

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

John H. Armstrong, MD, FACS
State Surgeon General & Secretary

Vision: To be the **Healthiest State** in the Nation

FOR IMMEDIATE RELEASE

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Florida Department of Health Promotes Heart Health

~ Healthy choices can lead to a healthier heart ~



TALLAHASSEE — February is American Heart Month and the Florida Department of Health encourages Floridians to take the time to learn more about how to keep their hearts healthy. Many forms of heart disease are highly preventable for people who know the risk factors and also know how to reduce their risk.

“Heart health and a healthy weight are linked,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “Knowing and lowering your risks are essential steps to keeping your heart healthy.”

Heart disease, also known as cardiovascular disease, refers to several types of heart conditions including, but not limited to stroke, chest pain (angina) and heart attacks that interrupt the flow of blood to the heart and brain. Heart disease is one of two leading causes of death in Florida, accounting for three out of 10 deaths each day.

The department encourages Floridians to take the time to learn more about how to keep their hearts healthy by maintaining a healthy weight and managing other risk factors to heart disease. The Healthiest Weight Florida initiative works to encourage and engage Florida residents to take small steps toward living a healthy life by making consistent, informed choices about nutrition and physical activity.

Florida Department of Health

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Actions you can take to reduce your risk include the following.

- Maintain a healthy weight
- Quit smoking
- Be active at least 30–60 minutes a day
- Make an appointment for an annual check up
- Monitor existing health conditions such as diabetes, high blood pressure and high cholesterol
- Practice effective stress management
- Reduce salt intake (sodium)
- Eat at least five to seven servings of fruits and vegetables every day

Through statewide and local collaborative efforts, the Healthiest Weight Florida initiative works to leverage existing resources to maximize the reach and impact on communities. Please visit www.HealthiestWeightFlorida.com for more information.

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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