

# PUBLIC HEALTH CONNECTION



## American Heart Month & Black History Month

### American Heart Month

Each February, American Heart Month is celebrated to motivate Americans to adopt healthy lifestyles to prevent heart disease. According to the National Heart, Lung, and Blood Institute, focusing on heart health has never been more important! Here's why:

- Heart health is the leading cause of death in the U.S.
- Prioritizing your heart can help you avoid severe illness, such as COVID-19.
- Caring for yourself can keep your heart healthy! Be physically active, eat healthier foods, get enough sleep, reduce stress.
- Get to know #OurHearts: learn about healthy blood pressure, cholesterol, weight, and blood sugar.

### Black History Month

February also marks the celebration of Black History Month, a commemoration of the contributions to our nation made by people of African descent. Part of that celebration includes ensuring healthy futures. On that front, there is work to do.

When compared to other groups, health data shows disparities in health for African Americans, including heart health. According to the CDC, young African Americans are living with heart-related disease more common at older ages. This includes high blood pressure, diabetes, and stroke. Heart disease remains the leading cause of death among African Americans; although deaths attributed to heart disease have declined in recent years.

When we know more, we can do better!

- If your blood pressure is high, keep track of changes and notify your doctor when changes occur.
- Regular exercise (30 minutes a day!) can help strengthen your heart and burn extra calories.
- Focus on a quality diet throughout the day, not just at meals.



### OUR MISSION:

The Scott County Health Department promotes, protects, and preserves health through leadership, services, education, and partnerships.

### OUR VISION:

Scott County—  
A safe and healthy community.



## SPECIAL EVENTS

- *Scott County Board of Health Meeting,  
Scott County Administrative Center,  
1st Floor Boardroom, 12:00 PM,  
Thursday, February 16, 2023*

## Links

- <https://www.nhlbi.nih.gov/education/american-heart-month/about>
- <https://www.cdc.gov/vitalsigns/aahealth/index.html>
- <https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease/african-americans-and-heart-disease-stroke>
- <https://www.healthychildren.org/english/healthy-living/oral-health/pages/default.aspx>

# Children's Dental Health Month

### Let the Brushing Games Begin!!

Young children are unable to master the art of toothbrushing until around the age of 8. Start early with helping your child brush and make it fun for them. Add singing or play music to help them brush for the recommended 2 minutes. Find fun and creative ways to create a positive experience by using colorful and entertaining toothbrushes such as character themed or light up, and add their favorite flavored toothpaste. Include your child when buying the toothbrush and toothpaste so they feel a sense of ownership and brush your teeth along with your child, as they learn best by example.



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