

... be **HEALTHY** my **HEART**

INFORMATION ON HEART HEALTH & ASIAN AMERICANS

BMI* or above for AAPIs indicates a heart check up is needed. AAPIs have lower BMIs but higher percent body fat than caucasians.

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Always Be My Healthy Heart

4.3%

Rate of heart disease in AAPIs

Asian Indian men and women and Filipino men are at the highest risk for heart disease

16,419

deaths per year among AAPIs due to heart disease



Heart Strong

1. Don't smoke or use tobacco
2. Exercise for 30 minutes on most days of the week
3. Eat a heart-healthy diet
4. Maintain a healthy weight
5. Get enough quality sleep
6. Get regular health screenings

HAAPIDC is a health promotion initiative to increase information on healthy living to DC AAPIs. For more information about this initiative and the sources of information please visit apia.dc.gov or contact Neel Saxena at neel.saxena@dc.gov



*BMI - body mass index