

Nutrition's impact on Heart Disease

HEART DISEASE is the leading cause of death for men, women and people of most racial and ethnic groups claiming

659,000 lives per year.¹

1 in every **4** deaths in the U.S. is caused by heart disease.¹



RISK FACTORS

Some risk factors for heart disease cannot be controlled (age, gender, race and family history). Others, however, can be influenced by the choices people make:

- Poor diet
- Physical inactivity
- High cholesterol
- High blood pressure
- Obesity and overweight
- Diabetes
- Smoking
- Stress
- Poor dental health



NEARLY HALF

of Americans have at least one of three key risk factors for heart disease: high blood pressure, high cholesterol or tobacco usage.¹



of cardiovascular diseases, including heart disease and stroke, are preventable.²

NUTRITION can play a significant role when it comes to losing weight, improving diet quality, lowering blood pressure and cholesterol levels, and managing diabetes.

PROGRAMS LIKE HOME-DELIVERED MEALS ARE POSITIVELY IMPACTING THE HEALTH OF PEOPLE WITH HEART DISEASE

Home-delivered meals benefits:

- Help members understand how nutrition impacts heart disease
- Reduce food insecurity
- Reduce poor dietary choices and overeating
- Reduce hospitalizations and inpatient stays

Social determinants of health (SDOH) can influence heart health. SDOH have been found to directly increase the burden of heart disease and stroke and their risk factors. They also indirectly influence health-promoting behaviors.⁴

FOCUS: PILOT STUDY

Researchers examined if regular home delivery of nutritious, lower sodium meals to heart-failure patients during the first month after hospital discharge could make a difference in quality of life and outcomes.



RESULT: Patients who received customized meals were less likely to be readmitted to the hospital within 30 days and spent fewer days there (17 versus 55) than patients who didn't get the meal delivery service.^{5,6}



A recent study found nearly half of all U.S. deaths from heart disease, stroke and type 2 diabetes are linked to poor diets.

Researchers found eating more or less of 10 types of food can help raise or lower the risk of death from these chronic diseases.³

EAT MORE

fruits
vegetables
nuts/seeds
whole grains
seafood
omega-3 fats
polyunsaturated fats

EAT LESS

unprocessed red meats
processed meats
sugar-sweetened beverages
sodium



A recent study using a sample size of 25,000 people showed people who are food insecure are at high risk for heart disease.⁷

46%
HIGHER

The general mortality rate for food-insecure people was 46% higher than for those with a sufficient diet.⁷

75%
HIGHER

The death rate from cardiovascular disease for food-insecure individuals was 75% higher.⁷

Contact us today to learn more.
momsmeals.com | 1.877.508.6667

SOURCES:

¹ <https://www.cdc.gov/heartdisease/facts.htm>

² <https://www.heart.org/en/get-involved/advocate/federal-priorities/cdc-prevention-programs>

³ <https://jamanetwork.com/journals/jama/fullarticle/2608221>

⁴ <https://www.cdc.gov/dhdsmp/maps/quick-maps/index.htm>

⁵ <https://www.ahajournals.org/doi/full/10.1161/CIRCHEARTFAILURE.117.004886>

⁶ <https://www.heart.org/en/news/2018/08/13/home-delivered-meals-keep-heart-failure-patients-out-of-hospital>

⁷ <https://www.thenationshealth.org/content/50/8/E32>

MOM'S MEALS
MOM'S MEALS®
Icon of a spoon.