

Women, children and heart disease: ACT NOW to protect the hearts of those you love

Cardiovascular disease (CVD), including heart disease and stroke, takes lives prematurely. Contrary to common belief, women are affected equally to men, and children are vulnerable too. Most deaths caused by CVD are preventable. Individuals, families, communities and governments must work together to avoid the physical, emotional and financial burden caused by CVD. Immediate action is required to ensure a heart-healthy future for all: encourage healthy eating and physical activity, and ban tobacco use.

The burden of cardiovascular disease

20
19
18
17
16
15
14
13
12
11
10
9
8
7
6
5
4
3
2
1
0

17.3 million deaths a year



3.86 million deaths a year



Cardiovascular disease

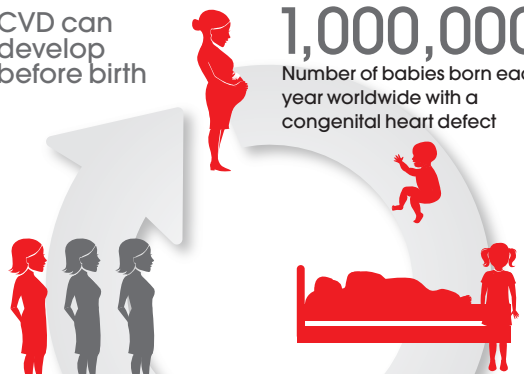
Malaria, HIV/AIDS & tuberculosis

It is a myth that CVD mostly affects affluent, male, older populations - it can affect all ages and population groups, including women and children

CVD can develop before birth

1,000,000

Number of babies born each year worldwide with a congenital heart defect



Heart disease causes 1 in 3 female deaths each year

Children may suffer a double burden from CVD, seeing a loved one becoming ill, or experiencing congenital or acquired heart disease themselves

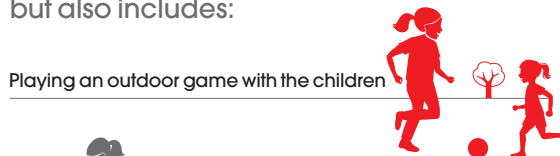
www.heartfoundation.co.zw

Together we can prevent heart disease and stroke

Most heart disease and stroke can be prevented by making healthy changes: eating healthily, being active and stopping smoking

Physical activity is not just exercise but also includes:

Playing an outdoor game with the children



Doing household chores

Taking the stairs



If you take public transport, get off a stop early and walk the rest



Cycling to work

Eating a heart-healthy diet:



Diets high in saturated and trans fat, sugar and salt increase the risk of heart disease and stroke



A balanced diet rich in fruit and vegetables helps prevent heart disease and stroke



Worldwide, one in 10 schoolchildren are estimated to be overweight, a risk factor for heart disease and stroke

You don't have to stop eating the foods you love completely!



Try reducing the portion size of less healthy food and increasing the portion size of healthy food



Try swapping foods - if you have a sweet tooth, try mango instead of chocolate

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Say 'no' to tobacco:

600,000

Non-smokers, including children, are killed each year from exposure to second-hand tobacco smoke. Half of the world's children regularly breathe air polluted by tobacco smoke. Smoking causes 10 per cent of CVD



After stopping smoking for 15 years, the risk of heart attack falls to the same level that it would be for someone who has never smoked

Your doctor, pharmacist, employer and friends may all be able to help you to stop smoking

Efforts to encourage healthy changes in women's and children's lives are required from conception through to life end (a life-course approach)

All of society (policy-makers, healthcare professionals, parents and employers) have a role to play in encouraging and enabling heart-healthy living

On 29 September for World Heart Day, take action for you and your family to live better, longer, heart-healthy lives

www.worldheartday.org
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The Heart Foundation of Zimbabwe