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FLORIDA DEPARTMENT OF HEALTH IN ST. LUCIE CELEBRATES WORLD HEART DAY



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St. Lucie, County FL — The Florida Department of Health in St. Lucie and the World Heart Federation are proud to celebrate the 18th annual World Heart Day, which raises awareness of cardiovascular disease and prevention. World Heart Day will be celebrated on September 29, 2017 and the theme is “Share the Power.” This year’s theme emphasizes that the key to a healthy heart is to “know your heart, fuel your heart, move your heart, and love your heart.”¹

“There is good news, and that is, cardiovascular disease can be prevented by making just a few simple daily changes, to your lifestyle, eating and drinking healthy, getting more exercise and stopping smoking,” said Clint Sperber, County Health Officer for the Florida Department of Health in St. Lucie County.

Cardiovascular diseases, including heart disease and stroke, are the leading cause of death in the United States and Florida.^{2,3} Each year, one in four Americans and one in three Floridians die from cardiovascular disease.^{2,3} About half of all Americans have at least one of these three risk factors for heart disease: high blood pressure, high cholesterol and smoking.³ All Americans are at risk for cardiovascular disease, but the non-Hispanic black community, particularly those in the southeastern United States, have a greater risk. Nearly 44 percent of African American men and 48 percent of African American women have some form of cardiovascular disease.⁴

It is important to remember that with cardiovascular health, many factors that cause an early death can be controlled through lifestyle changes.⁵ Each day strive to protect your heart and the hearts of those you love. We encourage you to take the initiative to keep your heart charged and “share the power” to make a lasting difference in the health of your community.

The Florida Department of Health in St. Lucie County continues our partnership with the Jessica Clinton MVP Foundation to prevent sudden cardiac arrest in youth. Students, especially young athletes can have serious but undiagnosed cardiac conditions that put them at risk for sudden cardiac arrest. Join us on Saturday, November 4, for the 7th annual Know Your Heart! Free Heart Screening event. Please register online at: www.jessicaclinton.org.

This World Heart Day, let’s commit to creating a healthier Florida through lifestyle changes including:

- Walks with your family and encouraging your friends to walk with you;
- Visits with your doctor to [talk about your heart health](#);
- Eating healthy by [cooking heart healthy meals](#); and

- Steps to quit smoking by utilizing [Tobacco Free Florida's Quit Your Way Program](#).

These actions can contribute to the prevention of cardiovascular diseases such as heart attacks and strokes throughout Florida. Visit www.worldheartday.org to find out what you can do to take part in this year's World Heart Day, as well as www.floridahealth.gov/stroke and www.flhealth.gov/heart to learn more about stroke and heart attack resources.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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