

FEBRUARY 1, 2022

THE FLORIDA DEPARTMENT OF HEALTH IN OKEECHOBEE COUNTY RECOGNIZES AMERICAN HEART MONTH

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Okeechobee County, Fla. — Each year in the month of February, The Florida Department of Health in Okeechobee County promotes American Heart Month.



Friday, February 4, 2022, is National Wear Red Day in support of Heart Health.

Heart disease, also called cardiovascular disease, is a common name for many conditions that affect the heart and blood vessels in people of all ages. Heart disease accounts [for approximately 2 out of 10 deaths](#) in Florida.¹ In 2020, 5.2% of Florida adults had a heart attack, corresponding approximately to 902,642 individuals.² In Florida, in 2019, [11% of adult persons with any disability](#) reported ever having heart disease compared to 4% of adult persons with no disability.

How can I protect myself and my family?

You can [prevent heart disease](#) by practicing healthy living habits and preventing or treating medical conditions. These include:

- [Eating a healthy diet](#)
- [Maintaining a healthy weight](#)
- [Getting enough physical activity](#)
- [Not smoking](#)



- [Limiting alcohol use](#)
- [Checking your cholesterol](#)
- [Controlling your blood pressure](#)
- [Managing your diabetes](#)
- Taking your medicine
- Talking with your health care team

For more information visit <http://www.floridahealth.gov/diseases-and-conditions/heart-disease/index.html>

The Centers for Disease Control and Prevention (CDC) have more information to view data on heart disease and stroke death rates by race and gender in Florida and across the United States.

For more information visit https://www.cdc.gov/heartdisease/coronary_ad.htm and <https://www.heart.org/en/health-topics/heart-attack/understand-your-risks-to-prevent-a-heart-attack>

About the Florida Department of Health

The Florida Department of Health, 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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