African American Heart Health in the U.S.

46.3 Million blacks, either alone or in combination with one or more other races live in the US.

$1.2 Trillion in African-American buying power

The three contributors to Cardiovascular Disease in African Americans are:

- **HEART DISEASE**
- **OBESITY**
- **DIABETES**

**African Americans** face a higher risk of suffering from **heart disease and stroke**.

**African Americans and Stroke:**
- Stroke causes 1 of every 20 deaths in the US.
- Someone in the US has a stroke about once every 40 seconds.
- Non-Hispanic Blacks however, have a risk of first-ever stroke that is almost twice that of whites.

**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.

**BY THE NUMBERS**

- 45% of African American men and 46.3% of women have high blood pressure.
- 69.1% of African American men and 82.2% of women are overweight or obese.

**Learn More at**

EmPOWEREDtoServe.org

93.7% of African Americans suffer from Cardiovascular Disease

**Reduce your family’s sodium consumption.**
- The American Heart Association recommends keeping sodium intake under 1500 mg/day.

**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.