



**AUGLAIZE COUNTY**  
HEALTH DEPARTMENT  
*prevent. promote. protect.*

# Heart Health Awareness

FEBRUARY | 2022

## Heart Month Health Tips

### Special Points of Interest:

#### Heart Month Health Tips

#### Blood Pressure Awareness

#### Exercise and Healthy Eating

Each year in February Heart Month is observed to raise the awareness on the importance heart health. Heart disease is the leading cause of death for men and women in the United States. Heart disease can often be prevented by making healthier lifestyle choices. Read below for some simple lifestyle changes you can make to better your heart health.

Watch your weight; weight goals are individual to each person, but play a significant role in maintaining a healthy heart.

Quit smoking and stay away from secondhand smoke. Smoking is the most preventable cause of premature death in the United States.

Smokers have a higher risk of developing many chronic disorders and smoking increases the risk of heart disease with those factors.

Control your blood pressure and cholesterol. There are standard guidelines to follow when it comes to healthy blood pressure and cholesterol levels.

If you drink alcohol, drink in moderation. Drinking alcohol regularly can increase your blood pressure and can damage the heart muscle.

Get active; heart pumping physical activity not only helps to prevent cardiovascular disease, but can improve your overall physical and mental health.

Eat Healthy. A diet full of heart healthy foods is essential for a healthy

lifestyle. Some heart healthy foods reduce build-up of fat in your arteries include salmon, nuts, berries, and oats.

Get enough sleep. Sleeping decreases stress and increases overall happiness. Going to bed and waking up at the same time each day are ways to establish a healthy sleep pattern.



## Blood Pressure Awareness



High blood pressure, or hypertension, is considered the “silent killer” there can be no warning signs or symptoms, but it can put you at risk for heart disease.

Blood pressure is typically measured by two numbers: systolic, which is the pressure in the arteries when the heart beats, and diastolic, the pressure in the arteries between heart

beats.

Understanding your blood pressure numbers is important in determining when to seek medical help.

A normal blood pressure is considered to be less than 120/80.

An elevated blood pressure is 120-129/80.

High blood pressure (Stage 1) is 130-139/80-89.

High blood pressure (Stage 2) is 140+/90+.

A hypertensive crisis is 180+/120+.

High Blood Pressure makes the heart work harder, and if left untreated can lead to a heart attack, stroke, kidney failure, or heart disease.

## Exercise and Healthy Eating



Exercise and Diet are two of the simplest, yet most important ways to keep your heart healthy.

Exercise makes your heart stronger, and helps to pump more oxygen to your body. By doing this, your body functions more efficiently. The best type of exercise for your heart is aerobic exercise. Examples of aerobic ex-

ercise are walking, jogging, swimming, and bicycling. Adults should get 30 minutes of aerobic exercise 4-6 days week.

Your eating habits and the foods you eat affect your weight, hormones, and health of your organs, including your heart. Eating healthy can reduce your risk of heart disease and stroke. You

should choose foods with healthy fats like nuts/seeds, avocados, salmon or tuna. Eat plenty of fruits and vegetables to get your intake of vitamins and minerals. Eat whole grains; they are high in fiber and complex carbohydrates.

*“Guiding Auglaize County towards a healthier future.”*

## Contact us with questions!

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