

Physically active women have significantly decreased risk of heart disease

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Women who spent less of their day in sedentary behaviors—sitting or reclining while awake—had a significantly decreased risk of heart disease, but there has been an increase in the incidence of younger women having acute heart attacks in the U.S., according to two studies in a special Go Red for Women issue of the American Heart Association's journal *Circulation*, published in February, American Heart Month.

This is the third annual issue of the journal dedicated to research about women and [cardiovascular health](#). It includes [research articles](#) and studies on topics such as how complicated pregnancies may be associated with a higher risk of death from [heart disease](#) and why bystanders may be less likely to perform CPR on women in cardiac arrest and others.

"Women who have had heart attacks, strokes and other cardiovascular diseases continue to experience disproportionately higher death rates than men. In addition, sex disparities in cardiovascular care show women may be less likely to receive evidence-based treatments than

men," said Joseph A. Hill, M.D., Ph.D., the editor-in-chief of *Circulation* and professor of medicine and molecular biology at UT Southwestern Medical Center in Dallas, Texas.

"We hope that by highlighting some of the best research on cardiovascular disease in women, this issue of *Circulation* devoted to women's heart health will ignite more interest in and greater commitment to conducting research in this area and propel relevant stakeholders to team up in the fight against cardiovascular disease in women," said Hill.

More information: Sana M. Al-Khatib et al. Third Annual Go Red for Women Issue, *Circulation* (2019). [DOI: 10.1161/CIRCULATIONAHA.119.039778](#)

Provided by American Heart Association

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