Heart Health in Norwood Park

2300

Adults in Norwood Park have heart disease

#1

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

Causes of heart disease

Smoking
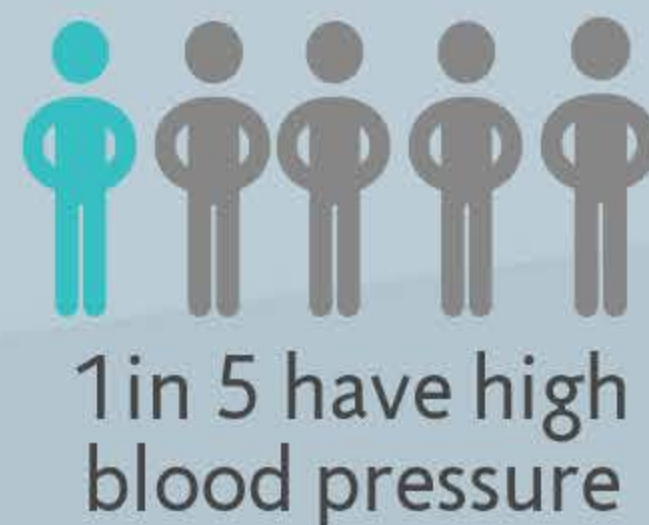
Low physical activity

High blood pressure

Stress

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

*CDC, 2015

In Norwood Park:

1 in 5 have high blood pressure
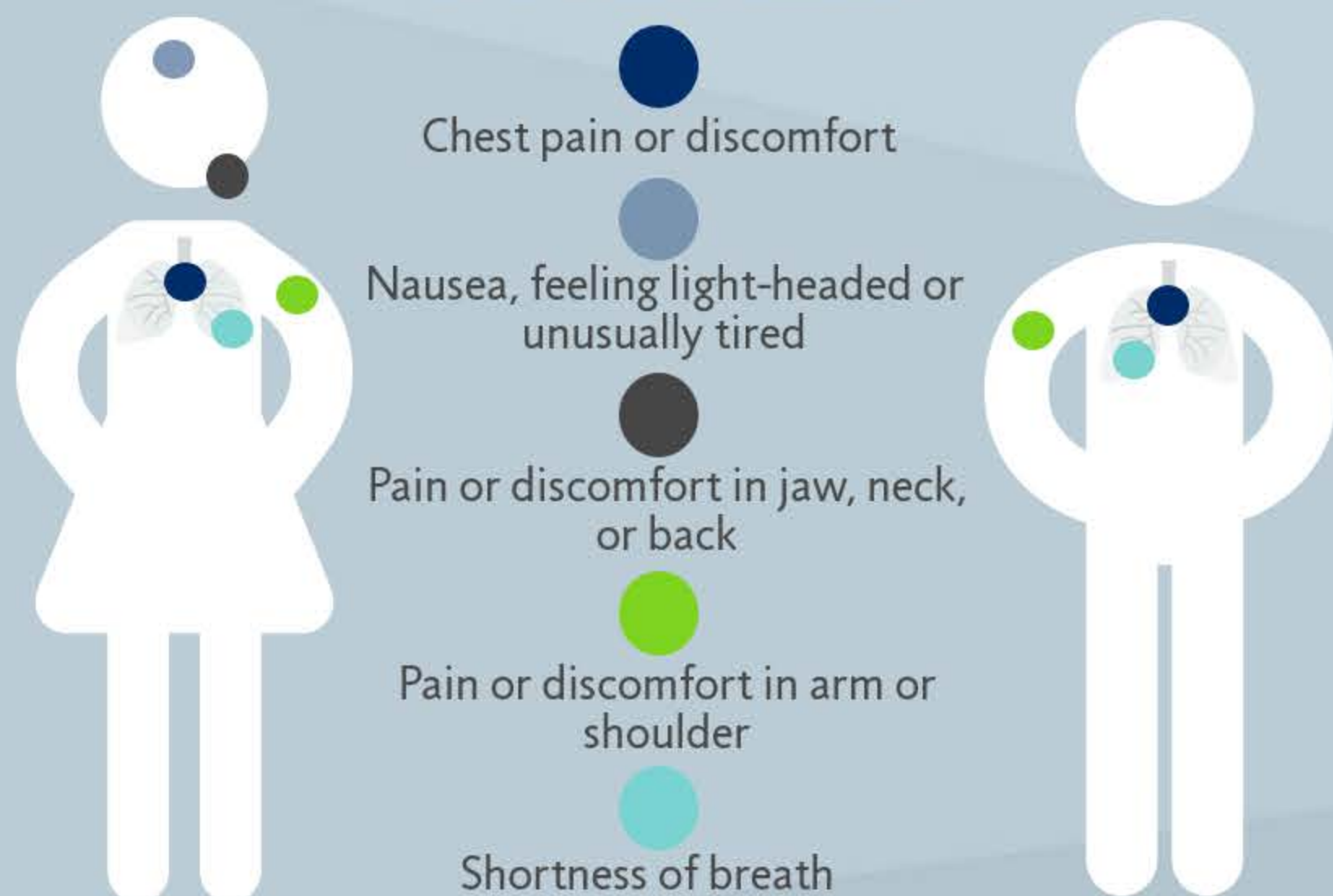
What you can do

Ask your doctor about getting your blood pressure checked

Manage your stress by meditating or talking with family or friends

Increase your physical activity

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

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