



## Naugatuck Valley Health District

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### PRESS RELEASE

Date: January 28<sup>th</sup>, 2023

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### NAUGATUCK VALLEY HEALTH DISTRICT TO RECOGNIZE AMERICAN HEART MONTH DURING THE MONTH OF FEBRUARY

The month of February has been designated as American Heart Month nationally. In partnership with the Centers for Disease Control and Prevention (CDC), National Heart, Lung, and Blood Institute (NIH), and the American Heart Association (AHA), the Naugatuck Valley Health District (NVHD) reinforces the importance of heart health, the need for more research and efforts to ensure that millions of people live longer and healthier lives.

Heart disease is the number one killer of Americans. According to the AHA's Heart Disease and Stroke Statistics, heart disease continues to be the greatest health threat to Americans and is still the leading cause of death worldwide. In most cases of heart disease, it is preventable when people adopt a healthy lifestyle, including not smoking, maintaining a healthy weight and blood pressure, controlling blood sugar and cholesterol, visiting doctors for regular checkups, and getting at least 150 minutes of exercise each week.

According to the 2022 Valley Community Index, heart disease and stroke are one of the leading causes of premature death. The rate of high blood pressure in the Valley was also higher than the state's average (37% compared to 31%). In response to this data, NVHD staff members of NVHD will be celebrating American Heart Month and urging its residents to do the same.

The first Friday of American Heart Month, February 3, 2023, is National Wear Red Day. Staff will wear red to show their support for heart health and share on our social media platforms what American Heart Month means to them. Staff members will also be visiting each of the Valley's municipal senior centers to hold blood pressure screenings, as well as handing out information on heart health, including different exercises and activities, heart healthy recipes, and other general information on heart health. COVID-19 booster doses will also be available at each site. Please bring your insurance and vaccine cards with you. Uninsured will not be turned away. See below for dates and times of each blood pressure screening.

- Ansonia Public Library, February 8<sup>th</sup> 12-2pm
- Naugatuck Senior Center, February 10<sup>th</sup> 10am-12pm
- Beacon Falls Senior Center, February 15<sup>th</sup> 10am-12pm
- Derby Senior Center, February 23<sup>rd</sup> 10am-12pm
- Seymour Community Center, February 28<sup>th</sup> 2-4pm

For more information on NVHD's involvement in American Heart Month, please contact Kristie or Lisa by calling 203-881-3255 ext 107 or 108.

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Ansonia ● Beacon Falls ● Derby



Naugatuck ● Seymour ● Shelton