

Our district nurses are celebrating Heart Month in February!

Did you know?

- ♥ Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States (CDC, 2022).
- ♥ One person dies every 34 seconds in the United States from cardiovascular disease (CDC, 2022).
- ♥ About 697,000 people in the United States died from heart disease in 2020—that is one in every five deaths (CDC, 2022).

Heart facts from the American Heart Association:

- ♥ No tobacco product—including cigarettes, e-cigarettes, or vapes is safe. They are all linked to problems with attention, moods, learning and impulse control. They can damage your lungs and cardiovascular system. The only safe option is to stay away from all tobacco products.
- ♥ The heart pumps out about 83 gallons of blood each hour. That is one hardworking organ!
- ♥ The average heart beats about 108,000 times per day. That is about 3 billion heartbeats in a lifetime.
- ♥ Did you know that doing something nice for someone helps you feel good?
- ♥ Capillaries are the smallest blood vessels in the body. How small are they? It takes about 10 of them to equal the thickness of one human hair.
- ♥ Nine out of 10 Americans age 2 and up eat too much sodium. Watch out for sneaky sodium hiding in foods like pizza, bread and rolls, cold cuts and cured meats, savory snacks, sandwiches and cheese.
- ♥ Physical activity does not just build strong muscles; it strengthens your bones and can improve your emotional well-being.
- ♥ Did you know a 16-ounce soda could have as much sugar as 20 sugar cubes? To burn off all the calories from just one soda, a kid has to ride a bike for about 30 minutes - watch out for those sugary sodas and sip water instead!
- ♥ Eating the right amount of fruits and vegetables can be good for your heart health!
- ♥ Try to eat a colorful plate with 4-5 servings of both fruits and vegetables every day.
- ♥ Being kind is as simple as smiling! Did you know it is easier to smile than it is to frown?
- ♥ Smiling reduces blood pressure too!