With over $1.3 trillion in buying power, no other group spends at a higher rate on fresh foods.

Despite this, one of the fastest growing minorities is facing a major HEALTH CRISIS.

Almost 1/3* of Hispanic Adults suffer from Cardiovascular Disease.

Cardiovascular Disease is a leading cause of death.

*31.3% of Males | 33.3% of Females

Health factors that contribute to cardiovascular health:

- Cholesterol
- Diabetes & Pre-Diabetes
- Overweight or Obese
- High Blood Pressure
- Smoking

How can we make a difference?

Cultural factors, environmental influences, education, and economic status significantly impact personal health and the health of your community. Where you live affects the access you have to medical care, education, healthy foods and safe places to be active.

No matter what your situation is, you can take action to improve your health. EmPOWERED To Serve has culturally relevant cooking plans, workout guides, educational courses, and other tools. You can learn how to eat healthier, be more active, track your blood pressure and more. Pick one area to change…and get started!

As you make changes in your life, share your Chisme Saludable. Your story of individual change can encourage others to take action. All of us together can be a force for healthy change.

Join the movement at empoweredtoserve.org

Sources: empoweredtoserve.org/hhm-infographic