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FLORIDA HEALTH CELEBRATES HEALTHY, HAPPY HEARTS ON WORLD HEART DAY



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Tallahassee, Fla.-The Florida Department of Health and the World Heart Federation are proud to celebrate the 18th annual World Heart Day, which raises awareness about ways to keep your heart healthy and happy. This year's theme is "Share the Power," which emphasizes that the key to a healthy heart is to "know your heart, fuel your heart, move your heart, and love your heart."¹

"World Heart Day reminds us all that we need to be empowered and take steps to improve or maintain our health," said State Surgeon General and Secretary Dr. Celeste Philip. "Every person in Florida can lower their risk of preventable cardiovascular diseases by seeing a health care provider for preventive screenings, practicing healthy behaviors daily such as making smart food choices, moving and stretching throughout the day, and getting 7-9 hours of sleep."

Cardiovascular diseases, including heart disease and stroke, are the leading cause of death in the United States and Florida.^{2,3} About half of all Americans have at least one of these three risk factors for heart disease: high blood pressure, high cholesterol and smoking.³ All Americans are at risk for cardiovascular disease, but the non-Hispanic black community, particularly those in the southeastern United States, have a greater risk. Nearly 44 percent of African American men and 48 percent of African American women have some form of cardiovascular disease.⁴

It is important to remember that with cardiovascular health, many factors that cause an early death can be controlled through lifestyle changes.⁵ Each day strive to protect your heart and the hearts of those you love. We encourage you to take the initiative to keep your heart charged and "share the power" to make a lasting difference in the health of your community.

This World Heart Day, commit to creating a healthier Florida through lifestyle changes including:

- Walks with your family and encouraging your friends to walk with you;
- Visits with your doctor to [talk about your heart health](#);
- Eating healthy by [cooking heart healthy meals](#); and
- Steps to quit smoking by utilizing [Tobacco Free Florida's Quit Your Way Program](#).

These actions can contribute to the prevention of cardiovascular diseases such as heart attacks and strokes throughout Florida. Visit www.worldheartday.org to find out what you can do to take part in this year's World Heart Day, as well as www.floridahealth.gov/stroke and www.flhealth.gov/heart to learn more about stroke and heart attack resources.

Also, check with your county health department for local events!

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on [Facebook](#), [Instagram](#) and Twitter at [@HealthyFla](#). For more information about the Florida Department of Health, please visit www.FloridaHealth.gov.

Data Sources:

1. World Heart Day (2017). About Cardiovascular Disease. Retrieved from <https://www.worldheartday.org/what-is-cvd>
2. Office of Disease Prevention and Health Promotion (2015). Heart disease and Stroke. Retrieved from <https://www.healthypeople.gov/2020/topics-objectives/topic/heart-disease-and-stroke>
3. Florida Department of Health (2015). Heart Disease. Retrieved from <http://www.floridahealth.gov/diseases-and-conditions/heart-disease/index.html>
4. Centers for Disease Control and Prevention (2015). Division for Heart Disease and Stroke Prevention. African Americans Heart Disease and Stroke Fact Sheet. Retrieved from https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_aa.htm
5. Centers for Disease Control and Prevention (2015). World Heart Day. Retrieved from <https://www.cdc.gov/Features/WorldHeartDay/>