

News



FOR IMMEDIATE RELEASE
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Department of Public Health Recognizes February As “American Heart Month”

People encouraged to “Go Red for Women” on February 5th

Hartford – The Connecticut Department of Public Health (DPH) and many of its partners, including the Connecticut Division of the American Heart Association, will observe American Heart Month in February. Cardiovascular disease, including stroke, is the leading cause of death in the United States.

“Cardiovascular disease is the leading killer in our nation and it is important that people do what they can to keep their hearts healthy,” stated DPH Commissioner Dr. J. Robert Galvin. “You can reduce your risk of cardiovascular disease by taking steps like eating healthy, exercising regularly, quitting tobacco use, and getting regular health screenings.”

Since 1963, Congress has required the president to proclaim February “American Heart Month.” The American Heart Association works with the administration to draft and sign this annual proclamation.

On Friday, February 5th, people around the nation are encouraged to “Go Red for Women.” Every year, the American Heart Association asks people to wear red on National Wear Red Day to raise awareness for cardiovascular disease in women. Cardiovascular disease, a largely preventable disease, kills approximately 450,000 women each year, about one every minute. More women die of cardiovascular disease than the next five causes of death combined, including all forms of cancer.

The American Heart Association’s Go Red For Women website contains many resources for helping women make heart-healthy choices every day. You can visit GoRedForWomen.org online for resources including:

- Go Red BetterU: A FREE 12-week online makeover that can change your life.
- Go Red Heart CheckUp: An online tool that provides a 10-year, personal heart disease risk assessment.
- Community of Stories: Join Go Red For Women to connect with others who are speaking up for women’s heart health nationwide and sharing their healthy choices.

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- Consumer Education: Educational materials such as cookbooks, brochures, bookmarks, posters, Web alerts, etc.

For more information about cardiovascular disease:

- Go Red for Women
GoRedForWomen.org
- American Heart Association
1-888-MY-HEART
<http://www.americanheart.org/>
- Connecticut Department of Public Health, Heart Disease and Stroke Prevention Program
(860) 509-7655
<http://www.ct.gov/dph/hdspp>

The Connecticut Department of Public Health is the state's leader in public health policy and advocacy with a mission to protect and promote the health and safety of the people of our state. To contact the department, please visit its website at www.ct.gov/dph or call (860) 509-7270.

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