Coronary Heart Disease (CHD) is the most common heart condition in the United States. It happens as the result of atherosclerosis – when the coronary arteries that supply blood to the heart harden and get smaller because they fill with plaque (fatty deposits). Plaque in these arteries makes it harder for blood to travel through them to give nutrients and oxygen to the heart.

Prevention
- Don’t smoke
  Quitting smoking can decrease the probability of having CHD by at least half.
- Exercise regularly
- Eat healthy foods
  Eat more fruits and vegetables and fewer processed foods.
- Maintain a healthy weight
- Limit alcohol intake

For more information and data go to www.SDHealthStatistics.com

Community Health Statistics Unit: 619-692-6667

Women should drink no more than 1 drink per day and men should drink no more than 2.

- See a doctor regularly
  - Monitor cholesterol levels
  - Blood pressure should be checked at least every two years if there is a history of high blood pressure.
  - Control diabetes

Facts
- CHD is the single leading cause of death in the U.S.
- 360,900 Americans died from CHD in 2019.
- About 659,000 Americans die from heart disease each year.
- More Whites and Blacks die from heart disease than Hispanics, Asians and American Indians.

Resources
American Heart Association
http://www.americanheart.org

For help to quit smoking in San Diego County:
1-800-NOBUTTS
www.nobutts.org