



# PRAIRIE RIDGE

PREVENTION SERVICES

*"CLEAN MIND; CLEAN BODY; CLEAN SPIRIT; DRUG FREE"*

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## Newsletter

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### February is American Heart Month

Article from the Center for Disease Control and Prevention  
<http://www.cdc.gov/features/heartmonth/>

Every journey begins with one step, whether it's climbing a mountain or preventing heart disease. This American Heart Month, CDC is offering weekly tips for better heart health. Take your first step on the road to a healthy heart with us.

Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women.

**Heart disease is the leading cause of death for both men and women, but heart disease is preventable and controllable.**

The term "heart disease" refers to several types of heart conditions. The most common type in the United States is coronary heart disease (also called coronary artery disease), which occurs when a substance called plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause heart attack, angina, heart failure, and arrhythmias.

Cardiovascular disease, including heart disease and stroke, costs the United States \$312.6 billion each year. This total includes the cost of health care services, medications, and lost productivity. These conditions also are leading causes of disability, preventing Americans from working and enjoying family activities.

The situation is alarming, but there is good news—heart disease is preventable and controllable. We can start by taking small steps every day to bring our loved ones and ourselves closer to heart health. CDC is providing a tip a day throughout February, but you can take these small steps all year long.



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## Plan for Prevention

Some health conditions and lifestyle factors can put people at a higher risk for developing heart disease. You can help prevent heart disease by making healthy choices and managing any medical conditions you may have.

**Eat a healthy diet.** Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables—adults should have at least 5 servings each day. Eating foods low in saturated fat, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting salt or sodium in your diet can also lower your blood pressure.

**Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the body mass index (BMI). Doctors sometimes also use waist and hip measurements to measure a person's body fat.

**Exercise regularly.** Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.

**Monitor your blood pressure.** High blood pressure often has no symptoms, so be sure to have it checked on a regular basis. You can check your blood pressure at home, at a pharmacy, or at a doctor's office.

**Don't smoke.** Cigarette smoking greatly increases your risk for heart disease. If you don't smoke, don't start. If you do smoke, quit as soon as possible. Your doctor can suggest ways to help you quit.

**Limit alcohol use.** Avoid drinking large amounts of alcohol, which can increase your blood pressure. Men should stick to no more than two drinks per day, and women to no more than one.



### SAVE THE DATE

Day on the Hill

February 26, 2014

Do What's Best for Iowa Youth!

10am-1pm

Des Moines Capital Building

To register for this event, please email Jennifer Husmann at [jhusmann@asac.us](mailto:jhusmann@asac.us) with the coalition and number of students by February 21, 2014.

**Have your cholesterol checked.** Your health care provider should test your cholesterol levels at least once every 5 years. Talk with your doctor about this simple blood test.

**Manage your diabetes.** If you have diabetes, monitor your blood sugar levels closely, and talk with your doctor about treatment options.

**Take your medicine.** If you're taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something.

### Upcoming Events

**March 15th, 2014 Youth Diversion Program** at Prairie Ridge, Mason City.

The program will be from 8:00-4:30 p.m. Saturday.

**March 15<sup>th</sup> & 17<sup>th</sup>, 2014 Adolescent Prime for Life** at Prairie Ridge, Mason City.

The program will be from 8:00-4:30 p.m. Saturday. Monday 4:00 p.m-8:00 p.m.

For more information, please contact the Prairie Ridge Mason City Office at 641-424-2391 or TOLL FREE at 1-866-429-2391.

### In the next issue...

How do free online gambling-type games affect our youth??

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