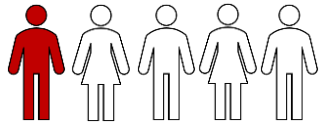


# February is Heart Health Month

## Heart Health Fact:

**1** in **5**



Deaths in NC  
Caused by heart disease<sup>1</sup>

“Food is fuel, eating healthy is like filling up with premium gas”

## Preventing Heart Disease Week 1:



**Eat Smart**

# February is Heart Health Month

## Heart Health Fact:



Heart disease kills **one** woman every **80 seconds**<sup>1</sup>

“80% of strokes may be prevented by adopting a healthy lifestyle”<sup>1</sup>

## Preventing Heart Disease Week 2:



**Move More**

## Passing on salt:

- ♥ According to the American Heart Association most Americans eat double the 1,500 mg sodium per day recommendation!
- ♥ 77% of the salt we eat comes from prepared foods, not our saltshakers.<sup>2</sup>
- ♥ Salt hides in surprising places, make sure you check nutrition labels and serving sizes.

## Six Common Salty Foods:

1. Bread: 150 mg/slice
2. Cold Cuts: 1,500 mg/six slices
3. Pizza: 640 mg/slice
4. Chicken: 200 mg/serving
5. Soup: 600-1,000mg/serving
6. Sandwiches: 1,500 mg/sandwich

## Tips for getting active:

- ♥ Get out the leash and walk your dog.
- ♥ Walk and talk. Take work and social calls on the go!
- ♥ Mall walk. Don't like the weather? Take a walk around your local mall instead.
- ♥ Park further away from the store to get in some extra steps.

## Benefits of Walking:<sup>2</sup>

1. Improve your cholesterol
2. Lower your blood pressure
3. Increase your energy
4. Boost bone strength
5. Prevent weight gain
6. Manage stress

## Challenge of the Week:

**Eat Healthier Snacks:** Reducing salt intake can greatly reduce your risk of heart disease. This week, try swapping out chips and other salty snacks with fresh fruit. Your heart will thank you!

## Challenge of the Week:

**Walk 15 minutes more each day:** It is recommended that adults get 150 minutes of moderate physical activity per week. Walking 15 minutes per day, 7 days a week means you will have walked 105 minutes in one week!

# February is Heart Health Month

It's time to **Go Red!**



Go Red for Women is a campaign led by the American Heart Association. The purpose is to promote heart-healthy lifestyle choice to women (and their families).

Get Involved:



On the last Sunday of the month, we are encouraging everyone to wear **RED** in support of this cause.

For more information on the cause please visit:  
<https://www.goredforwomen.org/>



Proudly supported by the North Carolina Division of Public Health.  
publichealth.nc.gov



1. Source: Go Red For Women, "Heart Disease Statistics at a Glance." 2017. Web. Accessed 13 Oct. 2017. ([www.goredforwomen.org/about--heart-disease/facts\\_about\\_heart\\_disease\\_in\\_women-sub-category](http://www.goredforwomen.org/about--heart-disease/facts_about_heart_disease_in_women-sub-category))  
2. Source: Go Red For Women, "Exercise to Prevent Heart Disease." 2017. Web. Accessed 13 Oct 2017. ([www.goredforwomen.org/live-healthy/first-steps-to-prevent-heart-disease-and-be-heart-healthy/exercise-prevent-heart-disease/](http://www.goredforwomen.org/live-healthy/first-steps-to-prevent-heart-disease-and-be-heart-healthy/exercise-prevent-heart-disease/))

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1. Source: Start With Your Heart, "The Burden of Cardiovascular Disease In North Carolina." September 2012. Web. Accessed 13 Oct. 2017. ([www.startwithyourheart.com/Data/\\_downloads/Burden](http://www.startwithyourheart.com/Data/_downloads/Burden))  
2. Source: Harnack et. al (2017) Sources of sodium in US adults from 3 geographic regions. *American Heart Association Journal*.

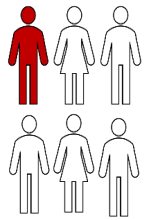
# February is Heart Health Month

## Heart Health Fact:

Nearly

**1** in **6**

American adults with high blood pressure don't know <sup>1</sup>



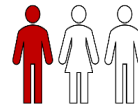
## Preventing Heart Disease Week 3:



### Know Your Numbers

# February is Heart Health Month

## Heart Health Fact:



**1** in **3**

Adults may have had a stroke symptom, but did not seek help <sup>1</sup>

## Preventing Heart Disease Week 4:



### Know the Symptoms

"Ignoring any stroke sign could be a deadly mistake"

"Clothing size does not equate to heart health. Cholesterol, blood pressure, and blood sugar do."

## Ideal Numbers for most adults are:

### Category

### Ideal Number (less than)



Blood Pressure

**120/80** mmHg



Fasting Blood Sugar

**100** mg/dl



Body Mass Index (BMI)

**25** kg/m<sup>2</sup>

## Signs of a Stroke:

**F**

Face Drooping

**A**

Arm Weakness

**S**

Speech Difficulty

**T**

Time to Call 911



You should never wait more than five minutes to dial 9-1-1 if you experience a sign of stroke

## Signs of Heart Attack:



Pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back



Pain or discomfort in one or both arms, the back, neck, jaw, or stomach



Shortness of breath, with or without chest discomfort



Cold sweat, nausea, or lightheadedness

## Challenge of the Week:

**Check Your Blood Pressure:** Take some time this week to get your blood pressure checked. Local pharmacies and grocery stores often have blood pressure machines!



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Get Involved:



I GO RED SO I  
CAN KEEP UP  
WITH MY DOG!  
**WALKS  
AND HIKE  
WITH LOUIE  
KEEP ME  
HEALTHY  
AND FIT!**

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