

Improving Men's Heart Health



Men live almost 8 years less than women



Men are hospitalized for heart disease and failure more than women

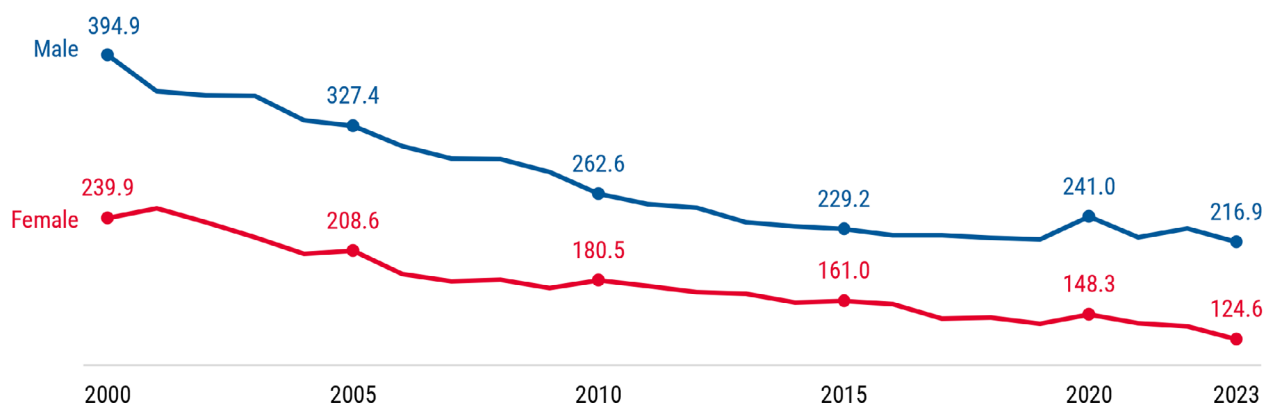


Heart disease is the leading cause of death for both men and women



Heart disease deaths among men are decreasing, but still remain higher than women

AGE-ADJUSTED HEART DISEASE MORTALITY RATE (PER 100,000) BY SEX, CHICAGO, 2000-2023



How are men taking care of their hearts?



Only 72% of men received a routine check-up in the past year



Less than 29% of men eat enough fruits and vegetables daily



More than 12% of men smoke cigarettes, and almost 9% vape



About 71% of men were physically active or exercised in the past month

How can men improve their heart health?

Schedule an annual appointment with a primary care provider

Eat a heart-healthy diet - full of fruit, vegetables, whole grains, beans

Find resources to help quit smoking

Get 2.5 hours of moderate or 75 minutes of vigorous physical activity weekly

Know the Warning Signs for Heart Disease

- Chest pain or discomfort
- Shortness of breath
- Irregular heartbeat (racing, fluttering or pounding)
- Swelling in legs, ankles, feet or abdomen
- Fatigue and weakness
- Dizziness or lightheadedness
- Nausea or vomiting
- Pain or discomfort in the jaw, neck, back, arm or shoulder
- Indigestion, heartburn or stomach pain
- Sweating

IF YOU ARE EXPERIENCING A VARIETY OF THE SYMPTOMS ABOVE, CONSIDER CONTACTING YOUR PRIMARY CARE PROVIDER.

What is CDPH Doing to Improve Men's Health?

- Increasing engagement around tobacco [prevention and cessation](#) through community partnerships
- Tailoring the [PlayStreets](#) initiative to increase youth and adult physical activity
- Supporting food resource navigation and increasing food access
- Increasing hypertension prevention and treatment by promoting health literacy and risk reduction resources



Annual Check-Ups



Move More, Sit Less



Quit Smoking



Eat Healthy Meals