



Heart Health Month Bulletins

Introduction

Thank you for participating in Heart Health Month. It is our goal to reach as many North Carolina residents as possible with this Heart Healthy Message

In this booklet you will find bulletin inserts and fact sheets for you to use in your faith communities. Additionally, you will find printing instructions, distribution suggestions, and social media recommendations.

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What is in your packet?

In your packet, you will find 4 front-and-back bulletin inserts (as shown below).

Week 1

February is Heart Health Month

Heart Health Fact: **1 in 5** Deaths in NC Caused by heart disease¹

Preventing Heart Disease Week 1:

Eat Smart

"Food is fuel, eating healthy is like filling up with premium gas"

Passing on salt:

- According to the American Heart Association most Americans eat double the 1,500 mg sodium per day recommendation!
- 77% of the salt we eat comes from prepared foods, not our saltshakers.²
- Salt hides in surprising places, make sure you check nutrition labels and serving sizes.

Six Common Salty Foods:

1. Bread: 150 mg/slice
2. Cold Cuts: 1,500 mg/six slices
3. Pizza: 640 mg/slice
4. Chicken: 200 mg/serving
5. Soup: 600-1,000mg/serving
6. Sandwiches: 1,500 mg/sandwich

Challenge of the Week:

Eat Healthier Snacks: Reducing salt intake can greatly reduce your risk of heart disease. This week, try swapping out chips and other salty snacks with fresh fruit. Your heart will thank you!

Week 2

February is Heart Health Month

Heart Health Fact: Heart disease kills **one woman every 80 seconds**¹

Preventing Heart Disease Week 2:

Move More

"80% of strokes may be prevented by adopting a healthy lifestyle"¹

Tips for getting active:

- Get out the leash and walk your dog.
- Walk and talk. Take work and social calls on the go!
- Mall walk. Don't like the weather? Take a walk around your local mall instead.
- Park further away from the store to get in some extra steps.

Benefits of Walking:²

1. Improve your cholesterol
2. Lower your blood pressure
3. Increase your energy
4. Boost bone strength
5. Prevent weight gain
6. Manage stress

Challenge of the Week:

Walk 15 minutes more each day: It is recommended that adults get 150 minutes of moderate physical activity per week. Walking 15 minutes per day, 7 days a week means you will have walked 105 minutes in one week!

Week 3

February is Heart Health Month

Heart Health Fact: Nearly **1 in 6** American adults with high blood pressure don't know¹

Preventing Heart Disease Week 3:

Know Your Numbers

"Clothing size does not equate to heart health. Cholesterol, blood pressure, and blood sugar do."²

Ideal Numbers for most adults are:

Category	Ideal Number (less than)
Blood Pressure	120/80 mmHg
Fasting Blood Sugar	100 mg/dl
Body Mass Index (BMI)	25 kg/m ²

Challenge of the Week:

Check Your Blood Pressure: Take some time this week to get your blood pressure checked. Local pharmacies and grocery stores often have blood pressure machines!

Week 4

February is Heart Health Month

Heart Health Fact: **1 in 3** Adults may have had a stroke symptom, but did not seek help¹

Preventing Heart Disease Week 4:

Know the Symptoms

"Ignoring any stroke sign could be a deadly mistake"

Signs of a Stroke:

F	A	S	T
Face Drooping	Arm Weakness	Speech Difficulty	Time to Call 911

Signs of Heart Attack:

- Pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back
- Pain or discomfort in one or both arms, the back, neck, jaw, or stomach
- Shortness of breath, with or without chest discomfort
- Cold sweat, nausea, or lightheadedness

Back (weeks 1-3)

February is Heart Health Month

It's time to Go Red!

Go Red for women

Go Red for Women is a campaign led by the American Heart Association. The purpose is to promote heart-healthy lifestyle choice to women (and their families).

Get Involved:

I GO RED SO I CAN KEEP UP WITH MY DOG! WALKS AND HIKES WITH LOUE KEEP ME HEALTHY AND FIT!

