



Public Health
Prevent. Promote. Protect.

Naugatuck Valley Health District

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Ansonia Beacon Falls Derby Naugatuck Seymour Shelton

PRESS RELEASE

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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), the National Institute of Health's 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 our local community health assessment, *The 2022 Valley Community Index*, available for download at www.nvhd.org/cha-chip, heart disease and stroke are one of the leading causes of premature death right here in the Valley. 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 2, 2024, 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/community 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.

- **Ansonia Senior Center, February 8th 10-11:30am**
- **Naugatuck Senior Center, February 9th 10am-12pm**
- **Derby Senior Center, February 13th 12-1:30pm**
- **Shelton Senior Center, February 15th 10:30am-12pm**
- **Beacon Falls Senior Center, February 20th 12-1:30pm**
- **Seymour Community Center, February 21st 9:30-11:30am**

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



Healthy people in a healthy Naugatuck Valley