Know The Facts

Heart disease accounts for **31.8% of all deaths** in the Capital Region.

African Americans are twice as likely as whites to **die from stroke**.

**African American adults** are less likely to be diagnosed with heart disease, but more likely to die from heart disease compared to whites.

Heart disease & stroke are the **leading cause** of workplace disability.

For more information contact:

American Heart Association
Northeastern Region
440 New Karner Road
Albany, NY 12205
(518) 869-1961

New York State Health Department
Corning Tower
Empire State Plaza
Albany, NY 12237
www.health.state.ny.us
(518) 474-1222

Albany County
Department of Health
175 Green Street
Albany, NY 12202
(518) 447-4580

Heart Disease and Stroke Among African Americans in the Capital Region

**SOURCES:**
American Stroke Association,
American Heart Association, and
Vital Statistics Table 38:
New York State Department of Health
www.health.state.ny.us

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**Heart Disease Warning Signs**

Upper body discomfort, particularly in center of chest, shortness of breath when lying down or after mild exertion, waking frequently from sleep, swelling in legs and feet in addition to one of these other symptoms.

**Stroke Warning Signs**

Sudden numbness or weakness of the face, arm or leg—especially on one side of the body—sudden confusion, loss of coordination, dizziness, severe headache with no known cause, trouble speaking, seeing, or walking.

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**What are Heart Disease and Stroke?**

**Stroke** is a sudden death of brain cells due to interruption of blood flowing to the brain.

**Heart disease** is a variety of diseases related to the heart and blood circulation.

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**Prevention**

Heart disease and stroke are more likely for people who have high blood pressure, high cholesterol, diabetes, a smoking habit, physically inactive lifestyles, and/or poor nutrition.

To reduce your chances of developing heart disease or stroke, you can:

- **Stop Smoking:** No matter what your age, quitting will lessen your chances of developing heart disease.
- **Stay Active:** Studies show that physical inactivity is a risk factor for heart disease. Moderate exercise protects both lean and obese people.
- **Eat Healthy Foods:** Choose foods low in salt and sodium, saturated fat, and trans fatty acids. Limit alcohol intake.
- **Take Your Medications:** Along with a healthy lifestyle, you may also need regular medication to reduce stress on your heart.

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**Health Disease & Stroke Are the Leading Causes of Death for African Americans!**