



Your Heart - Your Health!



**FEBRUARY IS NATIONAL HEART MONTH.
SHOW YOUR SUPPORT - WEAR RED FEB 5.**

HEART FACTS

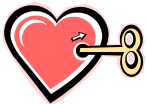
- ♥ Heart disease is the leading cause of death in the United States for both men and women.
- ♥ Mississippi leads the nation in deaths due to cardiovascular disease -- heart disease and stroke.

KNOW YOUR NUMBERS!

Simple measurements can help you know if you are at risk for heart disease. If you don't know your numbers, schedule an appointment with your doctor or watch for free screenings at health fairs and community events.

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/m ²)
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 condition(s):
 - High blood pressure High cholesterol
 - Obesity Diabetes
 - Family history of heart disease

According to the CDC,
“Tobacco use is the single most preventable cause of disease, disability, and death in the United States.”
 Smoking and secondhand smoke increase your risk for heart disease.

What can you do? Protect your health by not smoking and reducing your exposure to secondhand smoke.

Support “smoke free” efforts and help educate others on the risks of tobacco.



Online resources for heart health include:

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



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

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