



LIVEWELL FOR YOUR HEART CELEBRATES AMERICAN HEART MONTH

February 1, 2019 – Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful meeting our health goals when we join forces with others.

Having positive, close relationships and feeling connected with others and our community benefits our overall health, including our blood pressure and weight.

To observe American Heart Month, this February, the LiveWell for your Heart Project invites you to learn your heart age and to take action with us to improve the health of your heart.

Heart disease is a leading cause of death in the United States. Most middle-aged people and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high blood cholesterol, tobacco use, or being overweight. Having more than one risk factor increases your risk for heart disease much more than having just one.

The LiveWell for your Heart Project is working to increase access to health care services and community education programs. Participants in the LiveWell for your Heart program will complete a mini heart health screening and are then paired with a community health worker who will link you to health services to reduce your risk of heart disease. Anyone that lives, works or receives health care in Lake and Mecosta Counties and is between the ages of 30 and 74 can be screened.

Once screened, the LiveWell for your Heart Project can help and support you to make heart-healthy lifestyle changes. You don't have to make big changes all at once. Small steps will get you where you want to go.

Here are some of the ways the LiveWell for your Heart team can help get you started.

Moving More, Eat Better: How much is enough? Anything extra is going to help your heart, but trying for at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. Can't carve out a lot of time in your day? Try 10 or 15 minutes a few times a day. The LiveWell for your Heart project can help you make a plan and find low-cost programs in your area.

Healthy Eating Ideas: Our staff can find local classes to help you develop a healthy eating plan, offer small change ideas, and help you stay motivated.

Prevent and Manage Diabetes: Diabetes can increase your risk of having a heart attack and stroke. Many Americans are at risk for diabetes and don't know it. Our staff can help you prevent diabetes if you have pre-diabetes and if you already have diabetes, we can help you manage it.

Dental Health: Believe it or not, the health of your teeth and gums may be connected to the health of your heart. Regular check-ups with the dentist are important; we can help you find a dentist in your area.



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COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



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Become Tobacco Free: Never quit quitting! The LiveWell for your Heart project has trained Tobacco Treatment Specialists available to help you one on one, help you find a group or online program or are available to answer any questions you might have about quitting tobacco. This is a free service.

The LiveWell for your Heart Project is a team of local health agencies with the goal to increase awareness and empower the community by providing a network of services for reducing the risk of heart disease. This team includes; District Health Department #10, Spectrum Health Big Rapids & Reed City Hospitals, My Community Dental Centers (MCDC), Baldwin Family Healthcare, and Ferris State University.

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For more information or to get screened contact Karen 231-305-8659 or Donna at 231-876-3841 or visit <https://www.livewell4health.org/livewellforyourheart>

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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