



South Central's Health on Blast

Heart Health

February is American Heart Health Month

The Perfect gift for Valentine's Day is the gift of a Healthy Heart.

Heart Disease is a range of conditions that affect the heart:

- Narrowed or Blocked vessels that can lead to heart attack
- Chest Pain (Angina)
- Other conditions effecting the muscles, valves or rhythm of the heart

Many forms of heart disease can be prevented or treated with healthy lifestyle choices.

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Heart Disease Facts:

- 49% of all Americans have at least one of the 3 risk factors for heart disease: high blood pressure, high cholesterol or smoking.
- Approximately 84 million people in the US suffer from some form of cardiovascular/heart disease.
- African American Men are at highest risk for developing heart disease due to increase risk factors, specifically high blood pressure.
- The Prevalence of heart disease is highest in the Southeastern states, commonly known as “the Stroke Belt”.
- An estimated 68% of US adults are overweight or obese.
- The risk of death from heart disease can be greatly decreased by lifestyle changes.

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Heart- Healthy Steps to prevent Heart Disease:

- Control Portion Size
- Eat More Fresh Fruits and Vegetables
- Increase intake of Whole Grains
- Limit Unhealthy Fat (butter, gravy, cream sauces, etc)
- Choose Low-Fat Protein sources
- Reduce Sugar & Sodium in your diet
- Exercise at least 30 minutes 5x/week
- Control Blood Pressure & Blood Sugars
- Manage Stress
- Stop Smoking
- Weight Management