



Brought to you by the Holy Family Health Ministry

**February is Heart Health Awareness Month**



*High Blood Pressure Can Lead to Other Health Conditions Including Heart Disease*

*Cardiovascular diseases are a group of blood and heart disorders that can lead to heart attack and stroke*

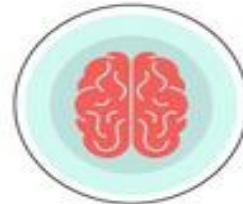


Nearly **1 in 2** adults has high blood pressure

Yet only about  
**1 in 4**  
has it under control  
to <130/80 mm Hg



If left uncontrolled, high blood pressure can increase a person's risk for **heart disease, stroke, heart failure, kidney disease, pregnancy complications, and cognitive decline** later in life.



Visit [cdc.gov/heartmonth](https://www.cdc.gov/heartmonth) for tools and resources to help reach blood pressure control.

***“Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus”*** Philippians 4:7





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# 10 ways to improve your heart health

1 Balance calories eaten with physical activity.



2 Reach for a variety of fruits and vegetables.



3 Choose whole grains.



4 Include healthy protein sources, mostly plants and seafood.



5 Use liquid non-tropical plant oils.



6 Choose minimally processed foods.

7 Subtract added sugars.



8 Cut down on salt.



9 Limit alcohol.



10 Do all this wherever you eat!



Need more food for thought? Go to [www.heart.org/eatsmart](http://www.heart.org/eatsmart)

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