

# Heart Health in West Englewood



SINAI  
COMMUNITY  
HEALTH SURVEY 2.0



4300

Adults in West Englewood  
have heart disease

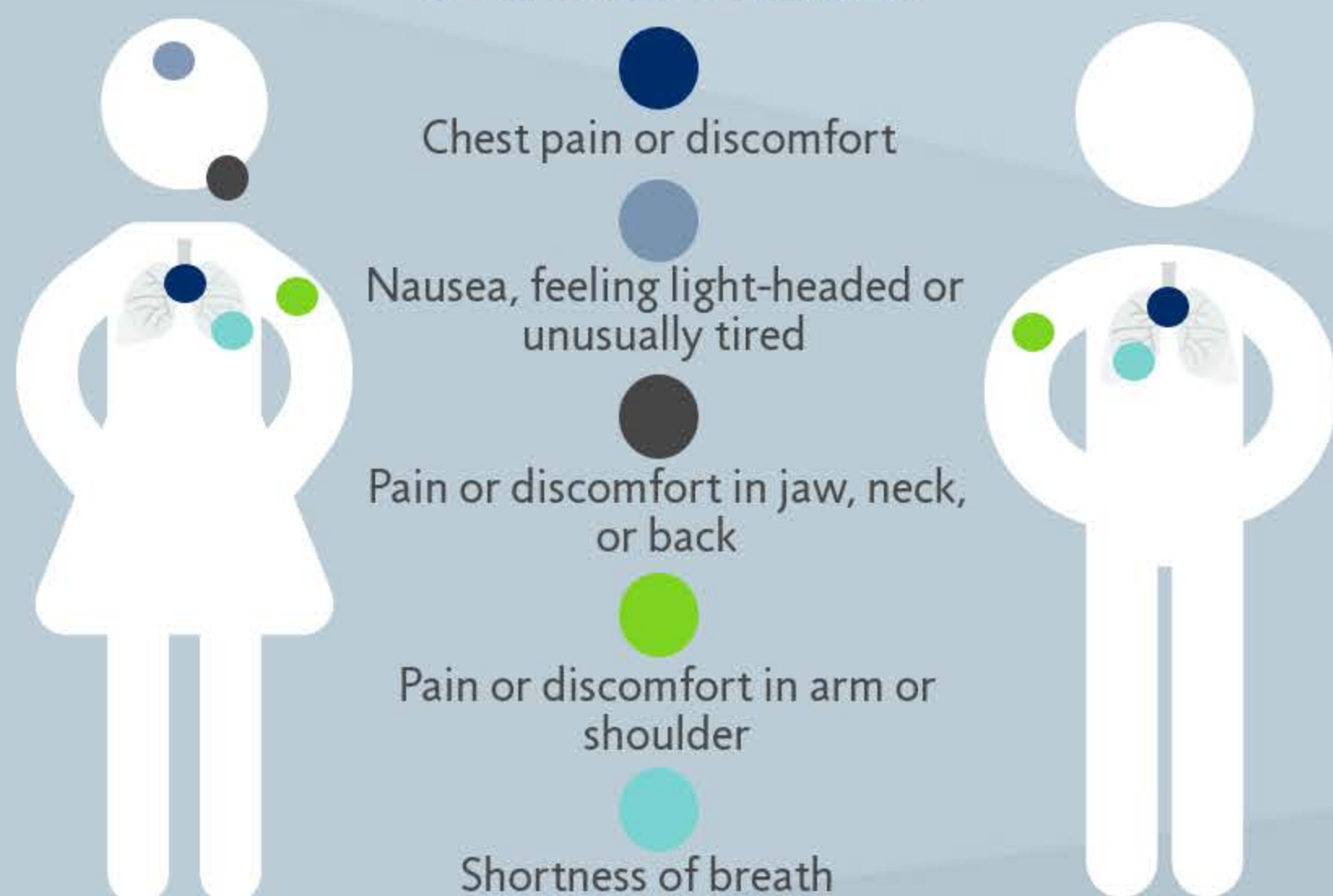
Heart disease is the top  
cause of death in the U.S.

#1

## Causes of heart disease



## Major signs and symptoms of a heart attack\*



\*CDC, 2015

## In West Englewood:



## What you can do



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.  
LINK 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](http://www.sinaisurvey.org)