



## Jackson County Department of Public Health

Anna Lippard  
Deputy Health Director  
828-587-8225

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### TIPS ON HOW TO STAY HEART HEALTHY DURING AMERICAN HEART MONTH

Nationwide, heart disease continues to be the leading cause of death for both men and women. Diseases of the heart are the second leading cause of death in Jackson County, behind cancer. High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease. According to the CDC, about half of people in the United States (47%) have at least one of these three risk factors. To prevent heart disease and increase awareness of its effects, the Jackson County Department of Public Health is proudly promoting American Heart Month.

Several health conditions or risk factors, such as your lifestyle, and your age and family history can increase your risk for heart disease. While your age or family history cannot be controlled, you can make health changes to lower your risk by changing factors that you can control. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Choose healthy foods and drink
- Get regular physical activity
- Keep a healthy weight
- Quit smoking and stay away from secondhand smoke
- Control your blood pressure and check your cholesterol
- Manage your diabetes
- If you drink alcohol, do so in moderation

To test your knowledge about heart disease as well as learn about ways to prevent and manage the disease, take the CDC's Heart Disease Quiz here:

<https://www.cdc.gov/heartdisease/quiz.htm>.

For questions about heart disease, contact Chanta Ashe, BCCCP/WISEWOMAN Program Manager, at 828-587-8213. WISEWOMAN is a program that provides cardiovascular disease screening, intervention, counseling, and referral services to women enrolled in the Breast and Cervical Cancer Control Program through the Health Department. WISEWOMAN works to provide women with the knowledge, skills, and opportunities to improve their diet, physical activity, and other habits to prevent, delay, or control heart disease.

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