

CARING FOR YOUR HEART

Reduce your risk of heart disease by taking control of your health.

February is American Heart Month

Heart disease is the leading cause of death in the District, with death rates among African Americans almost three times that of whites. In Wards 4, 5, 7 & 8, at least one out of every three residents has been diagnosed with high blood pressure. Uncontrolled high blood pressure is the main cause of heart disease.

What can you do about it? Take control of your health by making these lifestyle changes.

THE PATHWAYS TO A HEALTHY HEART:



1

Eat heart-healthy foods. Eat more foods high in fiber such as brown rice, multigrain bread, and whole-wheat pasta. Add more fruits and vegetables in every meal. Limit salty and fried foods.



2

Get moving. Physical activity can help reduce heart disease. Be active every day for 30 minutes, five days a week. There are many ways to get moving such as gardening, dancing, walking, or biking, and DPR Fitness Center are free for DC Residents to use in 2016!



3

Know your blood pressure numbers. Uncontrolled blood pressure causes your heart to work harder than normal. See your doctor to check your numbers, find out what a healthy blood pressure is for you, and follow your doctor's recommendations.



4

Quit smoking. Smoking can increase your risk for heart disease and further damage your health and the health of those around you. To find help to stop smoking, call DC's Quit Line at 1 (800) QUIT NOW (784-8669) for support programs near you or contact your insurance.

For more information or to find a health provider, visit

LCHCnetwork.org/healthy-ties