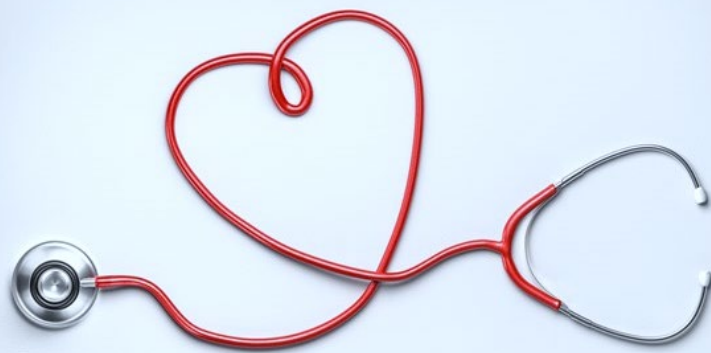




On the M/A/R/C®
Bringing health into focus

Americans at risk for heart disease are concerned, but many are not following guidelines for healthier living.



**HEART HEALTH AWARENESS:
A FOCUS ON THOSE AT-RISK***

The majority of adults cite family history putting them “at-risk” for heart disease, according to M/A/R/C®’s research for **Heart Health Awareness Month.**

Among those at-risk for heart disease, **53%** have been diagnosed with at least one of these conditions:

7%
heart condition

17%
diabetes

28%
high cholesterol

35%
high blood pressure



7 in 10

of those at-risk are concerned about heart disease.

83% visit a primary care provider 1+ times per year.

42% have seen a cardiologist, with **one-third** of those only after having a cardiac event.

We can’t control aging or family history, but we can lower our risk of heart disease by modifying our lifestyle.

While **6 in 10** *believe* they take a proactive approach to their health and well-being, **their actions show otherwise.**

59% aren’t eating a heart healthy diet

58% aren’t managing their weight

53% aren’t managing BP/cholesterol

50% aren’t getting enough sleep

49% aren’t exercising regularly



*At-risk = Family history of at least one of the following: heart condition, diabetes, high cholesterol, high blood pressure

Contact us to learn more about our heart health research.

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