

KNOW YOUR NUMBERS

Knowing your numbers is vitally important. It is essential for you to know what they mean.

Below are five markers of heart health.

- ◆ Total Cholesterol
- ◆ Good Cholesterol (HDL)
- ◆ Blood Pressure
- ◆ Blood Sugar
- ◆ Body Mass Index (BMI)

PulsePoint

This is a cell phone application empowering anyone trained in CPR to provide life-saving assistance to victims of a sudden cardiac arrest (SCA).

This app alerts users nearby to a SCA event so they can administer immediate CPR until an ambulance arrives.

To enroll in this program, visit Hardin County Government's website: hcky.org.



Hardin County Government

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County Judge/Executive



February is **American Heart Month**. The annual celebration began in 1963 to encourage Americans to join the battle against heart disease. It is a time to raise awareness about heart disease and commit to changing your lifestyle, improving your heart health.

Heart disease is the leading cause of death in America, taking the lives of 2,200 people each day.

In addition, 103 million adults have high blood pressure and 6.5 million are living with heart failure.



While genetic factors play a part in cardiovascular disease, the good news is 80 percent of cardiovascular disease may be preventable.

Simple lifestyle changes can make a big impact on your heart health.

Tips for a Healthy Heart



The best thing you can do for overall health is to stop smoking.



Know your numbers!

- ◆ Blood Pressure
- ◆ Cholesterol
- ◆ BMI
- ◆ Blood Sugar



Heart pumping physical activity helps prevent cardiovascular disease and improves overall health.

The heart beats about 2.5 billion times over the average lifetime, pushing millions of gallons of blood to every part of the body. This steady flow carries with it oxygen, fuel, hormones, other compounds, and a host of essential cells. It also whisks away the waste products of metabolism. When the heart stops, essential functions fail, some almost instantly. Given the heart's never-ending workload, it is a wonder it performs so well, for so long, for so many people.



Screen for Diabetes

Untreated diabetes can lead to heart disease. A simple blood test can easily detect it.



Strength training compliments cardiovascular exercise by toning muscles and burning fat.



Sleep More
Reduce Stress
Smile—Be Happy