



Jackson County Department of Public Health

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JCDPH CELEBRATES AMERICAN HEART MONTH WITH TIPS ON HOW TO STAY HEART HEALTHY

Nationwide, heart disease is the leading cause of death for both men and women. Diseases of the heart are the second leading cause of death in Jackson County, trailing cancer. While the overall heart disease mortality rate has stayed relatively constant, males consistently have a higher rate than females. To prevent heart disease and increase awareness of its effects, the Jackson County Department of Public Health is proudly promoting American Heart Month.

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

- Watch your weight
- Quit smoking and stay away from secondhand smoke
- Control your blood pressure and cholesterol
- If you drink alcohol, do so in moderation
- Get active and eat healthy

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 Rebecca Williamson, 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 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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