

TAKE ACTION AGAINST HEART DISEASE

American Heart Month 2020

February 12, 2020 – Since 1963, February has been designated as American Heart Month, a month calling for Americans to join the battle against heart disease.

Heart disease doesn't just happen to men or older adults, it's happening to women and younger adults more frequently. Historically, heart disease is the number one cause of death among both men and women in the United States, taking approximately 630,000 lives each year. On top of that, half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking).

District Health Department #10 urges people to consider making important lifestyle changes now to help your heart later by doing the following:

1. Keep a Healthy Weight

- Overweight or obese people have a higher risk for heart disease.
- Carrying extra weight will put added stress on the heart and blood vessels.

2. Maintain Regular Physical Activity

- Adults should aim for at least 150 minutes of moderate-intensity physical activity each week, while children and adolescents 60 minutes each day.
- Maintaining regular physical activity can help maintain a healthy weight, lower blood pressure, blood cholesterol, and blood sugar levels.

3. Choose "Heart Healthy" Food and Drinks

- Eat plenty of fresh fruits and vegetables, making them a component of at least half of your plate.
- Make a choice to eat foods low in saturated fats, trans fat, added sugar, and sodium.
- Drink alcohol in moderation- Men should have no more than two drinks per day, and women no more than one.

4. Don't Smoke or Aim to Quit

- Smoking is the leading cause of preventable death in the United States.
- Quitting smoking will improve overall general health as well as lung and heart health.

5. Manage existing conditions

- Work with your healthcare team to manage conditions like high blood pressure and high cholesterol.
- Consistently take blood pressure/cholesterol medications that were prescribed.

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 of Northern Michigan, Children's Special Health Services, Hearing and



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Kalkaska
Lake
Manistee
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Mecosta
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Newaygo
Oceana
Wexford



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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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