

TAKE ACTION TO LOWER YOUR RISK FOR HEART DISEASE

American Heart Month 2022

January 31, 2022 – Since 1963, February has been designated as American Heart Month, a month calling for people of any age to focus on their cardiovascular health and take action to lower their risk for heart disease.

According to the Centers for Disease Control and Prevention (CDC), heart disease is the number one cause of death among both men and women in the United States (US) and a large contributor to this is hypertension (high blood pressure). Nearly one in two adults in the US have hypertension and only one in four have it under control.

Heart disease doesn't only affect men or older adults, it is affecting women, younger adults, and youth more frequently than ever before. District Health Department #10 (DHD#10) is urging people that now is the time to act. Consider making one, or several, of the below lifestyle changes now to help your heart later.

1. Eat a 'Heart Healthy' Diet

- Choose healthy meal and snack options, such as fruits and vegetables, to help avoid high blood pressure
- Make a choice to eat foods rich in potassium, fiber, and protein, and low in salt, fat, and added sugar

2. Maintain a Healthy Weight

- Being overweight or obese increases one's risk for high blood pressure as the extra weight puts added stress on the heart and blood vessels

3. Be Physically Active

- Physical activity can help you get to, and maintain, a healthy weight and lower your blood pressure
- Adults should aim for 30 minutes of moderate-intensity physical activity every day and children 60 minutes of activity every day

4. Don't Smoke or Aim to Quit

- Smoking raises your blood pressure and puts you at a higher risk for heart attack and stroke
- By quitting smoking, your risk for heart disease will automatically decrease

5. Limit Alcohol Intake

- Alcohol can raise your blood pressure
- Men should have no more than two drinks per day and women no more than one

6. Get Enough sleep

- Not enough sleep on a regular basis is linked to an increased risk of heart disease, high blood pressure, and stroke

Act now by visiting www.livewell4health.org to learn more about how DHD#10's Diabetes Prevention Program and Tobacco Cessation Program can help you lower your risk for heart disease.

For more information about heart disease, visit www.cdc.gov/heartdisease/index.htm.



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