

# CARDIOVASCULAR RISK FACTORS



## SEDENTARY LIFESTYLE

Only **53%** of women get enough exercise.



## SMOKING

**BEFORE THE AGE OF 50**, more than half of all heart attacks in women are smoking related.  
**3 - 4 cigarettes** per day **triple** this risk.

## EXCESS WEIGHT AND OBESITY

**44%** of women in France aged 18 to 74 are either overweight or obese.



# Women are affected more than men

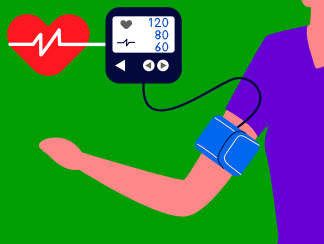
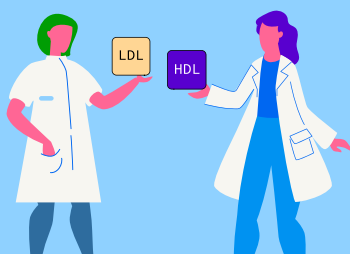
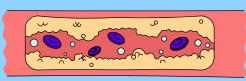


## ALCOHOL

A woman's blood alcohol level is higher for the same amount of alcohol absorbed.

## CHOLESTEROL

Associated with a higher risk of stroke in women.



## HIGH BLOOD PRESSURE

Causes more complications in women than in men.  
**50%** of people aged over 65 in France have high blood pressure.



## DIABETES

Risk of dying **3 to 7 times greater** for **WOMEN WITH DIABETES**, compared with **2 - 3 times greater** for **MEN**.



## PSYCHO-SOCIAL STRESS

**TWICE AS MANY women** as men suffer from depression or psycho-social stress.



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Women's Cardiovascular Healthcare Foundation

[www.agirpourlecoeurdesfemmes.com](http://www.agirpourlecoeurdesfemmes.com)