



InterAmerican Heart Foundation
Fundación InterAmericana del Corazón
Fundação InterAmericana do Coração

Healthier Hearts And Minds In The Americas

CHALLENGES IN THE AMERICAS

- **Cardiovascular disease (CVD) is the leading cause of death in 31 of the 35 countries reporting mortality statistics.**
- **In Latin America, data indicates approximately 800,000 deaths a year from cardiovascular diseases. This represents nearly 25% of all deaths, affecting an equal number of men and women.**
- **CVD will cause 3 times more deaths and disability in South America and the Caribbean than infectious diseases over the next 20 years and health systems in the region are not adequately prepared.**
- **CVD affects individuals in their mid-life years, disrupting the future of families dependent on them and undermining the development of nations by depriving them of workers in their most productive years.**

Economic transition, urbanization, industrialization and globalization bring about lifestyle changes that promote heart disease.

These risk factors include:

- ◆ *Tobacco Use*
- ◆ *High Blood Pressure*
- ◆ *Obesity*
- ◆ *Physical Inactivity*
- ◆ *High Cholesterol*

MEETING THE CHALLENGE

THE MISSION OF THE INTERAMERICAN HEART FOUNDATION: To reduce disability and death from cardiovascular diseases and stroke in the Americas.

IAHF KEY OBJECTIVES

- ◆ Promote an environment conducive to the prevention of heart disease and stroke.
- ◆ Facilitate the development and growth of heart foundations and associations in the areas of: public education, professional education, public advocacy and fundraising.
- ◆ Support the partnership between health professionals and other sectors of society, including government and business.

InterAmerican Heart Foundation, Inc.
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