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FLORIDA HEALTH HIGHLIGHTS WORLD HEART DAY AND ENCOURAGES FLORIDIANS TO MAKE A PROMISE FOR A HEALTHY HEART

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Tallahassee, Fla.- World Heart Day, The World Heart Federation's global campaign to raise awareness for cardiovascular health will be celebrated on September 29, 2018. This year's theme is "My Heart, Your Heart" and asks participants to make a promise to keep their hearts healthy.

"World Heart Day reminds us that heart health is important for everyone," said State Surgeon General and Secretary Dr. Celeste Philip. "Every person can lower their risk of preventable cardiovascular disease by seeing a health care provider for preventive screenings, practicing healthy behaviors daily such as eating more vegetables and fruits, moving and stretching throughout the day, and getting 7-9 hours of sleep."

Heart disease causes approximately one in four deaths and is the leading cause of death in both the United States and Florida. About half of all Americans are at risk for heart disease due to high blood pressure, high cholesterol and smoking. While all Americans are at risk for heart disease, the non-Hispanic black community, particularly those living in the southeast region, are at the greatest risk. Nearly 44 percent of African American men and 48 percent of African American women have some form of cardiovascular disease that includes heart disease and stroke.

You can lower your heart health risk by making healthy lifestyle choices. The department encourages you to make a promise to eat healthy, exercise, and to say no to smoking and help your loved ones stop smoking.

This World Heart Day, let's create a healthier Florida through lifestyle changes that include:

- Taking walks with your friends and family
- Scheduling visits with your doctor to talk about your heart health
- Increasing healthy eating by cooking heart healthy meals
- Taking steps to quit smoking using Tobacco Free Florida's Quit Your Way Program

Visit www.worldheartday.org to find out how you can participate in this year's World Heart Day, as well as www.floridahealth.gov/stroke and www.flhealth.gov/heart to learn more about strokes and heart disease.

Visit the World Heart Day Resources page to access information and materials to support your World Heart Day activities

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.

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