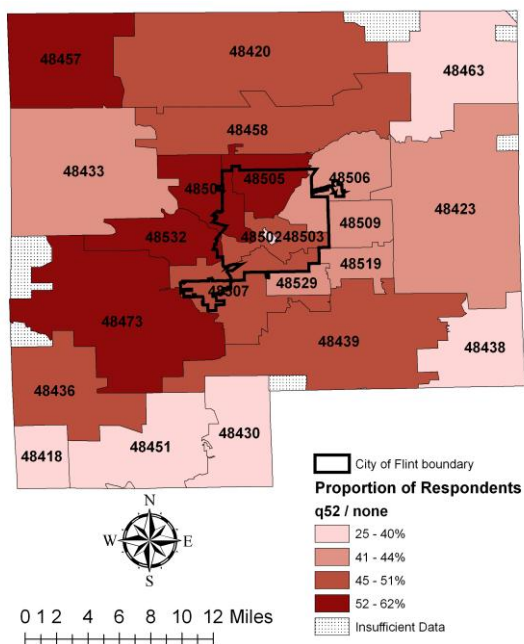


Speak to Your Health! Heart Health in Genesee County

February is American Heart Month. Heart disease is the most common cause of death in the United States. Michigan ranks 9th worst of the fifty states for deaths from heart disease.¹ Knowing the signs of heart disease and taking steps toward prevention can keep you healthier and save lives.²

Percent of respondents who have high blood pressure



DID YOU KNOW?

The Speak to Your Health! Community Survey is a resource that provides information about heart health in Genesee County. The results of the 2009 survey found that people in Genesee County could be doing things to make their hearts healthier:

- 14% of Flint residents and 11% of Genesee County residents living outside of Flint have been diagnosed with **heart disease**
- 38% of Genesee County residents have been told by their doctor that they have **high blood pressure**
- 72% of residents ages 65+ and 49% of 45-65 year olds have been diagnosed with high blood pressure

WHAT CAN YOU DO?

Get screened. Visit your doctor and get tested for high blood pressure and high cholesterol.
Exercise regularly. Daily physical activity helps keep your heart healthy.
Stop smoking. Quitting can decrease your risk of many diseases including heart disease.
Learn to manage stress. Chronic stress can increase your risk for heart disease.

WHERE CAN YOU GET MORE INFORMATION?

- **Flint Heart Month Activities**
http://www.strokeassociation.org/HEARTORG/Affiliate/Flint-Michigan-Local-Info_UCM_302274_SubHomePage.jsp
- **Michigan Vascular Center** <http://www.michiganvascular.com/> (810) 720-ASAP (2727)
- **American Heart Association** <http://www.heart.org/HEARTORG/>

Please take time to Speak to Your Health!
Visit www.gchd.us/survey to complete the 2011 survey

The Community Survey is funded by CDC grants to the Prevention Research Center of Michigan (PRC/MI) and Michigan Youth Violence Prevention Center (MI-YVPC) and by the Crim Fitness Foundation. For more information, visit: <http://www.sph.umich.edu/prc/>

¹Michigan Department of Community Health, (2011). *2011 Michigan CVD fact sheet*. Retrieved from website: http://www.michigan.gov/mdch/0,1607,7-132-2940_2955_2959_3208-80201--,00.html

²Centers for Disease Control and Prevention, (2012). *Be one in a million this American heart month*. Retrieved from website: <http://www.cdc.gov/features/heartmonth/>