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FLORIDA DEPARTMENT OF HEALTH IN LAKE COUNTY "GOES RED" FOR NATIONAL WEAR RED DAY

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Eustis, FL – Employees with the Florida Department of Health in Lake County are raising women's heart health public awareness by participating and urging others in the community to wear red on Friday, February 1, 2019 which is the American Heart Association "National Wear Red Day"

As per the American Heart Association, Cardiovascular disease is the number 1 killer of women, causing 1 in 3 deaths each year. That's approximately one woman every minute. That's why this year we are asking that you wear red on **National Wear Red Day**® Friday, February 1, 2019, encourage others to do the same and make the time to Know Your Numbers. Five numbers that all women should know to take control of their heart health are: Total Cholesterol, HDL (good) Cholesterol, Blood Pressure, Blood Sugar and Body Mass Index (BMI). Knowing these numbers can help women and their healthcare provider determine their risk for developing cardiovascular diseases.

"We can change these numbers with education and action. Know your risk and join the fight against this disease". said Aaron Kissler, Health Officer with the Florida Department of Health in Lake County.

 Here are a few lifestyles changes you should make:

- Don't smoke
- Manage your blood sugar
- Get your blood pressure under control
- Lower your cholesterol
- Know your family history
- Stay active
- Lose weight
- Eat healthy

For more information on "National Wear Red" day, please visit their website at https://www.goredforwomen.org/

About the Florida Department of Health

The department, nationally accredited by the Public Health Accreditation Board, works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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