

# February--National Heart Month

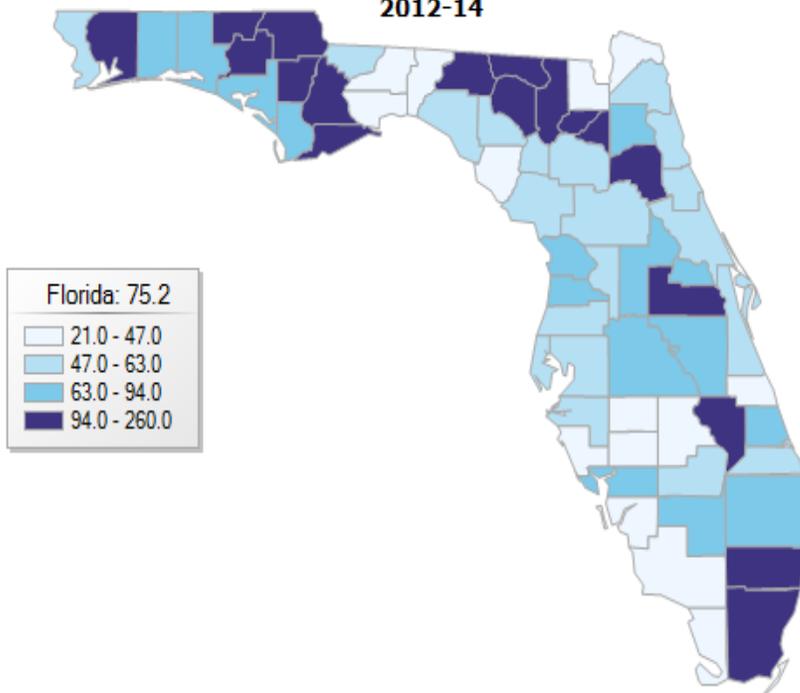
**Heart disease** is the leading cause of death for men and women in the United States. One in four deaths are caused by heart disease.

- Uncontrolled high blood pressure is a leading cause for heart disease and stroke.
  - More than 67 million Americans have high blood pressure.
  - People with high blood pressure are four times as likely to die from a stroke and three times as likely to die from heart disease.
- High blood pressure often has no signs or symptoms, which is why it is important to get it checked regularly.
  - Ask your doctor what your blood pressure should be.
  - Take your blood pressure medicine as directed.
  - Quit smoking, and if you don't smoke, don't start!
  - Reduce sodium intake.

To **lower** your risk for heart disease:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy!

## Age-adjusted Hospitalizations from Congestive Heart Failure, 2012-14



## Incidence in Leon County

- From 2012-2014, 274 persons were hospitalized for congestive heart failure.
- In 2012-2014, the incidence of hospitalizations for heart disease was 212.6 per 100,000 population, which was lower than the statewide rate (265 per 100,000).

## Mortality in Leon County

- From 2012-2014, 1,104 persons died from heart disease.
- In 2012-2014, the age adjusted mortality rate was 86.1 per 100,000 population, which was lower than the statewide age-adjusted rate (100.9 per 100,000).