

Celebrating Native American Heritage Month



Almost 43 million women are living with some form of cardiovascular disease (CVD) in the U.S. CVD is the leading cause of death among American Indians/Alaska Natives (AI/AN). Not only are AI/AN women at a high risk for CVD, but they also die from it at younger ages than other racial and ethnic groups in the United States.



NATIVE AMERICAN WOMEN & HEART DISEASE



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WOMENHEART: The National Coalition for Women with Heart Disease is the nation's first and only patient-centered organization organization serving the 43 million American women living with or at risk for heart disease — the leading cause of death in women. WomenHeart is solely devoted to advancing women's heart health through advocacy, community education, and the nation's only patient support network for women living with heart disease. 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 receive a free online heart health action kit or to donate visit www.womenheart.org.

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NATIVE AMERICAN WOMEN & HEART DISEASE

Cardiovascular disease (CVD), often used interchangeably with heart disease, generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain, or stroke. Other conditions, such as those that affect the heart's muscle, valves, or rhythm, are also diagnosed as heart disease.

American Indians/Alaska Natives (AI/AN) **ARE AT HIGHER RISK** for CVD when compared to Caucasians.

HEART DISEASE IS THE LEADING CAUSE OF DEATH AMONG AMERICAN INDIANS/ALASKA NATIVES — they die from heart disease at younger ages than other racial and ethnic groups in the United States.

42.3% of AI/AN adults are obese.

26.2% of the AI/AN population have high blood pressure.

AI/AN women have a higher percentage of smoking-related deaths from heart disease than Caucasian women. **22%** of AI/AN women smoke, a rate higher than any racial or ethnic group, increasing their risk for heart disease.

AI/AN adults are **2.4x MORE LIKELY** than Caucasian adults to be diagnosed with diabetes.

51.6% of AI/AN adults do not meet the 2008 Federal Physical Activity Guidelines.*

AI/AN women should talk to their doctor or health care provider about:

NON-MODIFIABLE RISK FACTORS
(things you can't change)

- race
- age
- gender
- family history

MODIFIABLE RISK FACTORS
(things you can change)

- physical activity
- diet
- smoking cessation
- weight
- blood pressure
- cholesterol

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* Either 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity per week.