



# News in Health

February 2022



## 6 Strategies to Live a Heart-Healthy Lifestyle

When you choose healthy behaviors, you can lower your heart disease risk while also preventing other serious chronic conditions like type 2 diabetes and some kinds of cancer.

### 1. Learn Your Health History

Know your risks and talk to your family and doctor about your health history.

### 2. Eat a Healthy Diet

Make healthy food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Eat less salt, saturated fat, and added sugar.

### 3. Move More, Sit Less

Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

### 4. Quit Smoking

Start your quit plan today! Take the first step and call **1-800-QUIT-NOW** for FREE support.

### 5. Take Medicines as Directed

If you take medicine to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something. Never stop taking your medicine without talking to your doctor, nurse, or pharmacist.

### 6. Rethink Your Drink

Substitute water for sugary drinks to reduce calories. If you drink alcohol, do so in moderation.

## Know Your LD Cholesterol Levels

High levels of LDL, often called "**bad**," cholesterol, show no signs or symptoms but cause fatty build up in the arteries which can lead to heart attack and stroke. Know your levels and talk to your doctor about what they mean for you.



Visit [MyLifeExpert.com](http://MyLifeExpert.com) today!



## Stay Safe Outdoors

Try to stay indoors during extremely cold weather. Make any trips outside as brief as possible, and remember these tips below to protect your health and safety.

### Dress warmly and stay dry

#### Adults and children should wear

- a hat
- a scarf or knit mask to cover face and mouth
- sleeves that are snug at the wrist
- mittens (they are warmer than gloves)
- water-resistant coat and boots
- several layers of loose-fitting clothing

#### Layer-up

1. **Inner Layer:** Wear fabrics that will hold more body heat and don't absorb moisture. Wool, silk, or polypropylene will hold more body heat than cotton.
2. **Insulation Layer:** An insulation layer will help you retain heat by trapping air close to your body. Natural fibers, like wool, goose down, or a fleece work best.
3. **Outer Layer:** The outermost layer helps protect you from wind, rain, and snow. It should be tightly woven, and preferably water and wind resistant, to reduce loss of body heat.





## National Health Observances:

Each month, we feature select National Health Observances (NHOs) that highlight important health issues affecting people in the United States every day.

The NHOs in our February roundup help raise awareness about low vision, heart health, and teen dating violence.



- **Low Vision Awareness Month**

Each year, the [National Eye Institute](#) (NEI) supports Low Vision Awareness Month. Learn more about low vision and spread the word with [this toolkit from NEI](#) — and check out [Healthy People Vision objectives](#) to catch up on national goals to improve vision and eye health. MyHealthfinder also has a friendly, easy-to-understand resource about [getting your child's vision tested](#).

- **American Heart Month and Heart Valve Disease Awareness Day**

The [American Heart Association](#) (AHA) sponsors American Heart Month each February to raise awareness about heart disease and how people keep their heart healthy. You can join the conversation using [this promotional toolkit](#) from the National Heart, Lung and Blood Institute (NHLBI) — and get involved in [Heart Valve Disease Awareness Day](#) on February 22.

- **Teen Dating Violence Awareness Month**

For the past decade, Break the Cycle has used this important NHO to ensure that everyone has the tools to create healthy relationships. Learn about national efforts to reduce relationship violence from the [Healthy People Injury and Violence Prevention](#) topic area. And share this educational toolkit for pre-teens and teens from the Centers for Disease Control and Prevention (CDC) to help prevent teen dating violence before it starts.

*We hope you'll use our monthly roundups to promote these important observances on your channels. Together, we can work toward a healthier nation.*

SECOND WEDNESDAY WEBINAR SERIES

### The Dynamics of Healthy Relationships

Date: 02/09/2022 | Time: 1:30 PM to 2:30 PM EST

Join us to discover positive dynamics required for healthy relationships and ultimate happiness.

Register at <https://register.gotowebinar.com/register/3138049484349395216>



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