



**DID YOU
KNOW?**

Heart disease is the leading cause of death for men and women in the United States. Every year, one in four deaths is caused by heart disease.

**THE
GOOD
NEWS IS**

Heart disease can often be prevented when people make positive lifestyle choices like eating healthy foods, increasing physical activity, and reducing stress.



**MISSISSIPPI STATE UNIVERSITY™
EXTENSION**

HEART DISEASE



extension.msstate.edu/health

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