

HEART DISEASE AND AFRICAN AMERICANS: STATINS, DIET AND EXERCISE CAN HELP

Heart disease is the leading cause of death in the United States, causing about 1 in 4 deaths.¹

African Americans ages 36–64 are 50% more likely to have high blood pressure than whites.²

African American women are 60% more likely to have high blood pressure compared to white women.³

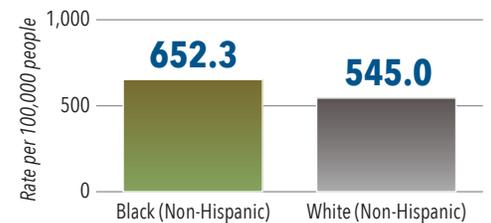
The death rate for African Americans **has dropped 25%** from 1995–2015...



...but...

...the death rate of African Americans ages 18 and older still shows that they are **20% more likely to die from heart disease** than whites.²

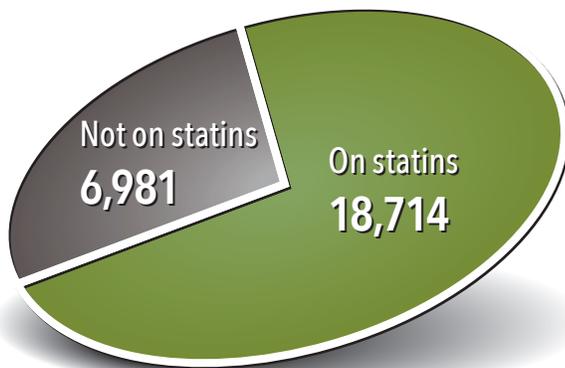
Cardiovascular Disease Deaths in Arkansas, 2016–2018⁴



Statins are Drugs that Lower Your Cholesterol.

Statins may help lower your risks from heart disease. Talk to your doctor to see if statins are right for you

Below is a treatment breakdown of Arkansas CHC patients at high risk of cardiovascular events.⁵



Recommendations for Prevention⁶

You can take even more steps to reduce your risk for heart disease:

- **Don't smoke.**
- **Maintain a healthy weight.**
- **Eat a healthy diet.**
- **Exercise regularly.**
- **Treat your other health issues,** such as high blood pressure, high cholesterol, and diabetes.

WHERE DO I GET MORE INFORMATION ABOUT MY HEART HEALTH?

Contact your local Community Health Center or another health care facility for an appointment.

To find a health center, visit www.chc-ar.org/health-center-list or call **501-374-8225**.

SOURCES: 1: Murphy SL, Xu J, Kochanek KD, Arias E. Mortality in the United States, 2017. NCHS data brief, no 328. Hyattsville, MD: National Center for Health Statistics; 2018.
2: <https://www.cdc.gov/vitalsigns/pdf/2017-05-vitalsigns.pdf> • 3: CDC 2020. Summary Health Statistics: National Health Interview Survey: 2018. Table A-1a. <http://www.cdc.gov/nchs/nhis/shs/tables.htm>
4: <https://nccd.cdc.gov/DHDSPTAtlas/Reports.aspx> • 5: <https://data.hrsa.gov/tools/data-reporting/program-data/state/AR> • 6: https://www.cdc.gov/heartdisease/docs/ConsumerEd_HeartDisease.pdf
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