

WHAT CAUSES

Cardiovascular disease?



Smoking

Worldwide, tobacco smoking (including secondhand smoke) was one of the top three leading risk factors for disease and contributed to an estimated

6.2 million deaths in 2010.



Sedentary Lifestyle

1 in 3

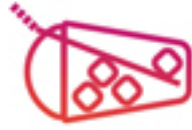
U.S. adults don't participate in any leisure time physical activity.

69%

of adult Americans are obese



Hypertension **80 Million** American Adults have high blood pressure



Diabetes

21 million

Americans have diabetes (almost 9 percent of the adult population).



Cholesterol

1 in 3 Americans

has high level of LDL

Cholesterol (the bad cholesterol!)