



February 1, 2012
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February is the time to celebrate your heart

Valentine's Day is a celebration of the heart, which is why we recognize American Heart Month during the month of February. Heart disease and stroke are the No. 1 and No. 3 leading causes of death in Kane County, and the Kane County Health Department will be emphasizing heart health throughout February.

The recently completed Community Health Assessment shows that heart disease is the leading cause of hospitalization in Kane County, accounting for 23 percent of total patients; further, as much as four percent of the population reported ever having a heart attack.

Throughout February, the Health Department will be emphasizing five themes via social media:

- Wear Red Day, Feb 3, highlights the need to focus on women's heart health.
- Know Your Numbers, your weight, blood pressure, heart rate, cholesterol and body mass index (BMI), is the first step in keeping your heart healthy.
- Smoking cessation classes
- Staying Active and eating a healthy diet are two of the best things you can do for your heart.
- Million Hearts is a national initiative that aims to prevent 1 million heart attacks and strokes in the U.S. over the next five years.

Please follow us on Twitter @KaneCoHealth, and on Facebook at www.facebook.com/kanehealth to get all the up-to-date info on heart health.

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