On the last Sunday of the month, we are encouraging everyone to wear **RED** in support of this cause.

For more information on the cause please visit:
<https://www.goredforwomen.org/>

Proudly supported by the North Carolina Division of Public Health.

Back (week 4)

February is Heart Health Month

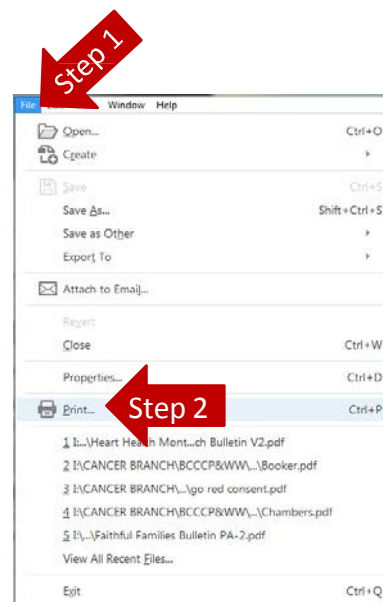
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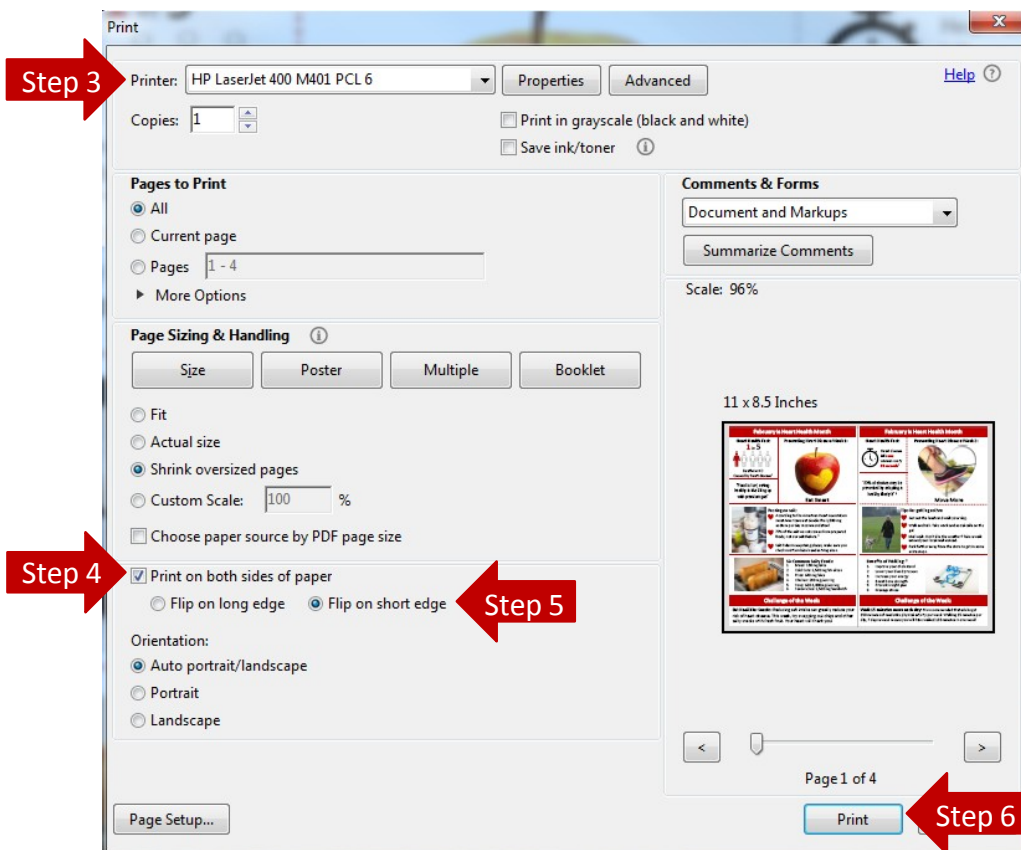
Printing Instructions

