



Heart Disease

Heart disease is the [leading cause of death in the United States](#). The term “heart disease” refers to several types of heart conditions. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to heart attack. You can greatly reduce your risk for heart disease through lifestyle changes and, in some cases, medicine.

[Learn more about heart disease.](#)

About Heart Disease



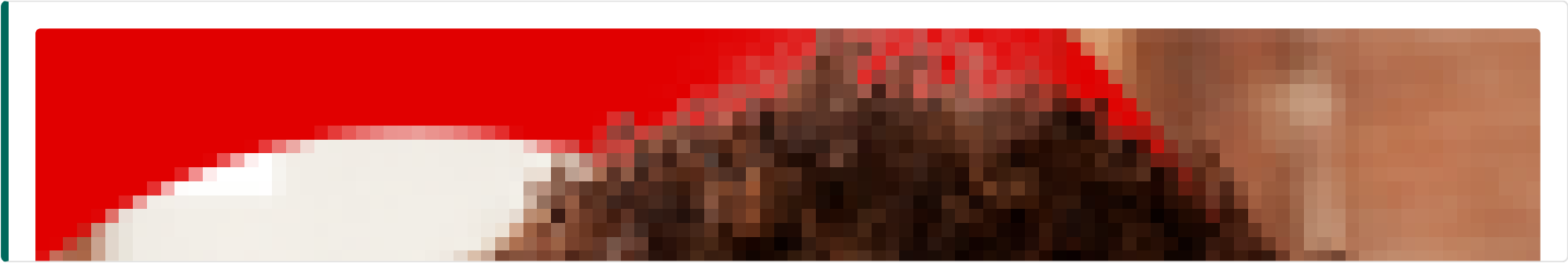
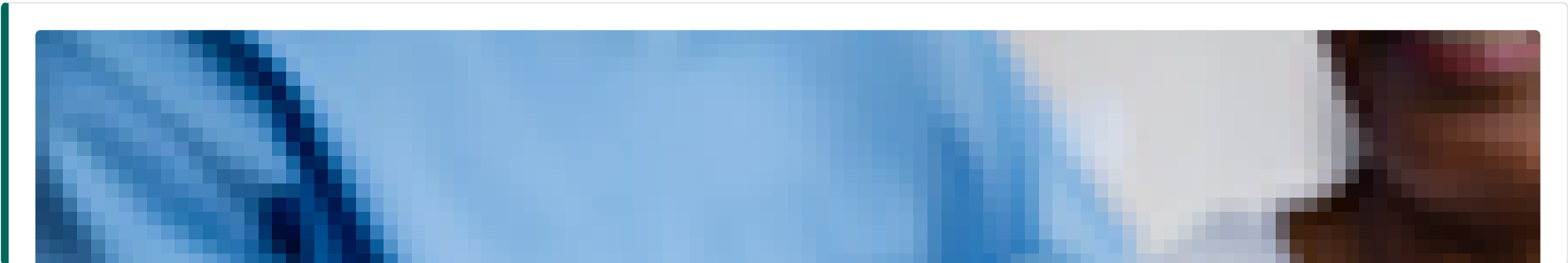
Know Your Risk for Heart Disease

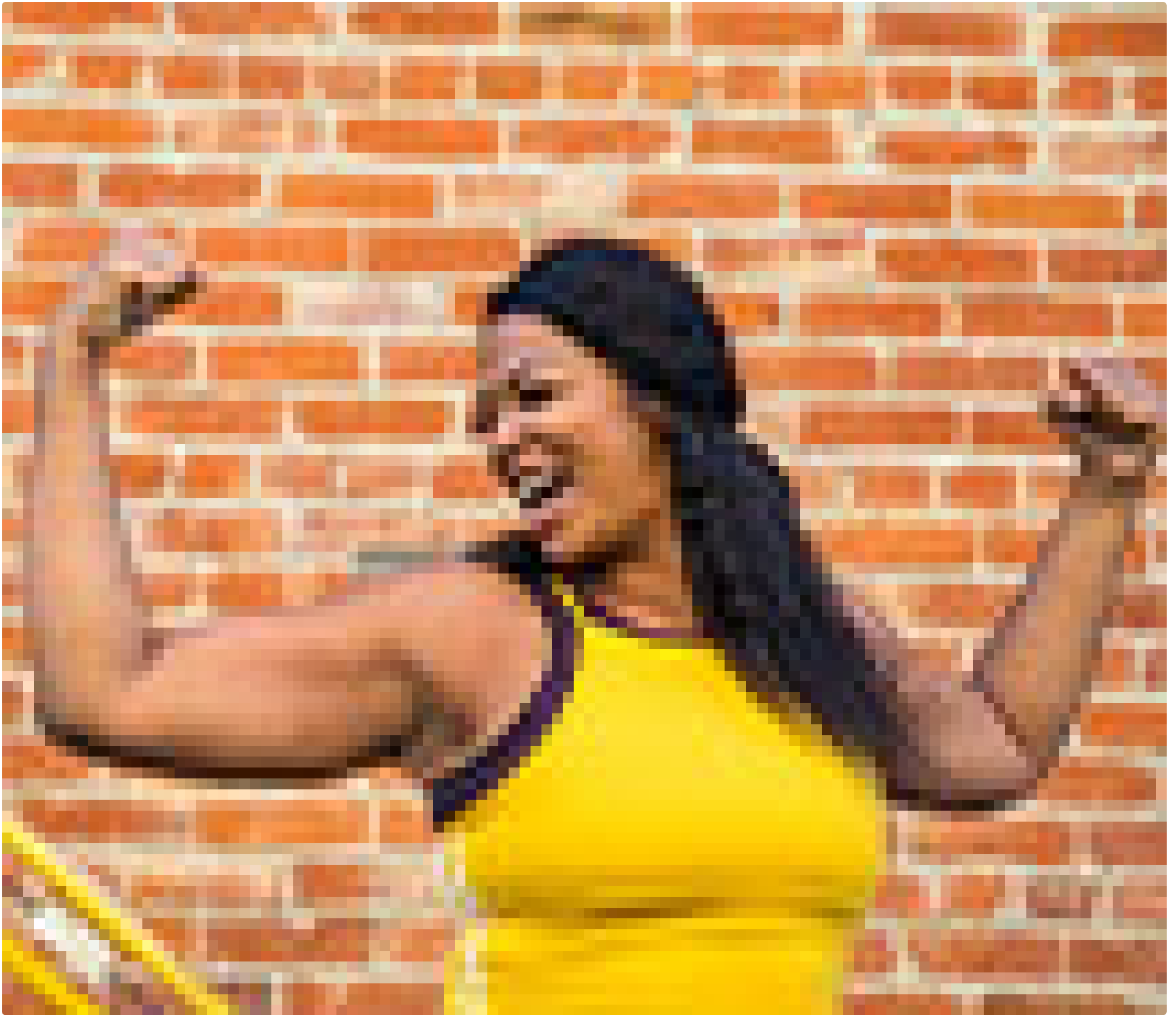


Prevent Heart Disease



Featured Resources





"Live to the Beat" Campaign

This Million Hearts® and CDC Foundation campaign focuses on empowering Black adults to pursue heart-healthy lifestyles on their own terms—to find what works best individually and consistently—as they live to their own beat.

Last Reviewed: April 14, 2023