



# Be 1 in a Million

Join **1** Million Hearts™

four **FACTS**

Be 1, in a **MILLION** by taking the pledge to live a **HEALTHIER LIFESTYLE**. Join South Dakota in helping to prevent 1 Million Heart Attacks by 2017! Do it for yourself, or someone you love.

It's easy, and it's **FREE**.

*Take* **ACTION**  
*Take the* **PLEDGE**

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- ALMOST **1/2** of **ALL** ADULTS HAVE **ONE MAJOR RISK FACTOR FOR CARDIOVASCULAR DISEASE**
- NEARLY **800,000** people DIE OF STROKE OR HEART DISEASE EVERY YEAR.
- CVD TAKES THE LIVES OF **more** THAN **2,150** AMERICANS EACH DAY
- only **46%** of ADULTS IN SOUTH DAKOTA MEET THE **FEDERAL GUIDELINES FOR PHYSICAL ACTIVITY**