Picture Of Health:

WOMEN'S HEALTH IN THE U.S.

These days women are more inundated than ever with information about how to live better. Yet a snapshot of women's health in the U.S. shows many women still need to be more proactive about self-care. A surprising number have risk factors for serious health threats such as heart disease, cancer. and strokes due to lifestyle habits that, according to the American Heart Association, may be controllable in many instances.

Health Risk Factors That May Be Controllable:





Physical activity

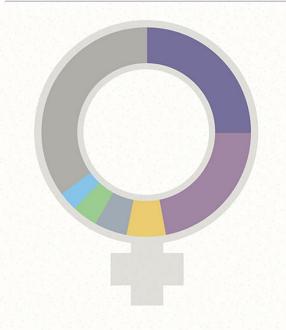








Leading Cause of Female Mortality in the U.S.



25.8% Heart Disease

22.0%

Cancer

6.7%

Stroke

5.3%

Chronic Respiratory

4.2%

Alzheimer's Disease

3.0% Diabetes

Other Causes

\Rightarrow Managing Lifestyle Habits Is More Important Than Ever \leftarrow























































of women 18 years and older engage in regular physical activity¹

of women 18 years and older smoke tobacco products

of women 20 years and older are

Source: Centers for Disease Control and Prevention



¹ Regular physical activity = 30 minutes at least 5 times a week.

² Medically obese = Body Mass Index measuring 30 or greater.