardiovascular Disease in Hispanics are lack of awareness, diabetes, obesity, and high blood pressure.

How can we make a Difference?

- Maintain a healthy weight and exercise regularly. For overall cardiovascular health, aim for 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous-intensity physical activity per week.
- Reduce your family’s sodium consumption. The American Heart Association recommends keeping sodium intake under 1500 mg/day.
- Take My Life Check and know your Heart Score, attend the nearest CPR training, help advocate for more fruits & vegetables in your community and start a walking club.
- Get involved with You’re the Cure. Adopt the Tobacco-Free Commitment Letter to make your faith center/campus a clean air zone.
- Use your voice to share and spread the health message! Join the movement and become an EmPOWERED To Serve Ambassador. Follow us on Facebook and share tips with your family and friends.

Change begins with YOU. You can lower your risk of cardiovascular disease and help others in your family and community do the same by increasing healthy living behaviors. EmPOWERED To Serve has the volunteers, tools and resources to meet you where you are and help you move toward better health. Join EmPOWERED To Serve today and build a sustainable culture of health.

Join the movement at empoweredtoserve.org

Sources: empoweredtoserve.org/hhm-infographic