



**FOR IMMEDIATE RELEASE**

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**New Report Shows More Middle-Age Women Suffering from Heart Disease and Stroke Deaths**  
*Women are making improvements in prevention measures.*

**Washington, D.C., Sept. 6, 2018**—Heart disease –the #1 killer of women– caused the deaths of more than 200,000 women and cost women more than \$14 billion in hospitalizations in 2016, according to the Centers for Disease Control’s (CDC) [Vital Signs report](#).

The report also highlights the increase in heart disease among more middle-aged women, 35-64 years old. Healthcare experts say prevention is key to reducing these numbers.

“Heart disease is a woman’s biggest health threat, and it’s crucial that we increase awareness about the disease, risk factors, and prevention,” said Mary Logan, WomenHeart interim CEO. “WomenHeart provides support and resources to the 48 million women living with or at risk of heart disease and ensure that every woman has access to prevention and early detection, accurate diagnosis, and proper treatment.”

It appears some women are getting the message about prevention. The report shows that women are making improvements with blood pressure control, reducing smoking, using less sodium, and increasing physical activity.

“As a woman heart disease patient and *WomenHeart Champion* I am encouraged that we are seeing progress on the prevention side, but it’s still concerning that the numbers are increasing among younger and middle-age women,” said Evan C. McCabe, RN, MN and WomenHeart Board Chair. “WomenHeart encourages all women to get educated about their heart health, modify their risk factors, and become strong self-advocates.”

To view the full report, click [here](#).

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**About WomenHeart: The National Coalition for Women with Heart Disease**

WomenHeart: The National Coalition for Women with Heart Disease is the nation’s first and still only patient centered organization serving the 48 million American women living with or at risk for heart disease – the leading cause of death in women. WomenHeart is both a coalition and a community of thousands of members nationwide, including women heart patients and their families, physicians, and health advocates, all committed to helping women live longer, healthier lives. To learn more or to donate, visit [www.womenheart.org](http://www.womenheart.org).