HEART HEALTH (60 SECONDS)

Did you know that heart disease is the single leading cause of death in Alabama, and our state has the second highest rate of deaths related to heart disease across the entire nation?

This is Acting State Health Officer, Doctor Scott Harris. These statistics might sound alarming, but the good news is that coronary artery disease is highly preventable by modifying risk factors. Tobacco use is a major risk factor for cardiovascular disease, so visit QuitNowAlabama.com if you are looking for free assistance in kicking the habit.

Two-thirds of Alabamians are overweight or obese, which is another risk for heart disease, so be sure to exercise and increase fruit and vegetable consumption.

Some risk factors, such as age, sex, and heredity, cannot be changed, so it is even more important for us to manage our modifiable risk factors. According to the American Heart Association, a long-term, healthy lifestyle is the best defense against these risks.

For more information, visit Alabama Public Health dot g-o-v.

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