



Health Tribune

Thinking about your health in Portage County
Provided by the Portage County Health Department

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Did you know...?

- In Portage County, 40% of children are overweight and 22% are considered obese.
- Nearly four out of ten Ohio residents are overweight and three out of ten are obese.
- 81.1 million people in the US are living with some form of heart disease.
- This year, an estimated 1.26 million Americans will have a new or recurrent heart attack.
- Overweight children and adolescents are more likely to have high blood pressure, high cholesterol, and Type 2 diabetes than children of a healthy weight.

Heart disease is the number one cause of death in the United States. It is one of the most preventable deaths. The choices we make everyday can reduce our risks.

PCHD is a member of the Obesity Prevention Coalition, teaming up with Robinson Memorial Hospital's Health Education Center, Kent State University and Portage County Community Health Center to help increase opportunities for physical activity, improve access to nutritious foods and motivating citizens to lead healthier lives.

Find more information about obesity from the Obesity Prevention Coalition at <http://www.co.portage.oh.us/healthdepartment.htm> and the Centers for Disease Control and Prevention www.cdc.gov

Questions or Comments? Contact Us!

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February is American Heart Month

The American Heart Association recognizes February as American Heart Month. To reduce the risk of heart disease, it is never too late to make healthy habits:

- **Do not smoke or use other tobacco products.** Smokers are two to four times more likely to get heart disease than non-smokers.
- **Maintain a healthy weight.** Extra weight makes the heart work harder than it should and causes it to harden. Losing 10 pounds of extra weight can greatly reduce your risk of heart disease.
- **Limit drinks that have alcohol.** Too much alcohol can lead to high blood pressure, heart failure and stroke. On days that you drink, women should have no more than 1 alcoholic drink per day and men should have no more than two per day.
- **Eat healthy.** Choose meals that are rich in vegetables, fruits, whole-grain and high fiber foods.
- **Reduce high blood pressure.** High blood pressure is the leading cause for stroke and a high risk factor for heart attack. Ways to lower blood pressure include reducing salt intake and exercising regularly.
- **Exercise at least 30 minutes a day, most days of the week.** Exercises such as walking will help you maintain a healthy weight, good blood pressure and low stress level.

Find out how to prevent all types of heart disease at www.americanheart.org