

healthy food, active lifestyle,
tobacco-free living—it adds up

You can be healthier.



Learn more about
heart disease & diabetes
in Florida.



For more information on available resources call **2-1-1**.
Cell phone, TTY users and Charlotte County residents in Englewood, call 941.205.2161.

Heart Attack

(Myocardial Infarction)

By the Numbers!



HEART ATTACK

happens when a part of the heart muscle
does not get enough blood flow.

43

Every 43 seconds someone in the US has a
heart attack.

735,000

Americans a year experience a heart attack.
Among them, **210,000** of them have had a
previous heart attack¹.

7,305

Deaths occurred in Florida due to heart
attack in 2015².

42,835

Heart attack hospitalizations occurred in Florida in
2014, or an average of **117** heart attack
hospitalizations each day³

1 OUT OF 5

Heart attacks are silent, meaning damage is being
done but the person is unaware of it¹.

For more information visit: www.flhealth.gov



Diabetes in Florida

By the Numbers!



1.7 MILLION

adults in Florida reported
they have been diagnosed with diabetes¹

49.7%

of adults with diabetes in Florida received Diabetes
Self-Management Education (DSME)¹ even though
DSME is covered by insurance in Florida¹

1.3 MILLION

adults in Florida reported they have been diagnosed with
prediabetes¹

5–7%

Losing just 5–7% of your body weight (10–15 pounds for
a 200-pound person) can decrease your risk for diabetes
and its complications

2 TO 4 TIMES

Diabetes increases the risk of heart disease by
2 to 4 times

A1c

Hemoglobin A1c test—measures your average blood
glucose for the past 2–3 months

Normal—below **5.7%**
Prediabetes—**5.7 to 6.4%**
Diabetes—**6.5% or above**

