



**PRESS RELEASE FOR LOCAL MEDIA**

Central Michigan District Health Department

*"Promoting Healthy Families, Healthy Communities"*

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**To: Local Newspapers**

**From: Alison Fegan, Health Educator**

**RE: National Wear Red Day**

**Release Date: Immediately**

**Wear Red on February 5th**

Do you know that heart disease is the number one killer of women in the United States?

One out of every three women will die of heart disease. That's the bad news...but, the good news is that women's heart disease is often preventable.

Raising awareness that there is a problem is the first step in getting women to make changes in their lives that can help lead them to a healthy heart. Heart disease risk factors include those that are beyond women's control – family history of early heart disease and age, and those that can be controlled. The risk factors that can be controlled are: smoking, high blood pressure, high cholesterol, overweight/obesity, physical inactivity and diabetes. While having even one risk factor is dangerous, having multiple risk factors is especially serious, because risk factors can worsen each other's effects. Women should talk to a health professional, find out about risk factors, and take action to control them.

The American Heart Association's (AHA) movement "Go Red for Women" is helping to raise awareness of heart disease. Go Red: Wear it, feel it, live it. The "Go Red for Women" movement gives women the power to significantly reduce their risks of heart disease and live a long healthy life. Whatever it takes, the AHA needs your help to get the word out to women about the risks of cardiovascular disease (CVD). Ask your mom if she knows her cholesterol levels, encourage a friend to quit smoking or share a heart-healthy recipe with your grandmother.

Everyone (men too!) can support the fight against heart disease in women by wearing red on February 5, 2010 – National Wear Red Day. It's a simple, powerful way to raise awareness of heart disease and stroke. Go red in your own fashion to show your support for women and the fight against heart disease. Spreading the “Go Red for Women” message raises awareness of heart disease and empowers women to reduce their risk. To learn more about heart disease in women and the choices you can make to live heart healthy, visit [GoRedForWomen.org](http://GoRedForWomen.org) and sign up for the movement. You'll receive a monthly newsletter and a red dress pin, the symbol of the heart disease in women movement, to wear proudly as a supporter.

Remember that cardiovascular disease is the number 1 killer of U.S. women, the cause of one in every three female deaths. Too many women die each year because they are unaware of this vital statistic: one in three women suffer in silence, and nearly one woman dies every minute of CVD, a largely preventable disease. Alison Fegan, Health Educator for CMDHD asks you to put your hand over your heart and make a promise to be heart healthy.

This article was provided to you by the staff at the Central Michigan District Health Department which serves Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon Counties. Visit our website at [www.cmdhd.org](http://www.cmdhd.org)

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