**Background**

Heart Disease Deaths

- Preventable: 48%
- Unpreventable: 52%

20% of all deaths from heart disease are directly related to smoking. [7]

High cholesterol is associated with a higher incidence of heart disease. [10]

Not exercising increases the risk of heart disease by 30-40%. [8]

**Need Statement**

- Heart disease is the number one cause of death in the United States, and has been since 1999.
- A dependable, comprehensive commercial-program to help patients decrease their risk factors for heart disease currently doesn’t exist.

**Methods**

- Administer Education Program
- Monitor lifestyle choices
- Assess the incidence of diagnosis

**Approach Statement**

A commercial heart program is necessary to help consumers in four areas:

- CPR Education
- Healthy Diet Advising
- Exercising
- Long-term Goal Setting

**Anticipated Results**

- Group 1: 100 male twins aged 25-40
- Group 2: 100 female twins aged 25-40
- Group 3: 100 male WPI Trackers
- Group 4: 100 female WPI Trackers

A survey was given to adults regarding the appeal of the program. (top) After 1 month in the program, a group of 500 high schoolers (ages 13-19) were surveyed. (bottom)

**Conclusion**

- 25 years post-program initiation, CardiacTrack decreased the incidence of heart disease by 20%.
- To continue preventing heart disease, the program should be expanded nationally.

**References**