



Jackson County Department of Public Health

Anna Lippard
Interim Health Director
828-587-8225

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JCDPH OFFERS TIPS ON HOW TO STAY HEART HEALTHY DURING AMERICAN HEART MONTH

Heart disease is the leading cause of death for both men and women in the United States. Diseases of the heart are the second leading cause of death in Jackson County, trailing cancer. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease. To prevent heart disease and increase awareness of its effects, the Jackson County Department of Public Health is proudly promoting American Heart Month.

Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Follow these [heart-healthy lifestyle tips](#) to protect your heart. It will be easier and more successful if you work on them with others, including by texting or phone calls if needed.

- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Reduce stress.
- Get 7-8 hours of quality sleep.
- Track your heart health stats.

You don't have to make big changes all at once. Small steps will get you where you want to go.

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 Chante Ashe, BCCCP/WISEWOMAN Coordinator, 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



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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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