HEART HEALTH

Nationally

- Heart disease is the leading cause of death in the US, causing about one in four deaths.

- Every 40 seconds in the United States, someone suffers a heart attack.

South Carolina

The SC Department of Health and Environmental Control statistics reveals that 300,000 people in SC have heart disease.
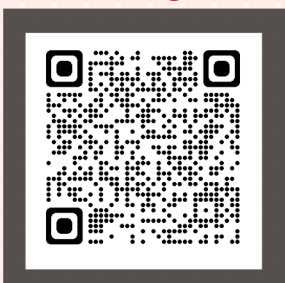
Prevention Tips

- Eat a healthy diet. (See QR code for recipes)
- Maintain a healthy weight.
- Exercise regularly to manage stress.
- Get enough sleep (7-9 hours per night).
- Keep track of blood pressure, blood glucose, and cholesterol levels.
- Limit alcohol and don't smoke cigarettes. Both can raise your blood pressure.

Heart Healthy Recipes

If you have any health concerns, talk to your health provider.

FIRE SAFE South Carolina
A COMMUNITY RISK REDUCTION PROGRAM