

PREVENTION WEDNESDAY

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City of Baltimore

Health Department

Women's Heart Health

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 **#1 killer** of women in Baltimore and in the U.S.

Sister to Sister Health Fair

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

Tuesday February 24th
8:00 AM – 4:00 PM

Baltimore Convention Center

Baltimore City non-essential female employees may use 2 hours of accumulated leave

Prevention at your finger 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 311 or 410-649-0500!

Tip #2: Be tobacco free. For help with quitting smoking call **1-800-QUIT-NOW**.

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.

Go Red for Women

February 6th:
National Wear Red Day
February 8th:
Red Dress Sunday



Mayor Sheila Dixon
www.preventionwednesday.org

Resources and References

American Heart Association

Calculate your risk of heart disease.

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

American Heart Association Mid-Atlantic Affiliate

415 N. Charles Street, Baltimore, MD 21201 (410-685-7074)

<http://www.americanheart.org>

Baltimore City Department of Recreation and Parks

Information on local spots to go on walks.

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

Centers for Disease Control and Prevention

Information on nutrition.

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

Information on physical activity.

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

Sister to Sister Foundation

Information on Women's Heart Health Fair in Baltimore

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

Baltimore City Health Department – Prevention Wednesday

Information on events occurring during Heart Health Month

www.preventionwednesday.org