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Public Health District

NEWS RELEASE

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For immediate release

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February is Heart Month, Wear Red on February 2, 2024

As we enter 2024 remember to evaluate all aspects of your health including blood pressure and heart health. American Heart Association refers to high blood pressure as the "silent killer" because you don't usually know you have it until you have issues from its effects on your body. This makes knowing your blood pressure even more important. Uncontrolled blood pressure can result in heart disease.

Heart disease is a leading cause of death in the United States for both men and women. The good news is you can do a lot to protect your heart and stay healthy. The first step toward heart health is understanding your risk of heart disease. Your risk depends on many factors, some of which can be changed and others that cannot.

Two of the major risk factors for heart disease are high blood pressure (the force of your blood pushing against the walls of your blood vessels) and high cholesterol (waxy, fat-like substance that's found in all cells in your body). To lower your risk of heart disease and stroke, try to maintain your blood pressure at less than 120 systolic/80 diastolic.

How can you or your organization increase awareness about heart disease?

Wear Red on February 2, 2024, and send a picture to nberosek@pphd.ne.gov or post it to our Facebook page at

<https://www.facebook.com/PanhandleWorksiteWellnessCouncil/> to be placed in a drawing for a heart healthy gift basket. This initiative helps the nation come together, igniting a wave of red.

Deb Conklin with Scotts Bluff County Health Department shared why they promote Wear Red day with county employees, "With so many families being affected by heart disease, it hits close to home for several people. I think they want to remember and honor anyone who is fighting through this disease. It is such a simple way to show solidarity for those dealing with this issue and we have a great group of people who are willing to show their support by the simple act of wearing red!"

For additional information about worksite wellness, visit www.pphd.org/pwwc.html or call Nicole Berosek at 308-279-3496. Panhandle Worksite Wellness Council is proudly part of Panhandle Public Health District. The Council specializes in supporting employers in

the Panhandle region. We recognize that many employers support a diverse and remote workforce and offer innovative ways to overcome the challenge of working with a virtual team. We understand that many of our employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.

Sources: Department of Health and Human Services: <https://dhhs.ne.gov/Pages/February-is-American-Heart-Month-02082023.aspx>; Center for Disease Control and Division: <https://www.cdc.gov/bloodpressure/CTA.htm>; National Heart, Lung, and Blood Institute: <https://www.nhlbi.nih.gov/health-topics/heart-healthy-living>; National Library of Medicine: <https://medlineplus.gov/cholesterol.html>; National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) <https://www.cdc.gov/chronicdisease/resources/infographic/hearthealth.htm>