



Winnebago County

Health Department

NEWS RELEASE

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FOR IMMEDIATE RELEASE

Eat S.M.A.R.T. To Protect Your Heart And Prevent Cancer.

WINNEBAGO COUNTY – In Winnebago County, heart disease followed by cancer are the two leading causes of death. The Winnebago County Health Department (WCHD) encourages residents to **Eat S.M.A.R.T.** to protect heart health and prevent cancer:

- **S** Smaller portions
- **M** More fruits and vegetables
- **A** Add whole grains and beans
- **R** Reduce sugar and salt
- **T** Try to limit meat and processed foods

With February being American Heart Month and National Cancer Prevention Month, it is a great time to start eating **S.M.A.R.T.** By February 13, commit to **Eat S.M.A.R.T.** for two months (February 13 – April 10) and get support along the way with weekly emails from your local health department with small steps and resources to support your commitment.

Commit To Eat S.M.A.R.T. for two (2) months By February 13 at: publichealth.wincoil.gov/eatsmart

Our community can support each other in eating **S.M.A.R.T.** to help reduce the impact of heart disease and cancer by wearing **RED** on **Friday, February 6**, National Wear **RED** Day, and encouraging our family, friends, and neighbors to commit to eating **S.M.A.R.T.** with us.

“The impact of heart disease and cancer can be reduced by ensuring to get regular health screenings, managing risk factors, and taking steps to **Eat S.M.A.R.T.**,” said Dr. Sandra Martell, the Winnebago County Health Department’s Public Health Administrator, “Together we can take small steps toward reducing preventable diseases and deaths in our community including Eat S.M.A.R.T.

Additional Ways to Protect Your Heart and Prevent Cancer

- Getting regular health screenings to detect changes earlier when treatment can be more successful
- Quitting smoking and avoiding tobacco
- Increasing physical activity
- Controlling heart disease risk factors such as high blood pressure, high cholesterol, and managing diabetes
- Using sunscreen and getting vaccinated against HPV and Hepatitis B.
- Connecting with WCHD for programs to help support your heart healthy lifestyle at: publichealth.wincoil.gov/heart-healthy-lifestyle/

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

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