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.

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 Asians.

We're 2-4 times more at risk

**Cardiovascular Risk**

**Diabetes Risk**

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

**CVD Related Apps**

- Hear Habit
- HeartWatch
- CardioVisual

**Diabetes Related Apps**

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

**Physical Activity Apps**

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