

The National Heart, Lung, and Blood Institute (NHLBI) marks February as the American Heart Month by raising awareness about heart health.

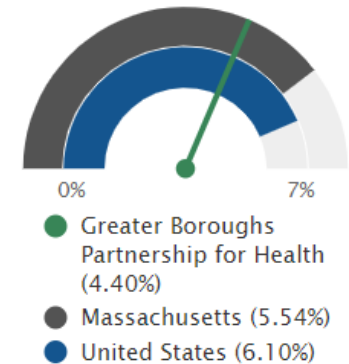
Heart disease is the leading cause of death in the United States.

Among Boylston, Northborough, Southborough, and Westborough residents, 4.40% of adults (18 and older) have been diagnosed with coronary heart disease, compared to 5.54% in the state, and 6.10% across the country. Similarly, within our region, 25.5% of adult residents have reported being diagnosed with high blood pressure, also known as hypertension, compared to 28.7% in the state and 32.7% across the country.

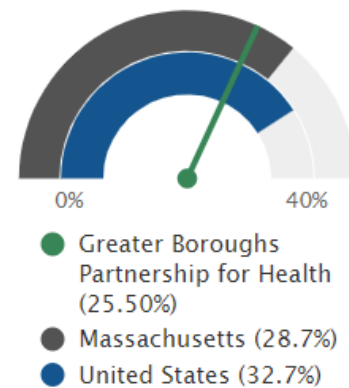
Data is from the Behavioral Risk Factor Surveillance System (BRFSS) through the Centers for Disease Control and Prevention (CDC), which can be accessed through the state's [Community Health Data Tool](#).

High blood pressure is one of the largest risk factors for heart disease, which can impact the pressure of the blood in your arteries. Measuring your blood pressure is very important to understand your risk. We can lower our blood pressure with lifestyle changes and with medicine, if needed, to reduce the risk for heart disease and heart attack. Other modifiable risk factors for heart disease include smoking, being overweight, having diabetes, and having high blood cholesterol levels.

Percentage of Adults Age 18+ Ever Diagnosed with Coronary Heart Disease



Percentage of Adults Age 18+ with High Blood Pressure



Although rates in our communities are lower than the state and country averages, it is critical to understand the risks of heart disease and learn how to be more heart healthy.

Being physically active, eating healthier foods, getting enough sleep, not smoking, and finding healthy ways to reduce stress can help prevent heart disease

Visit hearttruth.gov and cdc.gov/heartdisease for more American Heart Month educational resources, social media material, and heart-healthy living tips!