

DISTRICT HEALTH DEPARTMENT #10 RECOGNIZES WORLD HEART DAY

September 29, 2022 – On September 29, 2022, District Health Department #10 (DHD#10) joins the World Heart Federation in recognizing World Heart Day. Cardiovascular disease (CVD), including heart disease and stroke, is the world’s leading cause of death claiming 18.6 million lives each year. Beating heart disease is something that matters to every beating heart.

“Taking care of our heart right now is more important than ever for people to live longer, better, and healthier lives,” said DHD#10 Health Officer Kevin Hughes.

This year’s theme for World Heart Day is “Use Heart.” Consider the following ways to you can “Use Heart”:

1. Use heart for humanity - for a world with health equity:
 - Access to treatment and support for CVD varies widely across the world.
 - Over 75% of CVD deaths occur in low to middle income countries, but access can be an issue anywhere.
2. Use heart for nature- for the planet’s health and yours:
 - Air pollution is responsible for 25% of all CVD deaths, taking the lives of 7 million people every year.
 - Each of us can contribute to a healthier planet in our own way.
3. Use heart for you - to realize your full potential:
 - Psychological stress can double heart attack risk.
 - Resisting harmful coping mechanisms and bad habits induced by stress helps maximize our individual heart health.
 - As the world continues the fight against COVID-19, individuals with heart conditions such as heart failure, coronary artery disease, cardiomyopathy, diabetes, and hypertension are greatly aware of the threat COVID-19 has on their lives.
 - People with these conditions are at a higher risk for developing severe illness when affected by COVID-19 and influenza (flu).

You can receive both the COVID-19 vaccine and the flu vaccine to protect your heart health through DHD#10. For individuals looking to schedule a COVID-19 vaccine or bivalent booster, or flu vaccine, please schedule an appointment at <https://www.dhd10.org/schedule> or by calling 888-217-3904.

To learn more about World Heart Day, visit The World Heart Federation here: <https://world-heart-federation.org/>.

###



MEDIA CONTACT

Nicholas Eckhart
Public Information Officer
O: 616-500-0246
C: 575-405-9082
E: neckhart@dhd10.org



COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



www.dhd10.org



www.facebook.com/DHD10



[districthealthdept10](https://www.instagram.com/districthealthdept10)

