



GO RED FOR WOMEN® FACT SHEET

Cardiovascular diseases, which includes stroke, claim the life of a woman about every 80 seconds. But about 80 percent of cardiovascular diseases may be prevented.

As the No. 1 killer of women -- claiming the lives of one in three women -- cardiovascular diseases force us to consider that a woman we know and love may be affected at any age. In fact, today heart disease claims more lives than all forms of cancer combined.

There is good news: heart disease and stroke may be prevented by understanding your family health history, knowing your numbers and making simple lifestyle changes.

Learn Your Family History.

You can control some risk factors such as blood pressure, smoking, cholesterol and lack of regular physical activity. You can't control factors such as age, gender and family history.

Know Your Numbers and Act.

The five critical health numbers all women should know are:

1. Total cholesterol
2. HDL cholesterol
3. Blood pressure
4. Blood sugar
5. Body mass index (BMI)

Now is the time for women to take control of their health by Learning their Family History and Knowing their Numbers. Beating heart disease and stroke means more time for women to be change makers, business leaders and innovators, and more time to be moms, sisters, partners and friends. Beating cardiovascular diseases means more time to be here and be you.

When you support Go Red For Women by advocating, fundraising and sharing your story, more lives are saved. Every dollar raised helps fund lifesaving research and awareness that adds more time to women's lives.

Facts about cardiovascular diseases

FACT 1: Cardiovascular diseases kill one woman about every 80 seconds and about 80 percent of cardiovascular diseases may be prevented.

- Prevention starts with Knowing Your Numbers: Total Cholesterol, HDL Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BMI).
- Less than 20 percent of women meet the Federal Physical Activity Guidelines.
- More than 66 percent of women age 20 and older are overweight or obese.
 - About 63 percent are non-Hispanic whites.
 - About 82 percent are non-Hispanic blacks.
 - About 77 percent are Hispanics.
- More than 50 percent of high blood pressure-related deaths were female.
- About 42 percent of women in America age 20 or older have total cholesterol of 200 mg/dl or higher.

FACT 2: Cardiovascular diseases kill nearly one in three women each year.



- Heart disease is the No. 1 killer of women, taking more lives than all forms of cancer combined.
- More than one in three women is living with some form of cardiovascular disease.
- Women account for almost half of all cardiovascular deaths.
- Mortality from peripheral artery disease, or PAD, was nearly 11 percent higher in women than men. The prevalence of PAD for adults age 40 and older is greater than 6.8 million.

FACT 3: About 4.1 million stroke survivors alive today are women.

- Stroke is the No. 5 cause of death in the United States, killing nearly 130,000 people a year. That's roughly one in every 20 deaths.
- Each year about 55,000 more females than males have a stroke.

FACT 4: Heart disease and stroke affect women of all ethnicities.

- Among women age 20 and older:
 - About one third of non-Hispanic whites have CVD.
 - Nearly half of non-Hispanic blacks have CVD.
 - About one third of Hispanics have CVD.
- Only 17 percent of women consider heart disease or stroke to be the greatest health problem facing Americans today.
 - African-American women are the least likely among all women to consider heart disease or stroke to be the greatest health problem facing Americans today – only 13 percent consider it the greatest health problem.
 - 15 percent of Hispanic women and 15 percent of Asian women consider heart disease or stroke to be the greatest health problem facing Americans today.
 - 18 percent of Caucasian women consider heart disease or stroke to be the greatest health problem facing Americans today.

*Facts from [Heart Disease and Stroke Statistics—2017 Update: A Report From the American Heart Association](#)

About Go Red For Women

In the United States, cardiovascular diseases kill approximately 1 in 3 women each year. Go Red For Women is the American Heart Association's national movement to end heart disease and stroke in women. Cardiovascular diseases in the U.S. kill approximately one woman every 80 seconds. The good news is that 80 percent of cardiac events may be prevented with education and lifestyle changes. Go Red For Women advocates for more research and swifter action for women's heart health. The American Heart Association's Go Red For Women movement is nationally sponsored by Macy's and CVS Health, with additional support from our cause supporters. For more information, please visit GoRedForWomen.org or call 1-888-MY-HEART (1-888-694-3278).