

HEALTH: A NEW RESOURCE TO PREVENT HEART DISEASE IN AFRICAN AMERICANS

HEART DISEASE IS A LEADING CAUSE OF DEATH FOR ALL AMERICANS, BUT THE DEATH RATE IS HIGHER FOR AFRICAN AMERICANS. MANY HAVE SOME FORM OF HEART DISEASE—BUT IT CAN OFTEN BE PREVENTED. TO THAT END, THE HEART TRUTH, A PROGRAM OF THE NATIONAL HEART, LUNG, AND BLOOD INSTITUTE, HAS A NEW FREE RESOURCE FOR COMMUNITY HEALTH WORKERS IN AFRICAN AMERICAN COMMUNITIES TO TEACH OTHERS ABOUT HEART DISEASE PREVENTION AND HOW TO PROTECT THEIR HEARTS. CALLED WITH EVERY HEARTBEAT IS LIFE, IT WAS DESIGNED WITH CULTURALLY RELEVANT INFORMATION THAT ADDRESSES MODIFIABLE RISK FACTORS FOR HEART DISEASE. COMMUNITY HEALTH WORKERS AND COMMUNITY GROUPS CAN LEARN MORE AT [HEART-TRUTH--DOT--GOV](https://heart-truth--dot--gov).