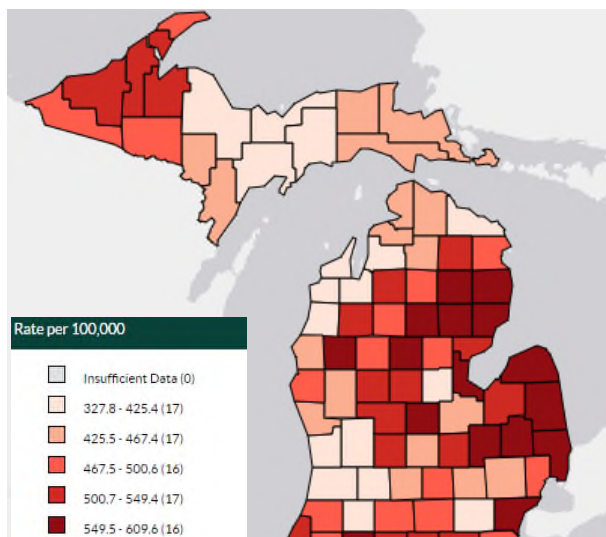




Heart Disease- How does it impact you and those you Love?

Heart Disease is the leading cause of death in Michigan and the United States. Locally, residents of the Thumb are **26% more likely** to die from heart disease. Figure 1 and 2 illustrate how Huron, Lapeer, Sanilac, and Tuscola county impacted by heart disease. High blood pressure, high cholesterol levels, and obesity are important risk factors for heart disease.

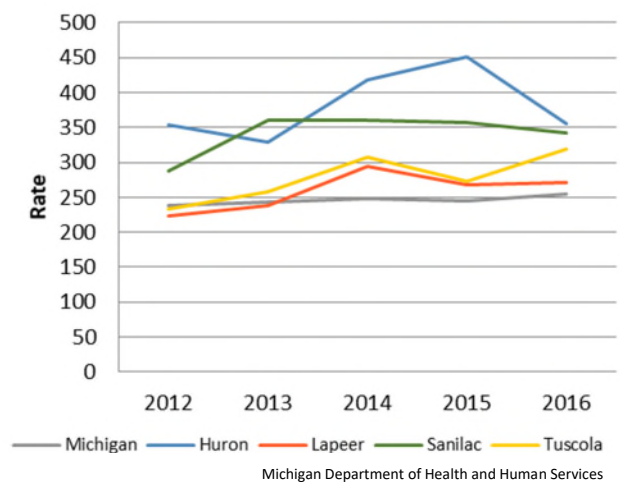
Figure 2: 2013-2015 Heart Disease Deaths



2013-2015 Center for Disease Control; Interactive Atlas

Figure 1: Heart Disease Deaths

Crude Death Rates/100,000



Reduce Your Risk! You can take steps to improve nutrition, increase physical activity, reduce stress levels, and quitting tobacco use can decrease your risk for heart disease and death. Your physician can help you control your high blood pressure, lose weight, and prescribe test to assess your risk.





Working together; saving lives!

Everyone has a role to play. What about **you**?

Acting now can save lives!

As a Community, it is important to focus on reducing heart disease. The most common form of heart disease is coronary heart disease. In rural communities, there are challenges in health care that result in disability and death. Access to emergency treatment, effective response to stroke, and availability of rehabilitation therapy are a few challenges. Rural residents have fewer opportunities to receive essential education. Access barriers such as cost, transportation, lack of primary care providers, and social isolation also play a role.

Leaders Taking Action

- Make access to healthy foods more affordable
- Promote opportunities for physical activity
- Remove barriers in the environment that make it difficult to be physically active (e.g. streets that do not have sidewalks).
- Become a designated healthy worksite
- Provide incentives to employees for heart healthy actions.



Individuals Taking Action

- Learn the signs of a heart attack and stroke
- Learn CPR
- Know how to use an AED
- Improve your eating habits
- Make physical activity part of every day (even 10 minutes counts!)
- Invite a friend to take a healthy cooking class or join you for regular walks
- Plan and participate in fun events that are physically active.



Healthcare Taking Action

- Increase patient education
- Outreach to patients regarding wellness visits
- Increase access to cardiovascular specialists
- Hold events and provided education that raises awareness about heart disease
- Role model healthy habits by being a healthy worksite and providing healthy foods at events.



For more information, contact your local health department.

Huron County: 989-269-9721
Lapeer County: 810-667-0448

Sanilac County: 810-648-4098
Tuscola County: 989-673-8114