Heart Health in West Englewood



SINAI COMMUNITY **HEALTH SURVEY 2.0**



Adults in West Englewood

have heart disease

Heart disease is the top cause of death in the U.S.

Causes of heart disease

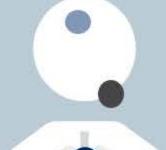


Low physical activity





Major signs and symptoms of a heart attack*



Chest pain or discomfort



Nausea, feeling light-headed or unusually tired



Pain or discomfort in jaw, neck, or back



Pain or discomfort in arm or shoulder

Shortness of breath

In West Englewood:



smoke



1 in 2 2 in 5 have high blood pressure

What you can do



*CDC, 2015

Ask your doctor about getting your blood pressure checked



Add vegetables to your diet. Visit Growing Home's farm stand on Thursdays from 11-3 at 5814 S. Wood. LÍNK and WIC accepted!



Try to quit smoking Need help? Call 1-866-784-8937

For more info on health in your community, visit www.sinaisurvey.org