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| Kentucky United We Stand, Divided We Fall |

Commonwealth of KentuckyCabinet for Health and Family Services  |

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| **FOR IMMEDIATE RELEASE** |

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| **Contact: Doug Hogan**502-564-7042, ext. 3467**Beth Fisher**502-564-6786, ext.3101 |

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| ****Go Red for Kentucky Women**** Friday Marks Annual Observance for Women’s Heart Health **FRANKFORT, Ky.** (Jan. 31, 2019) – The Kentucky Department for Public Health (DPH) is encouraging all Kentuckians to “Go Red” on Friday, Feb. 1 to show support for National Wear Red Day, an observance created to highlight the dangers of heart disease among women.Women and men of all ages will be wearing red blouses, sweaters, shirts, ties, shoes or other favorite accessories to show support for women’s heart disease awareness.“Though a small gesture, participating in National Wear Red Day sends a strong message about the importance of continued education, research and prevention of heart disease among women,” said Cabinet for Health and Family Services Deputy Secretary Kristi Putnam. “Heart disease is one of the biggest threats to the health of women in Kentucky. I hope everyone will join us in taking part in National Wear Red Day.”According to DPH, heart disease is the leading killer of Kentuckians, resulting in over 10,000 deaths each year. Moreover, inpatient hospitalizations cost the state $2.6 billion in 2016.“Heart disease is the single biggest threat to women’s lives. Yet, we sometimes struggle to get women to understand the dangers of heart disease and that they could be at risk,” said Manager for the Kentucky Heart Disease and Stroke Prevention Program in DPH, Bonita Bobo. “Awareness is important because 80 percent of cardiac events can be prevented with education and lifestyle changes. That’s why we are asking each of you to join us in raising awareness by participating in Go Red for Women.”The ultimate goal of National Wear Red Day, part of February’s American Heart Month, is to reduce the rate of heart disease among women. To do that, DPH recommends avoiding the use of tobacco products like cigarettes, exercising more, and following a diet that includes more fresh fruits and vegetables, but avoids high salt and fat. DPH also recommends having a blood pressure screening and taking necessary to steps to lower blood pressure if the reading is higher than 120/80.“Women can lower their risk of heart disease by educating themselves and following guidelines necessary to maintain a healthy lifestyle,” said DPH Commissioner Dr. Jeff Howard, M.D. “I cannot stress enough how important it is to know the risk factors, how to avoid them and to follow the advice of your health care provider. The lessons of Heart Month should not be put away after February comes to an end, but remembered and observed throughout a person’s life.” **-30-**The Cabinet for Health and Family Services is home to most of the state's human services and healthcare programs, including the Department for Medicaid Services, the Department for Community Based Services the Department for Public Health, the Department for Aging and Independent Living and the Department for Behavioral Health, Developmental and Intellectual Disabilities. CHFS is one of the largest agencies in state government, with nearly 8,000 full- and part-time employees located across the Commonwealth focused on improving the lives and health of Kentuckians.Additional information is available at [http://chfs.ky.gov/](http://links.govdelivery.com:80/track?type=click&enid=ZWFzPTEmbWFpbGluZ2lkPTIwMTkwMTMxLjkyMzE3MSZtZXNzYWdlaWQ9TURCLVBSRC1CVUwtMjAxOTAxMzEuOTIzMTcxJmRhdGFiYXNlaWQ9MTAwMSZzZXJpYWw9MTgwNDI2NTEmZW1haWxpZD1lbGRlbi5tYXlAa3kuZ292JnVzZXJpZD1lbGRlbi5tYXlAa3kuZ292JmZsPSZleHRyYT1NdWx0aXZhcmlhdGVJZD0mJiY=&&&100&&&http://chfs.ky.gov/).###The Cabinet for Health and Family Services is home to most of the state's human services and healthcare programs, including the Department for Medicaid Services, the Department for Community Based Services the Department for Public Health, the Department for Aging and Independent Living and the Department for Behavioral Health, Developmental and Intellectual Disabilities. CHFS is one of the largest agencies in state government, with nearly 8,000 full- and part-time employees located across the Commonwealth focused on improving the lives and health of Kentuckians. |

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