

Feb. 15, 2017

## FLORIDA DEPARTMENT OF HEALTH IN DUVAL COUNTY CELEBRATES AMERICAN HEART MONTH



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**Jacksonville, Fla.** — February marks the beginning of American Heart Month and it is a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health and help fight heart disease, which is the leading cause of death in Florida and the nation.

“Heart disease is the leading cause of death for both men and women in Duval County”, says Dr. Wells, Director of DOH-Duval. “What will you do to make your heart healthier this month?”

Each year, heart disease causes one in four deaths in the United States. There were 42,835 heart attack hospitalizations in Florida in 2014 or an average of 117 heart attack hospitalizations each day. About half of all Americans have at least one of the three risk factors for heart disease which include high blood pressure, high cholesterol and smoking. While all Americans are at risk for heart disease, the non-Hispanic black community is at the greatest risk.

Many of the risk factors for heart disease can be eliminated with proper diet, regular exercise and taking steps to quit smoking. During American Heart Month, follow these simple tips to keep your heart healthy and fight heart disease.

- Add exercise to your daily routine, even if it's just taking regular walks with family and friends;
- Schedule a visit with your doctor to talk about your heart health;
- Increase healthy eating by cooking heart healthy meals; and
- Take steps to quit smoking by utilizing the [Tobacco Free Florida's Quit Your Way Program](#).

Please join us on February 16, 2017 at our Hands-Only CPR training in observance of American Heart Month. Trainings are free to the public and will begin every 15 minutes from 11:00 a.m. until noon. The trainings will be held at the following locations:

<b>Center for Women and Children</b>	515 West 6th Street Jacksonville, Florida 32206
<b>DOH-Duval Administrative Offices</b>	900 University Blvd. North Jacksonville, Florida 32211
<b>Wesconnett Health Services</b>	5150-9 Timuquana Road Jacksonville, Florida 32210
<b>Pearl WIC and Nutrition Services</b>	5322-24 North Pearl Street Jacksonville, Florida 32208
<b>Beaches Family Health Center</b>	2344 Third Street South Jacksonville Beach, Florida 32250
<b>South Jax Immunization Center</b>	3225 University Blvd. South Jacksonville, Florida 32216

### About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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