



Kentucky Public Health

Prevent. Promote. Protect.

Move with Heart to Better Your Heart 52 Weeks of Public Health Spotlight: American Heart Month



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FRANKFORT, Ky. (January 9, 2018) – This February, as part of American Heart Month, the Department for Public Health within the Cabinet for Health and Family Services encourages Kentuckians to *#MoveWithHeart* to reduce the risk of heart disease and stroke.

Heart disease is the second leading cause of death among Kentuckians with more than 10,000 people dying each year from heart disease. A major risk factor for heart disease is physical inactivity. Research shows that being physically active can help lower the risk of heart disease and stroke. When we protect our hearts, we care for our cardiovascular health. During the cold months, physical activity can be even more challenging. It's important that Kentuckians make an effort to move more throughout the day.

Currently, only about 22 percent of adults meet the federal government's physical activity guidelines. Federal guidelines encourage all of us to do physical activity that gets our hearts beating faster and leaves us a little breathless for at least 2 ½ hours each week. You can break up that activity into small manageable chunks: 10 minutes here, 20 minutes there, it all adds up.

During American Heart Month, DPH encourages you and your family members to take the pledge *#MoveWithHeart* by increasing your physical activity to help protect your heart from heart disease and high blood pressure. All Kentucky children, women and men should try to build activity into your day by taking the stairs, parking farther away from your destination, and stepping away from that computer screen.

In addition to physical activity, these healthy changes can help Kentuckians lower their risk of developing heart disease:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.