



# American Heart Month February 2014

**Monthly Challenge:** *Exercise regularly.* Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. This is only one of many ways to Plan for Prevention.

## Did You Know...

**A**pproximately 600,000 people die of heart disease in the United States every year—that's 1 in every 4 deaths making it the leading cause of death for both men and women.

**R**oughly 715,000 Americans have a heart attack every year. Of these, 525,000 are a first heart attack and 190,000 happen in people who have previously had a heart attack.

**C**ardiovascular disease, which include heart disease and stroke, costs the United States \$312.6 billion each year—this includes the cost of health care services, medications, and lost productivity.

**T**o prevent heart disease, make healthy choices: eat a healthy diet, maintain a healthy weight, exercise regularly, monitor your blood pressure, don't smoke, and limit your alcohol use.



## RESOURCES

- Websites: [CDC and Prevention: Heart Disease](#)
- App: [Instant Heart Rate](#)

### College Resources

**Library** – <http://bit.ly/ECcheartEBSCO> <http://bit.ly/ECcheartdHeartMonthDisplay>

**Employee Assistance Program – New Directions**  
[www.newdirections.com](http://www.newdirections.com)

**Medical - Coventry** [www.anthem.com](http://www.anthem.com)

**Dental - Guardian** [www.GuardianAnytime.com](http://www.GuardianAnytime.com)

**Vision - Vision Service Plan** [www.vsp.com](http://www.vsp.com)