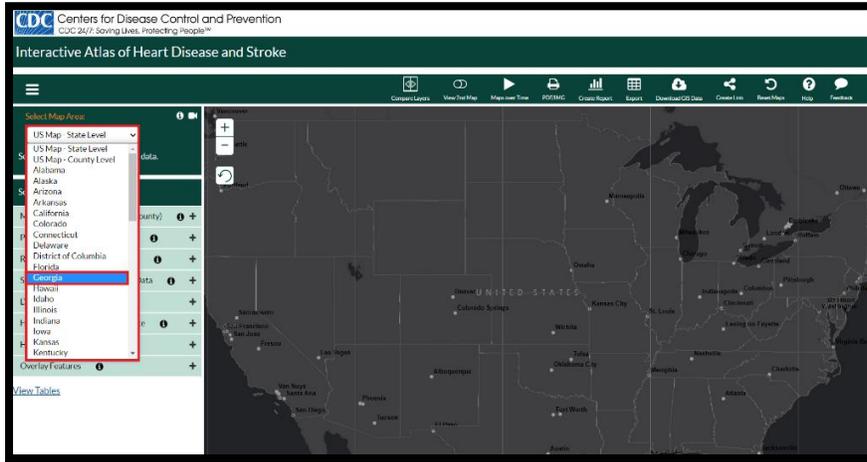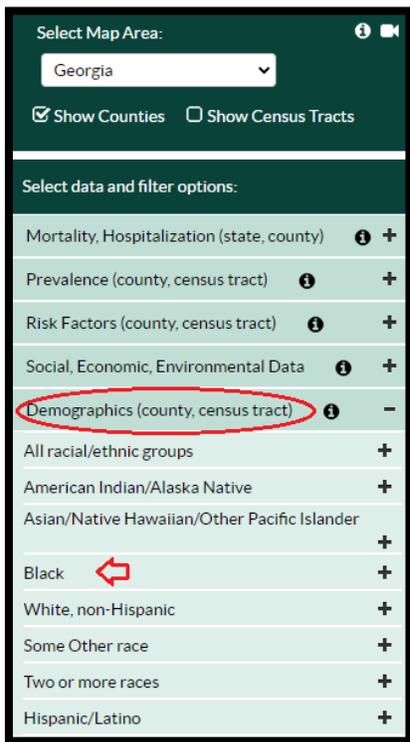# How to Make a Map of a Demographic Group in Your State
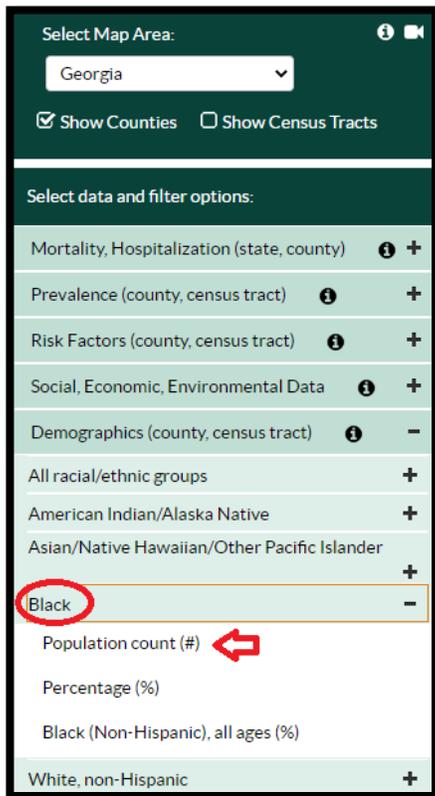
Step 1: **Open the Interactive Atlas of Heart Disease and Stroke at**
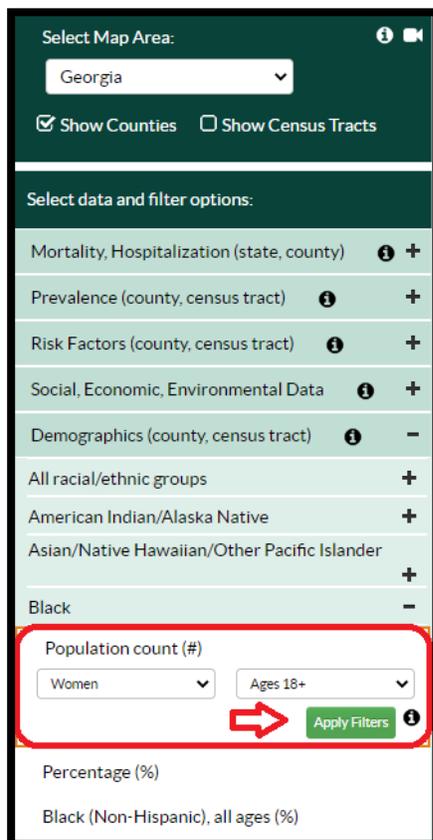**https://nccd.cdc.gov/DHDSPAtlas/Default.aspx**

Step 2: Click on Select Map Area (located in the upper left corner), then choose your state.

Step 3: Click on the **Demographics** tab on the left navigation bar, then choose the population of interest. For this example, we will select **Black**.

Step 4: Select **Black** and click on **Population count (#)**

Step 5: Now let's display a map for a specific population.

Click on each drop-down box and select:

- **Women**
- **Ages 18+**

Finally, click Apply Filters!