

# WORLD HEART DAY

September 29



In June, the American Heart Association released the Life's Essential 8™ Checklist\* to aid in improving and maintaining cardiovascular health, which can help lower the risk of heart disease, stroke, and other major health problems.

M/A/R/C's recent research<sup>†</sup> explores the behavior of individuals at-risk for heart disease. Our findings show a substantial gap exists between the recommended healthy practices and the actual behavior of many at-risk individuals.


American Heart Association's Life's Essential 8™ Checklist		Reported Behaviors Among At-Risk Individuals
 <p><b>Eat Better</b></p>	<p>Whole foods, fruits and vegetables, lean proteins, nuts, seeds, and cooking in non-tropical oils such as olive and canola</p>	<p><b>A little over 60%</b> are not eating a heart healthy diet, and almost one-third admit they cope with stress by eating.</p>
 <p><b>Be More Active</b></p>	<p>2.5 hours of moderate exercise or 75 minutes of vigorous exercise each week</p>	<p><b>More than 60%</b> indicate they do not exercise regularly, yet that same percentage indicate they believe it is very important to stay physically active.</p>
 <p><b>Quit Tobacco</b></p>	<p>Use of inhaled delivery products, including vaping, is the leading cause of preventable death in the U.S.</p>	<p><b>About one-third</b> indicate they currently smoke (cigarettes, cigars, etc.) and/or use a smokeless nicotine option.</p>
 <p><b>Get Healthy Sleep</b></p>	<p>Adults need 7 – 9 hours each night</p>	<p><b>Half</b> are not getting enough sleep, with having a pre-occupied mind being the largest barrier to getting a night of restful sleep.</p>
 <p><b>Manage Weight</b></p>	<p>Achieving and maintaining a healthy Body Mass Index (BMI)</p>	<p><b>Just over 60%</b> are not managing their weight. Four in 10 indicate they have 21 or more pounds to lose before they reach their ideal weight.</p>
 <p><b>Control Cholesterol</b></p>	<p>Bad cholesterol can lead to heart disease</p>	<p><b>Over half</b> do not know their current cholesterol level, nor do they know the current recommended guidelines they should be striving to achieve.</p>
 <p><b>Manage Blood Sugar</b></p>	<p>With 8% of the population being diagnosed with diabetes, it is important to know your hemoglobin A1c level</p>	<p><b>About one-third</b> indicate they have either Type 1 or Type 2 diabetes, and over half indicate they do not know their fasting blood glucose level.</p>
 <p><b>Manage Blood Pressure</b></p>	<p>Having blood pressure within acceptable ranges can keep you healthier longer</p>	<p><b>Almost 80%</b> indicate they have a family history of high blood pressure, and two-thirds have been diagnosed with high blood pressure.</p>

Contact us to learn more about our health-related research.

Let's Connect: Follow us on 

\*Source: AHA's Life's Essential 8 Checklist.  
†M/A/R/C Research 2022 online survey

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