



Heart Healthy Fact of the Day

Use these Heart Healthy Facts in conjunction with your Jump Rope for Heart event –
Great for morning or afternoon announcements!

- 1. Cardiovascular disease is the #1 cause of death of men and women in the United States.**
- 2. Every 33 seconds someone in the United States dies of heart disease**
- 3. More people die from cardiovascular disease than the next 7 leading causes of death combined.**
- 4. Each day 3,000 children in the US begin smoking.**
- 5. A glass of whole milk has 8 grams of fat while a glass of skim milk has less than 1 gram of fat.**
- 6. Your heart needs 20-30 minutes of vigorous exercise 3-4 times a week.**
- 7. CPR was developed by researches funded from the American Heart Association.**
- 8. The average smoker spends over \$700 a year on cigarettes.**
- 9. If you put the money that a smoker spends on cigarettes each year into a savings account at 5% interest, you would have more than \$25,000 after 20 years.**
- 10. One third of American children are obese and usually have higher blood pressure than their peers of normal weight.**
- 11. If you think someone is having a heart attack or stroke immediately call 911 or your emergency number – every minute counts.**
- 12. Stroke is the leading cause of serious disability among Americans**
- 13. Know the warning signs of a stroke**
 - a. sudden numbness or weakness – especially on one side of the body**
 - b. sudden confusion, trouble speaking or understanding**
 - c. sudden trouble seeing in one or both eyes**
 - d. sudden trouble walking, dizziness, loss of balance**
 - e. sudden, severe headache with no known cause**

14. More than 925,000 people die each year from cardiovascular disease.
15. Know the warning signs of a heart attack
 - a. uncomfortable pressure, squeezing or pain in chest
 - b. pain spreading to shoulders, neck or arm
 - c. chest discomfort with lightheadedness, nausea, fainting, or shortness of breath
16. Jumping rope, brisk walking, bike riding and swimming are all aerobic exercises good for your heart.
17. Every hour 2 people die of AIDS, 11 people die of accidents, 62 people die of cancer and 109 people die of cardiovascular disease.
18. You can reduce your risk of having heart disease by not smoking and not being around tobacco smoke, by controlling your blood pressure and cholesterol levels and by increasing your physical activity
19. Heart attack patients who arrive at the hospital within one hour of onset of symptoms have a greater survival rate and significantly reduced risk of having a second attack.
20. 27 million youths ages 19 and younger have higher-than-desirable blood cholesterol levels.
21. Nine million children in the US under age five live with at least one smoker and are exposed to secondhand smoke almost the entire day.
22. The Surgeon General's report shows that more than half of today's youth do not engage in regular physical activity and 14 % report no physical activity at all.
23. The average first-time smoker is 12 1/2 years old and becomes a daily smoker by 18.
24. An estimated 1,000 people a day die from smoking (How many people are in your school? How many people are in your town?)
25. Smoking increases the tendency of the blood to clot which can result in a stroke.
26. Nearly all first-use of tobacco occurs before high school graduation.
27. Cigarette smoke contains over 4,000 toxic substances.
28. The heart is the strongest muscle in the body.
29. A healthy heart is about the size of your fist.
30. Smoking is the most preventable cause of heart disease.
31. Lack of physical activity is one of the major modifiable risk factors of heart disease.

32. Four million children in the U.S. have above normal blood pressure; 27 million have high cholesterol.
33. Every 45 seconds someone in the US has a stroke.
34. A pocket-size packet of smokeless tobacco contains as much nicotine as three packs of cigarettes.
35. With each draw of a cigarette, you're breathing over 4,000 toxic substances – some are ammonia gas, carbon monoxide, nicotine, arsenic, acetone, formaldehyde, hydrogen cyanide, naphthalene, vinyl chloride
36. Overweight children face a greater chance of developing heart disease and over 15 percent of children and teens are seriously overweight.
37. If you are overweight, you increase your risk of heart attack and stroke.
38. Between 5-10 million students in the US are obese. The percentage of children and teens defined as merely overweight has more than tripled since the early 1960's.
39. In the US nearly 27 million youths aged 19 and younger have higher-than-desirable blood cholesterol levels.
40. A 12 ounce cola contains about 9 teaspoons of sugar
41. One medium order of French fries equals 4 servings from the Vegetable Group in the food pyramid
42. A medium bag of popcorn at the movie theater is equal to 8 servings from the Grains Group in the food pyramid
43. About 15 percent of children aged 6 to 11 years and 15.5 percent of adolescents aged 12 to 19 years were overweight in 1999-2000. This prevalence has more than tripled for both age groups in the past four decades.
44. About 300,000 deaths each year in the United States are associated with obesity.
45. Overweight and obesity are associated with heart disease, certain types of cancer, type 2 diabetes, stroke, arthritis, breathing problems and psychological disorders, such as depression.
46. The economic cost of obesity in the United States in 2000 was about \$117 billion.
47. Americans should accumulate at least 30 minutes (adults) or 60 minutes (children) of moderate physical activity most days of the week. More may be needed to prevent weight gain, to lose weight, or to maintain weight loss.
48. Less than one-third of adults engage in the recommended amounts of physical activity.

49. Many people live sedentary lives. In fact, 40 percent of adults in the United States don't participate in any leisure-time physical activity.
50. 43 percent of adolescents watch more than two hours of television each day.
51. Physical activity is important in preventing and treating overweight and obesity and is extremely helpful in maintaining weight loss, especially when combined with healthy eating.
52. 5 million children in the U.S. are overweight. About ½ of those kids will fight the 'battle of the bulge' as adults. Good nutrition should start early!
53. During the past 2 years, the amount the American Heart Association spent on research related to children's heart disease totaled more than \$34 million dollars.
54. If you are a child, your heart is about the same size as your fist; if you are an adult, your heart is about the same size as your two fists.
55. Your heart beats about 100,000 times in one day and about 35 million times in a year. During an average lifetime, the human heart will beat more than 2.5 billion times
56. As a child your resting pulse is between 90 to 120 beats per minute. As an adult, your resting pulse slows to an average of 72 beats per minute.
57. The aorta, the largest artery, is almost the diameter of a garden hose. Capillaries are so small that it takes ten of them to equal the thickness of a human hair.
58. Your body has about 6 quarts of blood. This 6 quarts circulates through the body 3 times every minute. In one day the blood travels a total of 12,000 miles – that's four times the distance across the US from coast to coast.
59. The heart pumps about 1 million barrels of blood during an average lifetime – that's enough to fill more than 3 super tankers.
60. lub-DUB, lub-DUB. If you listen to your heart beat, you will hear two sounds. These "lub" and "Dub" sounds are made by the heart valves as they open and close.

For more information log on to www.americanheart.org or call AHA Representative Alison Oswald at 330-445-2605 or Alison.Oswald@heart.org