In order to print these bulletins correctly, please follow these instructions:

1. With the PDF open, first click “File”
2. Then Click “Print”



3. Select the printer you are using and update the number of copies you need.
4. Check the box that says “Print on Both Sides”
5. Then select “Flip on short edge”
6. Click “Print”











Distribution Instructions

Before you distribute the bulletins, please cut each copy along the dotted line in the middle of each page:

Example:

Cut Here

February is Heart Health Month		February is Heart Health Month	
Heart Health Fact: 1 in 5  Deaths in NC Caused by heart disease ¹	Preventing Heart Disease Week 1:  Eat Smart	Heart Health Fact:  Heart disease kills one woman every 80 seconds ¹	Preventing Heart Disease Week 2:  Move More
 Passing on salt: <ul style="list-style-type: none">♥ According to the American Heart Association most Americans eat double the 1,500 mg sodium per day recommendation!♥ 77% of the salt we eat comes from prepared foods, not our saltshakers.²♥ Salt hides in surprising places, make sure you check nutrition labels and serving sizes.	 Six Common Salty Foods: <ol style="list-style-type: none">1. Bread: 150 mg/slice2. Cold Cuts: 1,500 mg/six slices3. Pizza: 640 mg/slice4. Chicken: 200 mg/serving5. Soup: 600-1,000mg/serving6. Sandwiches: 1,500 mg/sandwich	 Tips for getting active: <ul style="list-style-type: none">♥ Get out the leash and walk your dog.♥ Walk and talk. Take work and social calls on the go!♥ Mall walk. Don't like the weather? Take a walk around your local mall instead.♥ Park further away from the store to get in some extra steps.	 Benefits of Walking: ² <ol style="list-style-type: none">1. Improve your cholesterol2. Lower your blood pressure3. Increase your energy4. Boost bone strength5. Prevent weight gain6. Manage stress
Challenge of the Week: Eat Healthier Snacks: Reducing salt intake can greatly reduce your risk of heart disease. This week, try swapping out chips and other salty snacks with fresh fruit. Your heart will thank you!		Challenge of the Week: Walk 15 minutes more each day: It is recommended that adults get 150 minutes of moderate physical activity per week. Walking 15 minutes a day, 7 days a week means you will have walked 105 minutes in one week.	

The Bulletins are now ready for distribution!

Remember, one bulletin gets distributed each week in February.

Distribution Timeline

Below is the timeline of distribution:

February 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 	4	5	6	7	8	9
10 	11	12	13	14	15	16
17 	18	19	20	21	22	23
24 	25	26	27	28		



Week of February 3th – distribute **Eat Well** bulletin



Week of February 10th – distribute **Move More** bulletin



Week of February 17th – distribute **Know Your Numbers** bulletin



Week of February 24th - distribute **Heart Attack/Stroke Fact Sheet** and

Everyone wears Red!

Social Media Instructions

During the final week of the month,
we are encouraging everyone to wear red!

If you are able, please take a photo of your group, wearing red, and post
to your social media accounts (Facebook, Twitter) if you have them.

Then, along with your photo, please type a message about your
community Going Red.



Sample messages

**“@NCPublicHealth @NCDHHS My church is
going red to help raise awareness about heart
disease in women #GoRed #HeartHealth”**

**“@NCPublicHealth @NCDHHS We went Red!
#GoRed #HeartHealth”**



Make sure you use the following handles and hashtags in your Go Red
social media posts:

**@NCPublicHealth
@NCDHHS
#GoRed
#HeartHealth**

Thank you for supporting Heart Health Month and Go Red!

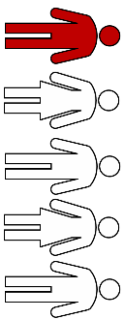


State of North Carolina • Roy Cooper, Governor
Department of Health and Human Services
Dr. Mandy K. Cohen, Secretary
Division of Public Health • Kelly Kimple, M.D., Acting State Health Director
Cancer Prevention and Control Branch • WISEWOMAN Program
Ncdhhs.gov • publichealth.nc.gov

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February 2019.

