

PREVENTION WEDNESDAY

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City of Baltimore

Health Department

Healthy Hearts

Did You Know?

- ♥ Cardiovascular disease kills more than 450,000 women per year, almost **one woman per minute**.
- ♥ **Risk factors** for heart disease include smoking, diabetes, high blood pressure, high cholesterol, lack of exercise and obesity.
- ♥ Heart disease is the **No. 1 killer** in Baltimore and in the U.S.

Sister to Sister Free Screenings!

Free blood pressure, cholesterol, and blood sugar screenings for women, along with fitness and cooking demonstrations.

Tuesday, February 26
8 am- 3 pm
Baltimore Convention Center
Hall A
Call 410-986-1275

Prevention Tips:

Tip 1

Visit your healthcare provider to learn how to make heart-healthy habits part of your daily life. For referrals or help with health insurance, call Baltimore Health Care Access at 410-649-0500.

Tip 2

Know your numbers! Track your blood pressure, cholesterol, blood sugar and weight and keep them in a healthy range. Baltimore City female employees get 2 hours of permission leave for the Sister to Sister Women's Heart Health Fair. For more information: 410-616-8953.

Tip 3

Getting more exercise can lower your risk of heart disease. Try a brisk walk for 30 minutes 5 times a week. Call Rec and Parks for local spots to exercise at 410-396-7900.

Mayor Sheila Dixon
www.preventionwednesday.org

Resources and References

Baltimore City Department of Recreation and Parks.

<http://www.ci.baltimore.md.us/government/recnparks/index.php>

American Heart Association Mid-Atlantic Affiliate

415 N. Charles Street, Baltimore, MD 21201

Phone 410-637-4500

Website www.americanheart.org

Centers for Disease Control and Prevention

Nutrition Topics

<http://www.cdc.gov/nccdphp/dnpa/nutrition/index.htm>

Physical Activity Topics

<http://www.cdc.gov/nccdphp/dnpa/physical/index.htm>

Calculate your risk of heart disease.

<http://www.americanheart.org/presenter.jhtml?identifier=3003499>

Sister to Sister Foundation.

<http://www.sistertosister.org/fairs/baltimore.php>

American Diabetes Association.

<http://www.diabetes.org/communityprograms-and-localevents/whatslocal.jsp>