



Take Healthy Living to Heart

Some risk factors for heart disease are higher in Asian American, Native Hawaiian, and Pacific Islander communities.

Some Asian American, Native Hawaiian, and Pacific Islander communities **have higher rates of risk factors for heart disease** such as:



High blood pressure



Cigarette smoking



Obesity

▶ **Together, we can change that!**

Understanding your risk factors can help you learn how to have a healthy heart. Have conversations with your family about heart health and learn how you can support each other on your heart health journey.

As a community, we can encourage each other to prevent heart disease.



NIH National Heart, Lung, and Blood Institute



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