

# Appendix Part 2



## Activity 1: Face The Heart Truth

### NOTE



**Review** the following information about *The Heart Truth*<sup>®</sup>, a national health education program that raises awareness about heart disease among populations at highest risk.

### The Heart Truth

- Heart disease is the leading cause of death in the United States. However, women and minorities are disproportionately affected. One in four African Americans dies of heart disease. It's the leading cause of death in women, regardless of race. It affects more women at younger ages than most people realize. More than 75 percent of women aged 40 to 60 have one or more risk factors for heart disease.
- Some risk factors affect women differently than men. For example, diabetes raises the risk of heart disease more in women than it does in men. Women have risk factors—like using birth control pills and going through menopause—that men don't.

### Act Now To Protect Your Heart

- Learn about *The Heart Truth* at [www.hearttruth.gov](http://www.hearttruth.gov). You'll find educational materials about heart disease and resources to help promote American Heart Month and National Wear Red Day.
- *The Heart Truth* established the red dress as the national symbol for raising awareness about women and heart disease. You can raise awareness about heart disease by showing off your favorite red dress, shirt, or tie or wearing one of *The Heart Truth's* red dress pins available to order at [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).