FOR IMMEDIATE RELEASE

Public Health Advisory/Press Release
American Heart Month

News Release From: Jackson County Health Department
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Date: February 1, 2017

JACKSON COUNTY, Mich. –February is American Heart Month. The Jackson County Health Department (JCHD) wishes to remind you of the importance of keeping your heart healthy. Between 2012 and 2014, 243 heart disease-related deaths occurred per every 1,000 residents in Jackson County (Michigan Vital Statistics).

Julie Weisbrod, Healthy Communities Coordinator with the JCHD states “Many forms of heart disease can be prevented if individuals live in a healthy way. If a person does have heart disease, she/he should do her/his best to keep existing conditions under control, such as high blood pressure, high blood cholesterol and diabetes.” Rhonda Rudolph, Jackson Tobacco Reduction Coalition Coordinator with the JCHD adds “Smoking is also a major, preventable risk factor to heart disease and quitting is a great way to reduce potential damage to your heart and arteries.”

They provide the following information to promote living a healthy lifestyle:

H – is for maintaining a healthy diet and healthy weight. Each day, try to eat at least 5 servings of fruits and vegetables, which will also help you to get to or maintain a healthy weight for your height.

E – is for exercise. Try to get a total of at least 30 minutes of physical activity most days that causes you to sweat.

A – is for air quality and arteries. Make your home and your vehicle smoke-free zones. If you smoke, do your best to stop. Tobacco smoke contains thousands of chemicals that may cause a waxy buildup in your arteries. Signs are available from the health department.

R – is for reducing fats and sodium in your diet. Doing so will help you prevent or control high blood pressure and/or high blood cholesterol; both risk factors to heart disease.
T – is for testing your cholesterol level, your blood pressure as well as your glucose level to check against diabetes. Know these numbers.

If you or someone you know is a smoker needing help to quit, Ms. Rudolph states “There are several resources available in the Jackson Community. The Michigan Tobacco Quitline (800-784-8669) offers counseling, Nicotine Replacement Therapy to qualified candidates and rewards to pregnant women trying to quit. Henry Ford Allegiance Health has a Tobacco Treatment (517-841-7444) program offering free counseling services. She adds “In addition, many insurance companies are now offering programs and/or incentives to encourage members to give up this deadly habit.”

To support residents’ efforts for a healthier lifestyle, many projects are underway in Jackson County. Examples to take advantage of include the growing number of bike lanes and trails, farmer’s markets, smoke-free campuses, exercise in the park, healthy food and beverage choices at concessions and within several organizations. It’s up to all of us to help make Jackson a healthier community.

For additional heart health information, please visit our Jackson County Health Department Facebook page, our website at https://www.co.jackson.mi.us/276/Health-Department or call us at the following: Ms. Rudolph - 517-768-2131 or Ms. Weisbrod – 517-768-1650.

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KNOW THE FACTS ABOUT

Heart Disease

What is heart disease?

Heart disease is the leading cause of death in the United States. More than 600,000 Americans die of heart disease each year. That’s one in every four deaths in this country.¹

The term “heart disease” refers to several types of heart conditions. The most common type is coronary artery disease, which can cause heart attack. Other kinds of heart disease may involve the valves in the heart, or the heart may not pump well and cause heart failure. Some people are born with heart disease.

Are you at risk?

Anyone, including children, can develop heart disease. It occurs when a substance called plaque builds up in your arteries. When this happens, your arteries can narrow over time, reducing blood flow to the heart.

Smoking, eating an unhealthy diet, and not getting enough exercise all increase your risk for having heart disease.

Having high cholesterol, high blood pressure, or diabetes also can increase your risk for heart disease. Ask your doctor about preventing or treating these medical conditions.

What are the signs and symptoms?

The symptoms vary depending on the type of heart disease. For many people, chest discomfort or a heart attack is the first sign.

Someone having a heart attack may experience several symptoms, including:

- Chest pain or discomfort that doesn’t go away after a few minutes.
- Pain or discomfort in the jaw, neck, or back.
- Weakness, light-headedness, nausea (feeling sick to your stomach), or a cold sweat.
- Pain or discomfort in the arms or shoulder.
- Shortness of breath.

If you think that you or someone you know is having a heart attack, call 9-1-1 immediately.