February is Heart Health Month

Heart Health Fact:

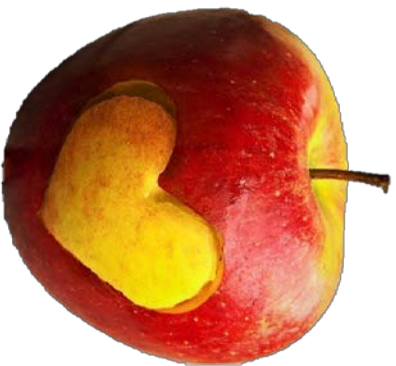


Deaths in NC

Caused by heart disease¹

“Food is fuel, eating healthy is like filling up with premium gas”

Preventing Heart Disease Week 1:



Eat Smart

Passing on salt:

According to the American Heart Association most Americans consume an ideal limit of no more than 1,500 mg salt per day!

70% of the salt we eat comes from prepared foods, not our saltshakers. ²

♥ The American Heart Association emphasizes that cutting back by 1,000 mg of salt per day will improve heart health!



Six Common Salty Foods:

1. Bread: 150 mg/slice
2. Cold Cuts: 1,500 mg/six slices
3. Pizza: 640 mg/slice
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5. Soup: 600-1,000mg/serving
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Challenge of the Week:

Eat Healthier Snacks: Reducing salt intake can greatly reduce your risk of heart disease. This week, try swapping out chips and other salty snacks with fresh fruit. Your heart will thank you!

February is Heart Health Month

Heart Health Fact:



Heart disease kills **one** woman every **80 seconds**¹

“80% of strokes may be prevented by adopting a healthy lifestyle” ¹

Preventing Heart Disease Week 2:



Move More

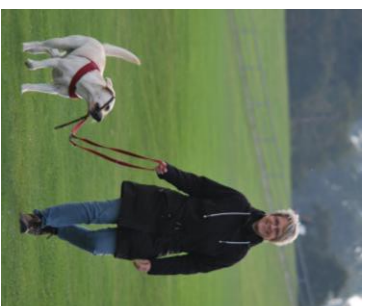
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♥ Walk and talk. Take work and social calls on the go!

♥ Mall walk. Don't like the weather? Take a walk around your local mall instead.

♥ Park further away from the store to get in some extra steps.



Benefits of Walking: ²

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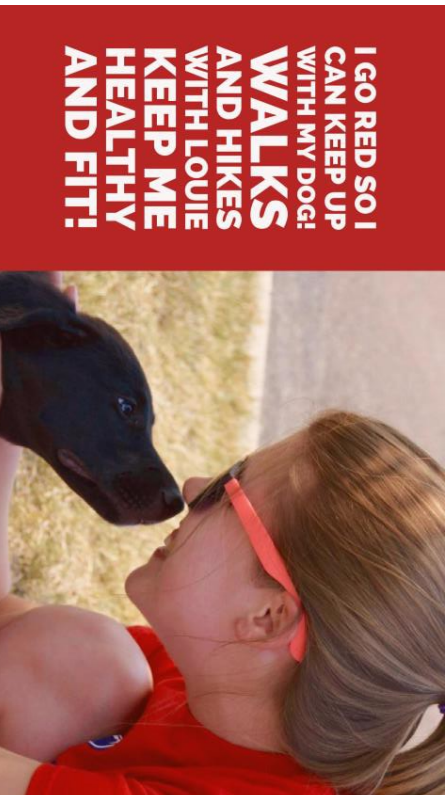
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Go Red for Women is a campaign led by the American Heart Association. The purpose is to promote heart-healthy lifestyle choice to women (and their families).

Get Involved:



On the last Sunday of the month, we are encouraging everyone to wear **RED** in support of this cause.

