

FOR IMMEDIATE RELEASE

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Don't Miss a Beat: Feel the Pulse of a Strong, Healthy Heart
February is National Heart health Month

EAU CLAIRE, WI. - February 23, 2017- Heart disease is the leading cause of death for both men and women in Wisconsin and the United States. To prevent heart disease and increase awareness of its effects, the Eau Claire City-County Health Department is proudly promoting American Heart Month during the month of February.

Each year, more than 610,000 people die from heart disease. In Wisconsin, more than 34% of deaths are caused by heart disease. Heart disease refers to several types of heart conditions including, stroke, chest pain (angina) and heart attacks that interrupt the flow of blood to the heart and brain. There were 175 deaths due to heart disease in Eau Claire County in 2012.



The Health Department is encouraging our community to take time to learn more about how to keep their heart healthy. People can keep their heart healthy from heart disease in many ways, including knowing what factors can contribute to heart disease. Some of these are high blood pressure, high cholesterol, diabetes, lack of exercise, and diet.

“We need to eat healthy and be active. It is as simple as that” say Beth Draeger, RDN, CD, CBE and Public Health Nutrition Supervisor with the Eau Claire City-County Health Department. “But for many it is not that easy. Taking small steps to make life long changes make living a heart healthy life more achievable.”

You can make healthy changes to lower your risk of heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your chance:

- Maintain a healthy weight.
- Quit smoking and stay away from secondhand smoke.
- Manage your cholesterol and blood pressure.
- Drink alcohol in moderation.
- Be active at least 30-60 minutes a day.
- Eat at least five to seven servings of fruits and vegetables every day.
- Practice effective stress management.

For more information about heart health the American Heart Association web page at www.heart.org.

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