



STATE OF ALABAMA DEPARTMENT OF
PUBLIC HEALTH

HEART HEALTH (30 SECONDS)

This is Acting State Health Officer, Doctor Scott Harris. February is American Heart Month, and it's a great time to make sure you are heart healthy.

According to the American Heart Association, lifestyle changes such as becoming active, eating a healthier diet, losing weight, stopping smoking, controlling cholesterol, managing blood pressure, and reducing blood sugar are the best defense against heart disease.

For more information, visit [Alabama Public Health dot g-o-v](http://AlabamaPublicHealth.gov).

**For more information, contact: Ashley Tiedt
Ashley.Tiedt@adph.state.al.us / 334-206-2080**