For more information on the cause please visit:
<https://www.goredforwomen.org/>



Proudly supported by the North Carolina
Division of Public Health.

publichealth.nc.gov



1. Source: Go Red For Women, "Heart Disease Statistics at a Glance." 2017. Web. Accessed 13 Oct. 2017.

(www.goredforwomen.org/about-heart-disease/facts_about_heart_disease_in_women-sub-category)

2. Source: Go Red For Women, "Exercise to Prevent Heart Disease." 2017. Web. Accessed 13 Oct 2017. ([https://www.goredforwomen.org/live-healthy/first-steps-to-prevent-heart-disease-and-be-heart-healthy/exercise-prevent-heart-disease/](http://www.https://www.goredforwomen.org/live-healthy/first-steps-to-prevent-heart-disease-and-be-heart-healthy/exercise-prevent-heart-disease/))

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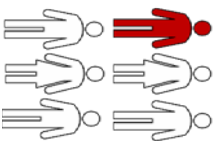
1. Source: Start With Your Heart, "The Burden of Cardiovascular Disease in North Carolina," September 2012. Web. Accessed 13 Oct. 2017. (www.startwithyourheart.com/Data_downloads/Burden)

2. Source: Harnack et. al (2017) Sources of sodium in US adults from 3 geographic regions. *American Heart Association Journal*.

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Heart Health Fact:

Nearly **1 in 6** American adults with high blood pressure don't know ¹



"Clothing size does not equate to heart health. Cholesterol, blood pressure, and blood sugar do."

Preventing Heart Disease Week 3:



Know Your Numbers

Ideal Numbers for most adults are:

Category

Ideal Number (less than)



Blood Pressure

130/80 mmHg



Fasting Blood Sugar

100 mg/dl



Body Mass Index (BMI)

25 kg/m²

Challenge of the Week:

Check Your Blood Pressure: Take some time this week to get your blood pressure checked. Local pharmacies and grocery stores often have blood pressure machines!

February is Heart Health Month

Heart Health Fact:

Adults may have had a stroke symptom, but did not seek help ¹



"Ignoring any stroke sign could be a deadly mistake"

Preventing Heart Disease Week 4:



Know the Symptoms

Signs of a Stroke:

F A S T

Face
Drooping

Arm
Weakness

Speech
Difficulty

Time to
Call 911



You should never wait more than five minutes to dial 9-1-1 if you experience a sign of stroke

Signs of Heart Attack:



Pressure, squeezing, fullness or pain in the center of your chest that lasts more than a few minutes, or goes away and comes back



Pain or discomfort in one or both arms, the back, neck, jaw, or stomach



Shortness of breath, with or without chest discomfort



Cold sweat, nausea, or lightheadedness

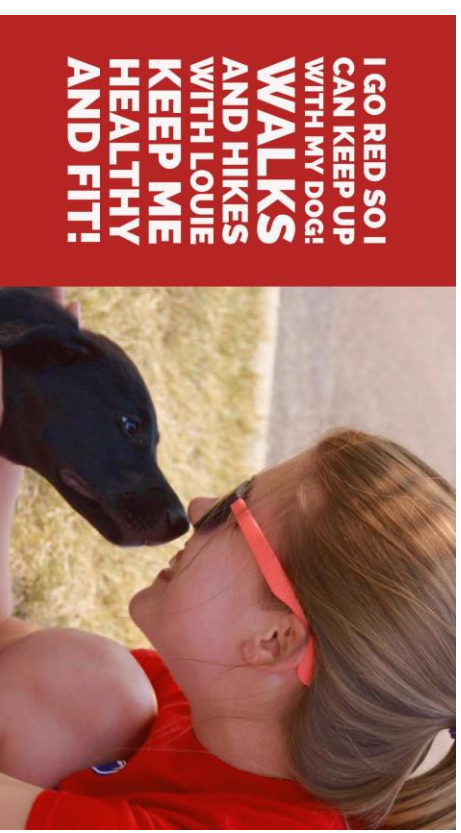
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