

Heart disease is the leading cause of death in Indiana and the U.S. Every 39 seconds an adult dies of a heart attack, stroke, or other cardiovascular disease.

Create in me a clean heart, O God; and renew a right spirit within me.

PSALM 51:10

DESIRED ENVIRONMENT

GOOD

- Sign up your organization to become One in a Million Hearts™ (see Resource Guide)

BETTER *Above, plus:*

- Increase awareness of heart disease and stroke and their risk factors to empower your members to take control of their heart health
- Support efforts to reduce sodium and eliminate trans fats in the foods served

BEST *Above, plus:*

- Offer specific programming targeted towards heart disease/stroke prevention with spiritual component