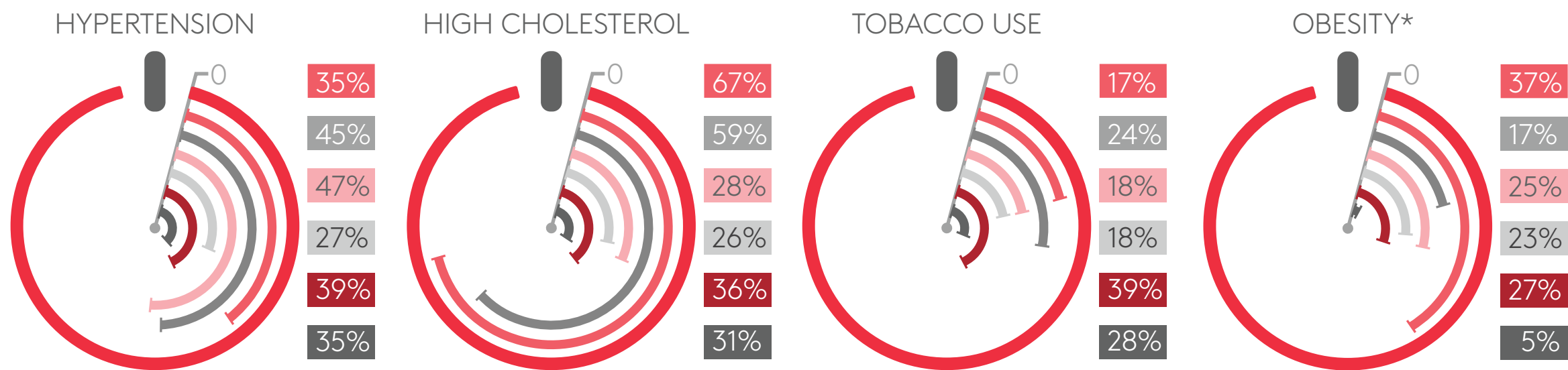


# POWER YOUR LIFE: HEALTHY LIFESTYLE CAN LOWER RISKS OF HEART DISEASE

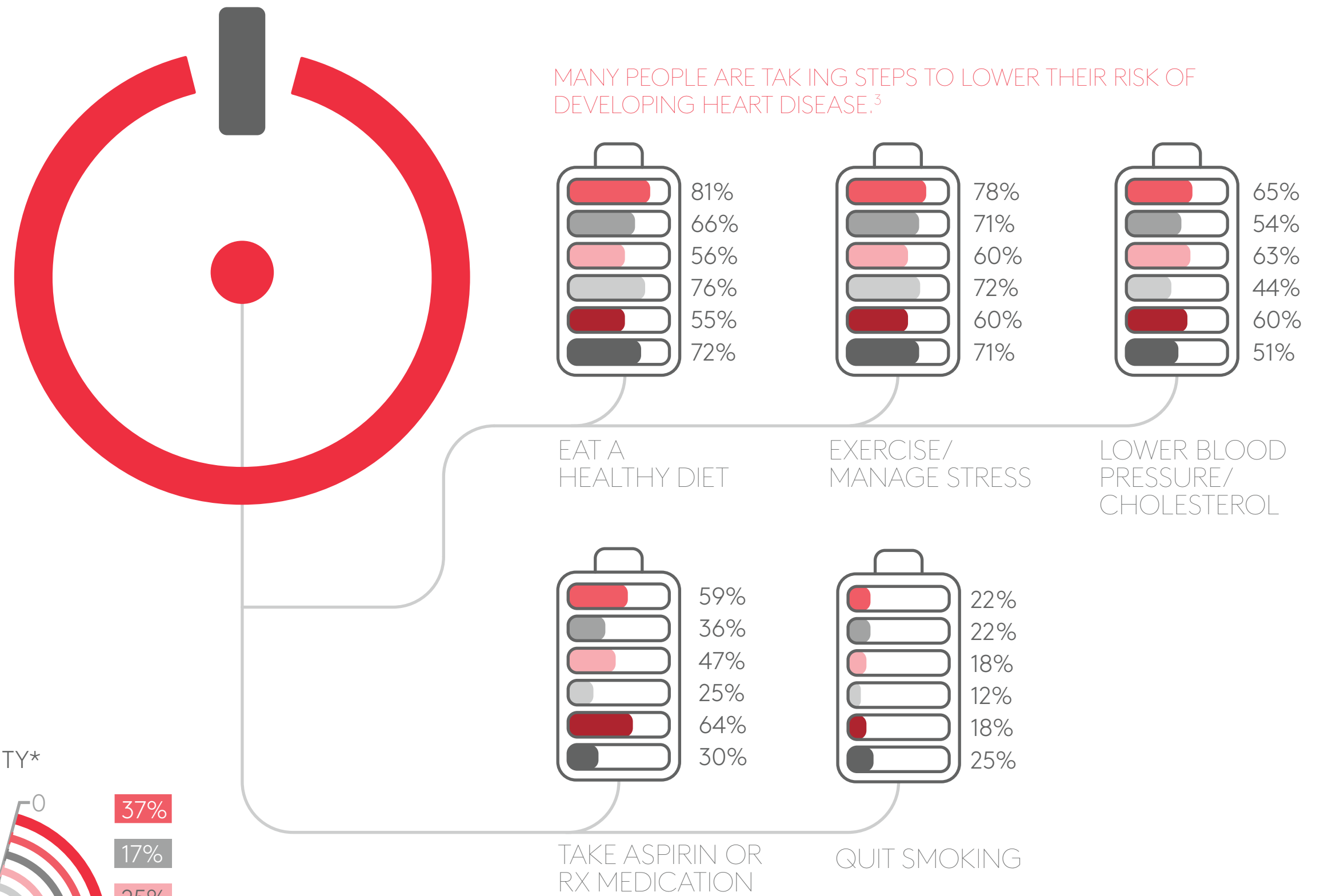
HEART DISEASE IS THE LEADING CAUSE OF DEATH WORLDWIDE,<sup>1</sup> BUT LIFESTYLE CHANGES MAY HELP LOWER RISKS OF DEVELOPING CARDIOVASCULAR DISEASE.



PREVALENCE OF RISK FACTORS FOR HEART DISEASE<sup>2</sup>



\*Obesity is defined relative to each country's guidelines.



GIVE YOUR HEART THE POWER IT NEEDS: LOWER YOUR RISK OF DEVELOPING HEART DISEASE

1 Top 10 Causes of Death. World Health Organization. <http://www.who.int/mediacentre/factsheets/fs310/en/>  
 2 Epi Database®. Kantar Health. Available from [www.epidb.com](http://www.epidb.com). Accessed 16 Aug 2016.  
 3 Kantar Health. National Health and Wellness Survey, 2016 (5EU, Japan), 2015 (US, Brazil, China), 2013 (Russia). Princeton, NJ.