Winnebago County
Health Department

Take Care Of Your Heart Health Winnebago County.

WINNEBAGO COUNTY – The Winnebago County Health Department encourages residents to take steps toward living a heart healthy lifestyle and spread awareness about heart health during February for **#Hearthealth** Awareness Month.

Approximately 1.5 million heart attacks and strokes occur every year in the United States. Controlling for risk factors such as high blood pressure, high cholesterol, and smoking can help to prevent heart attack and stroke.

"While heart attacks and strokes can happen to anyone in our community," said Dr. Sandra Martell, the Winnebago County Health Department's Public Health Administrator, our African American community is at increased risk from death from stroke and heart disease. Together we can work to address the disparities and reduce preventable deaths."

Spread Awareness About Heart Health
- Wear **RED** on **Friday, February 2** for National Wear Red Day
- Share heart health messages on social media – @WinnebagoCountyHealth
- Know the signs of heart attack and stroke
  - CDC
    - https://www.cdc.gov/heartdisease/heart_attack.htm
    - https://www.cdc.gov/stroke/signs_symptoms.htm
  - American Heart Association
    - https://www.heart.org/en/health-topics/heart-attack/warning-signs-of-a-heart-attack
    - https://www.stroke.org/en/about-stroke/stroke-symptoms
- Learn CPR and be ready to take quick action
- Connect with WCHD for programs to help support your heart heathy lifestyle
  - Call 815-720-4000 or visit: https://publichealth.wincoil.gov/heart-healthy-lifestyle/

Take Steps Toward A Heart Healthy Life:
- Manage your blood pressure, cholesterol levels, and blood sugar levels with your healthcare provider
- Move more
- Stress less
- Eat a heart-healthy balanced diet
- Quit smoking, the Illinois Quitline can help at quityes.org

For more information, visit the Winnebago County Health Department website at publichealth.wincoil.gov.

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