



Your Heart - Your Health!



February is National Heart Month. Wear **RED** Feb 6.

HEART FACTS

- ♥ Heart disease is the leading cause of death in the United States for both men and women.
- ♥ Mississippi leads the nation in deaths due to cardiovascular disease -- heart disease and stroke.

KNOW YOUR NUMBERS Simple measurements can help you know whether you are at risk for heart disease. Fill in the information below. If you don't know your numbers, schedule an appointment with your physician or watch for free screenings at local health fairs.

Date of Most Recent Health Screening: _____

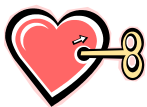
Blood pressure _____ (goal: <120/80 mmHG) Total Cholesterol _____ (goal: <200 mg/dL)

HDL Cholesterol _____ (goal: >50 mg/dL) LDL Cholesterol _____ (goal: <100 mg/dL)

Triglycerides _____ (goal: <150 mg/dL) Body Mass Index _____ (goal: <25 kg/m²)

Waist Girth _____ (goal: <35 inches for women; <40 inches for men)

LIFESTYLE FACTORS – THE KEYS TO YOUR HEART



Put a check (✓) if the following risk factors apply to you. The more items you check, the higher your risk for heart disease.

- I don't know my "numbers."
- I am a smoker.
- I am inactive.
- I am overweight.
- I have the following conditions.
 - High blood pressure
 - High cholesterol
 - Obesity
 - Diabetes
 - Family history of heart disease

Online resources for heart health include:

- American Heart Association www.heart.org/
- Centers for Disease Control www.cdc.gov/dhdsp/
- NHLBI www.nhlbi.nih.gov/
- Heart Healthy Foods <http://checkmark.heart.org/>
- Go Red for Women www.goredforwomen.org/

According to the Surgeon General, **smoking is the "leading preventable cause of disease and deaths in the United States."** Smoking and secondhand smoke increase your risk for heart disease.

The American Heart Association advocates **"significant increases in federal and state cigarette taxes to reduce teen smoking, to save lives and to offset the costs of smoking by raising significant new revenue."** www.americanheart.org

What can you do? Protect your health by not smoking and reducing your exposure to secondhand smoke. Show your support for current efforts in Mississippi to reduce the health effects of smoking including raising the state cigarette tax (one of the lowest in the nation) and banning smoking in public places. For example, residents of



Visit *Get a Life!* www.kidsgetalife.org for resources, ideas and tip sheets for heart health.

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