



MONMOUTH COUNTY REGIONAL HEALTH COMMISSION NO. 1

1540 WEST PARK AVE., TINTON FALLS, NJ 07724

www.mcrhc.org

Press Release

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Health Commission Recognizes National American Heart Month to Promote Heart Disease Awareness

The Monmouth County Regional Health Commission No. 1 (MCRHC) is recognizing February as American Heart Month. Heart disease can lead to a heart attack, stroke, heart failure, and death. It is the leading cause of death for both men and women across the country and the second leading cause of death in Monmouth County.

One of the main risk factors for heart disease is high blood pressure. According to the Center for Disease Control and Prevention (CDC), about 1 in 3 U.S. adults have high blood pressure, which increases the risk for heart disease and stroke. Both men and women can lower their risk of high blood pressure and heart disease by leading a healthy lifestyle.

"When it comes to lowering one's risk for high blood pressure and heart disease," said David Henry, Health Officer at MCRHC, "it is so important for men and women to understand their risk and take more steps toward prevention." According to the CDC, only half of people with high blood pressure have it under control. "We are aiming to alert women and men in our community on their personal risk factors for heart disease."

In an effort to bring awareness to the community MCRHC staff will be wearing red on Friday, February 2nd. MCRHC will also be participating in the Pilgrim Baptist Church, Red Bank Go Red event which will host speakers and a health fair where local experts will provide blood pressure screenings, sugar tests, and Body Mass Index test. The event will be held on Saturday, February 17th from 10:00 a.m. until 1:00 p.m. at the Pilgrim Baptist Church, 172 Shrewsbury Avenue, Red Bank, NJ 07701.

High blood pressure is called the "silent killer" because it often has no warning signs or symptoms, and many people do not know they have it. That's why checking your blood pressure regularly can help identify the problem before it gets out of control. Take these steps toward keeping your blood pressure normal:

- Eat a healthy diet that includes low salt and high amounts of fruits and vegetables;
- Get at least 30 minutes of physical activity most days;
- Do not smoke; and
- Take control of your heart health by following your doctor's instructions for medications and treatment.

For more information about heart disease visit the Monmouth County Regional Health Commission website www.mcrhc.org, the Million Hearts Campaign at www.millionhearts.hhs.gov, and the Centers for Disease Control and Prevention website at www.cdc.gov/heartdisease.

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The Monmouth County Regional Health Commission provides services to twenty one (21) towns: Allenhurst, Brielle, Deal, Fair Haven, Highlands, Interlaken, Little Silver, Loch Arbour, Middletown, Monmouth Beach, Ocean Township, Red Bank, Rumson, Sea Bright, Sea Girt, Shrewsbury, Spring Lake, Spring Lake Heights, Tinton Falls, Wall Township, and West Long Branch.