

February is  
Heart Health Month  
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De Soto School  
District

Wellness  
Committee  
Meeting

The Wellness Committee is proud to bring you information about Heart Health Month.

### Did You Know?

- Heart disease is the leading cause of death for men and women in the United States. Every year 1 in 4 deaths are caused by heart disease.
- Heart disease can be prevented when people make healthy choices and manage their health conditions.
- Heart disease causes more deaths in the United States than all types of cancer combined.
- Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking).
- Heart disease, and the conditions that lead to it, can happen at any age.

#### Risk Factors:

- High Blood Pressure
- High Blood Cholesterol
- Smoking
- Obesity
- Diabetes
- Physical Inactivity
- Unhealthy eating Patterns

#### What can you do to prevent heart disease

**\*Manage Conditions:** such as high blood pressure and high cholesterol

**\*Make heart-healthy eating choices.** Eat foods low in trans-fat, saturated fat, added sugar and sodium.

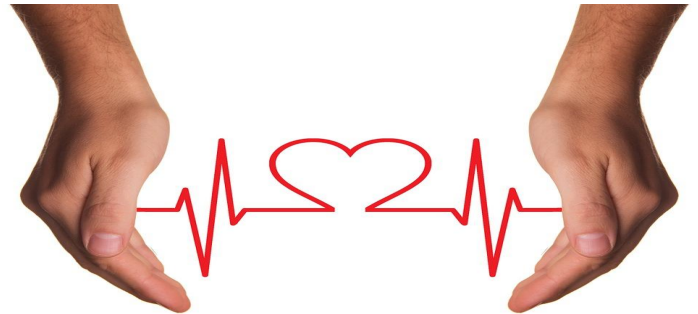
**\*Stay Active.** Get moving for at least 150 Minutes per week.

#### HEALTH TIPS:

**KNOW YOUR RISK-**See your doctor regularly, he/she can help determine your personal risk. Be sure to let your doctor know of family history of heart disease.

**IF YOU HAVE QUESTIONS OR CONCERNS, TALK TO YOUR DOCTOR.**

**ADOPT HEALTHY LIFESTYLE CHOICES MENTIONED ABOVE.**



#### CPR CLASSES AVAILABLE:

**CPR PLUS-** 4830 Pioneer Rd.,  
Hillsboro MO 63050, 314-313-5980,  
M-F 9-5

**ANTONIA FIRE DEPT.-** 6633 Moss  
Hollow Rd., Barnhart MO 63012,  
636-948-4433

**ROCK COMMUNITY FIRE  
DISTRICT-**1533 Jeffco Blvd. Arnold  
MO 63010  
636-296-2211

#### THINGS YOU CAN DO TO HELP OTHERS:

##### LOCAL BLOOD DRIVES:

**3/7/19-** Kingston High School  
8A-1:30P 10047 Diamond Rd.  
Cadet MO 63630

**3/24/19-** Sacred Heart Catholic church  
8:30A-1:00P 555 Bailey Rd.  
Crystal City MO 63019

**3/25/19-**Jefferson R7 High School  
7:45A-2:00P 7 Blue Jay Way  
Festus MO 63028

#### RESOURCES:

**AMERICAN HEART ASSOCIATION:** 1-800-242-8721. M-F 7AM-9PM, Sat.-Sun. 9A-5P

**LOCAL RED CROSS:** [www.redcross.org/find-your-local-chapter.html](http://www.redcross.org/find-your-local-chapter.html)

**NATIONAL INSTITUTES OF HEALTH:** [www.nia.nih.gov/health/topics/heart-health](http://www.nia.nih.gov/health/topics/heart-health)

