

Wear Red Day 2010

Heart Disease is the leading cause of death for American women, regardless of race or ethnicity. It claims nearly 500,000 lives each year, which is about one death a minute. One in three women will die of heart disease or stroke, compared to one in thirty from breast cancer. Considering the statistics, heart disease should be every woman's concern. According to the National Institute of Health, one in ten American women ages 45 to 64 has some form of **heart** disease. This increases to one in five for women over age 65.

The “**Go RED for Women**” national campaign through the **American Heart Association** was designed to increase awareness, especially among women, and offer important guidelines for lifestyle changes that will help them “live longer and stronger.” Among the recommendations, women are urged to: stop smoking, control & monitor hypertension, maintain healthy cholesterol levels, exercise regularly, and control or delay the onset of diabetes, reduce excess weight or maintain a healthy weight, and eat a nutritious diet.

The Jackson County Health Department's “Closing the Gap” Cardiovascular Disease Program, Chronic Disease Health Promotion & Education Program and other community partners are participating in the “**Go RED for Women**” **Love Your Heart** national campaign Thursday, February 4th from 9am – 1pm at Chipola College in Marianna, Florida. The main event will take place at the Health Science Building (Bldg. Q) where participants will be offered different types of health screenings in addition to educational booths being set up throughout the campus (Bldg. A, C, & Z). Participants will be educated on the risk factors of **heart disease & stroke** and will be empowered to take action of their health.

We are proud to promote this health initiative for the 6th year in a row and invite you & your corporation to wear **red** on Friday, February 5th in recognition of **Red Day!!**

For further information, please contact Latresha Pittman, Health Educator at (850) 526-2412 ext. 157