¹ CDC: Deaths: Final Data for 2009. www.cdc.gov/nchs/data/nvsr/nvsr60/nvsr60_03.pdf
# Know the Facts About Heart Disease

## How is heart disease diagnosed?

Your doctor can perform several tests to diagnose heart disease, including chest X-rays, coronary angiograms, electrocardiograms (ECG or EKG), and exercise stress tests. Ask your doctor about what tests may be right for you.

## Can it be prevented?

You can take several steps to reduce your risk for heart disease:

- Don’t smoke. CDC’s Office on Smoking and Health Web site has information on quitting smoking.
  [http://www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

- Maintain a healthy weight. CDC’s Healthy Weight Web site includes information and tools to help you lose weight.

- Eat a healthy diet. Tips on reducing saturated fat in your diet are available on the Web site for CDC’s Division for Nutrition, Physical Activity, and Obesity.
  [http://www.cdc.gov/nutrition/everyone/basics/fat/saturatedfat.html](http://www.cdc.gov/nutrition/everyone/basics/fat/saturatedfat.html)

- Exercise regularly. Visit CDC’s Physical Activity Web site for more information on being active.

- Prevent or treat your other health conditions, especially high blood pressure, high cholesterol, and diabetes.

## How is it treated?

If you have heart disease, lifestyle changes, like those just listed, can help lower your risk for complications. Your doctor also may prescribe medication to treat the disease. Talk with your doctor about the best ways to reduce your heart disease risk.

## For More Information:

Learn more at the following Web sites.

- Centers for Disease Control and Prevention’s Division for Heart Disease and Stroke Prevention: [http://www.cdc.gov/dhdsp/index.htm](http://www.cdc.gov/dhdsp/index.htm)


- American Heart Association: [http://www.americanheart.org](http://www.americanheart.org)

Common Heart Attack Warning Signs

1. Pain or discomfort in chest
2. Lightheadedness, nausea, or vomiting
3. Jaw, neck or back pain
4. Discomfort or pain in arm or shoulder
5. Shortness of breath

Learn more at Heart.org/HeartAttack.
What are my risks for getting heart disease?

Ask yourself these 3 questions:

1. How many risk factors do I have?

   Major Risk Factors
   - age
   - gender
   - family history

   Non-Modifiable
   - These risk factors cannot be changed.

   - high blood cholesterol
   - high blood pressure
   - physical inactivity
   - obesity and overweight
   - smoking
   - diabetes
   - poor diet

   The more risk factors you have, the greater your chance of developing it.

2. Do I know Life’s Simple 7 keys to prevention?

   REDUCE BLOOD SUGAR
   About 21 million American adults have diagnosed diabetes. That’s almost 9% of the adult population.

   CONTROL CHOLESTEROL
   More than 40% of American adults have total cholesterol levels higher than 200 mg/dL.

   MANAGE BLOOD PRESSURE
   About 80 million U.S. adults have high blood pressure. That’s about 33%.

   EAT RIGHT
   When you eat a heart-healthy diet you improve your chances for feeling good and staying healthy!

   GET MOVING
   About in every three U.S. adults – 30% – report participating in no leisure time physical activity.

   LOSE WEIGHT
   Most Americans older than 23 are overweight or obese. About 35% of children are overweight or obese.

   STOP SMOKING
   6% of adolescents aged 12 to 17 report being current smokers. Among adults, 19% of men and 15% of women are smokers.

3. Am I making an effort or making excuses?

   Am I making an effort or making excuses?

   Start here: heart.org/makinganeffort

   7%
   I live a heart-healthy lifestyle.
   Great job! Learn more about preventing heart disease at any age: heart.org/atanyage

   27%
   I don’t really know how to take care of my heart.
   You’re in luck! We have all the heart health information you need: heart.org/healthyliving

   18%
   I don’t want to stop eating foods I like.
   Then DON’T! Just find healthy ways to prepare them here: heart.org/recipes

   12%
   I’m too busy taking care of others to take care of myself.
   To do the best for our loved ones, we must make an effort to be in the best possible health ourselves.
   heart.org/caringforyourself

   14%
   It costs too much to eat healthy.
   Think again! Try our tips to save you money and time: heart.org/healthytips

   14%
   I don’t like exercising. Keep trying! Here are our top 5 tips to loving exercise...
   heart.org/lovingactivity

   0%
   I don’t have time to exercise regularly.
   Don’t worry, 10 minutes, 3 times a day is all it takes.
   heart.org/take10

   Top “barriers” to healthy living from a recent survey of website visitors to heart.org: