

February 1, 2019

Fast Facts Friday



Celebrate American Heart Month February.2019



In all of our treatment settings we serve patients/residents/clients with cardiovascular issues as either a primary diagnosis or a frequent secondary condition. It is critically important that we address cardiovascular conditions in our treatment plans, but, equally important is preparing patients for the needed lifestyle changes to ensure improved heart health and avoid further disease progression. American Heart Month provides an excellent opportunity to ensure our patients are educated as well as ourselves and our communities.

American Heart Month, a federally designated event, is an ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved.

- The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via Proclamation 3566 on December 30, 1963.
- The Congress, by joint resolution on that date, has requested the President to issue annually a proclamation designating February as American Heart Month.
- At that time, more than half the deaths in the U.S. were caused by cardiovascular disease.
- While American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders. Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.9 million deaths each year.
- That number is expected to rise to more than 23.6 million by 2030.
- President Lyndon B. Johnson's [proclamation](#) that first declared February as American Heart Month.
- National Wear Red Day, Friday, February 1st (the first Friday in February each year) was developed to increase women's awareness of the need for better heart health and early identification of potential heart related symptoms/issues. Wear red throughout February to raise awareness about cardiovascular disease and save lives

Chances are, we all know someone affected by heart disease and stroke, because about 2,300 Americans die of cardiovascular disease each day, an average of 1 death every 38 seconds. But together we can change that!

The biggest part of living healthy comes down to simply making healthy choices. While you can't change things like age and family history, the good news is that even modest changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent. During American Heart Month in February and throughout the year, hospitals and our rehabilitation programs can offer educational and inspirational products to patients/families, employees and community members, encouraging heart health awareness and heart attack prevention tactics for women and men. Food diaries, fitness journals, health handbooks, and healthy cookbooks are just some of the motivational and instructional products doctors, nurses, counselors, and other health specialists can provide to the community.

Read these great articles and share them with your patients as they prepare for discharge. The more you click, the more you learn!

- [How to Prevent Heart Disease](#)
- [Stress Management](#)
- [Heart-Healthy Recipes](#)
- [Heart-Healthy Exercise](#)
- [Cooking for the Family](#)
- [Healthy Cooking Tips](#)
- [Snacks and Eating on the Go](#)
- [Choosing Foods at the Grocery Store](#)



Let's all commit to improving our own heart health as well as the heart health of the patients we serve.