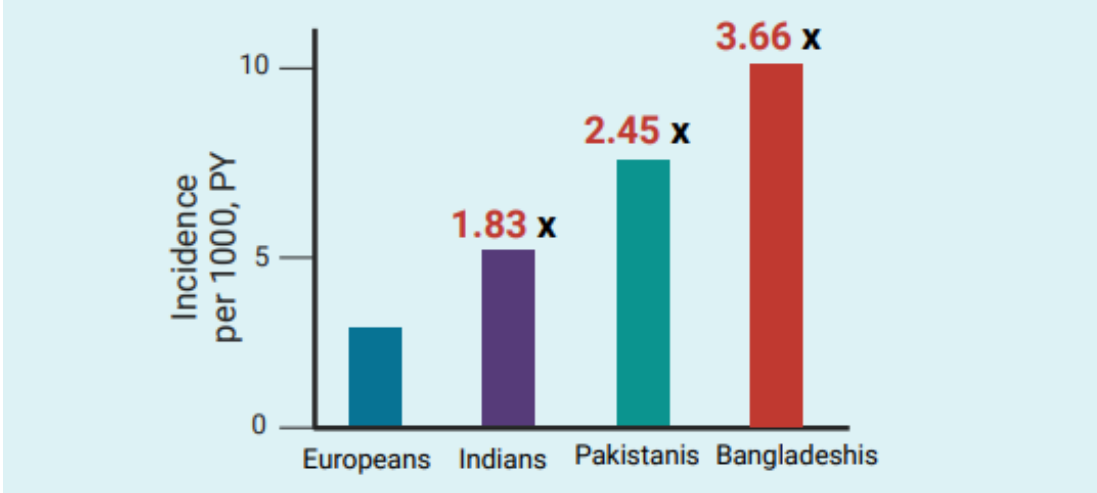


DIL SE: SOUTH ASIAN CARDIOVASCULAR HEALTH

We're 2-4 times more at risk



Cardiovascular Risk

Established cardiovascular disease (CVD) risk calculators estimate that South Asians are at a 1.1-fold higher risk of developing heart disease compared to Europeans

Diabetes Risk

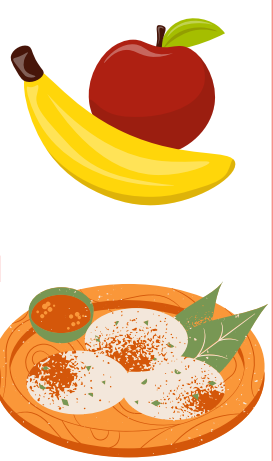
Insulin resistance and diabetes are primary risk factors for cardiovascular disease. Diabetes accounts for 8% of heart disease risk in Europeans, but 23% of risk in South Asians¹.

Prevention and Management Tools

Healthy Diet Tips



- Reduce intake of simple, refined carbohydrates
- Limit consumption of high-calorie and fried foods
- Opt for unsaturated fats
- Opt for smaller portions of fatty or carbohydrate-rich foods
- Incorporate a variety of fresh vegetables and fruits
- Decrease consumption of processed foods
- Monitor the salt levels in your diet



Education Videos



These videos are available in English and Hindi:

- <http://cch.northwestern.edu/edtools/wmv/southasian>
- [Punjabi fitness videos by Dilpreet Bhattal](#)



CVD Related Apps

- Hear Habit:
- HeartWatch:
- CardioVisual:

Physical Activity Apps

- SilverSneakers Go
- J&J 7 Minute Official
- Pilates Anytime

Diabetes Related Apps

- MySugr
- Glucose Buddy
- Diabetes M
- BG Monitor Diabetes
- Contour Diabetes App

