

HEALTH NEWS

FEBRUARY 2021 NEWSLETTER



American Heart Month

American Heart Month

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As you may know, the heart plays an essential role in our ability to live! It is responsible for circulating blood all throughout the body to our organs so that they can function properly.⁷

Although life expectancy rates have increased over the last few decades due to better disease prevention and control, advances in medical treatment and improved lifestyle behaviors, recent studies have indicated a leveling off and even a worsening in this trend.¹ In fact, more and more people are living in poor health, beginning at a younger age, with increasing levels of frailty and disability impacted by behavioral and environmental risk factors.¹

In the U.S alone, some of the key factors driving poor health earlier in life are:

- ✓ *High BMI*
- ✓ *Tobacco Use*
- ✓ *Dietary Risks*
- ✓ *High Blood Sugar*
- ✓ *High Blood Pressure*

These factors reinforce why creating heart healthy habits early on are an essential component to creating a better quality of life, early on.

Every year in February, the American Heart Association (AHA) sponsors American Heart Month to raise awareness about heart disease and how people can keep their heart healthy. Last year, the AHA introduced its 10-year plan to improve quality of life and increase life expectancy, with a focus on the following areas:

- ✓ Making healthy choices the easy one
- ✓ Making healthcare accessible and affordable
- ✓ Getting better at stopping preventable diseases before they start

To explore additional resources to learn more about this initiative and how you can get involved with raising awareness on heart disease, visit the **Stay Informed** section of this newsletter.

Sources:

- 1) <https://www.heart.org/>
- 2) https://www.healthypeople.gov/2020/topics-objectives/topic/heart-disease-and-stroke?topicid=218_ga=2.20405182.727044853.1580254427-189751582.1549309516
- 3) <https://www.sads.org/>
- 4) <https://mendedhearts.org/>
- 5) <https://www.hrsonline.org/>
- 6) <https://www.nhlbi.nih.gov/>
- 7) <https://www.cardiosmart.org/>

Stay Informed!

Your strongest tool in spreading awareness is to know what resources are available to you and how to access them. Below are some local and national resources that will show you ways in which you can take action today!

Local & National Resources

American Heart Association

<https://www.heart.org/>

Healthy People.gov

https://www.healthypeople.gov/2020/topics-objectives/topic/heart-disease-and-stroke?topicid=21&_ga=2.20405182.727044853.1580254427-189751582.1549309516

Sudden Arrhythmia Death Syndromes

<https://www.sads.org/>

Mended Hearts

<https://mendedhearts.org/>

Heart Rhythm Society

<https://www.hrsonline.org/>

National Heart, Lung and Blood Institute

<https://www.nhlbi.nih.gov/>

CardioSmart: American College of Cardiology

<https://www.cardiosmart.org/>

Sources:

1) <https://heart.org/> 2) https://www.healthypeople.gov/2020/topics-objectives/topic/heart-disease-and-stroke?topicid=21&_ga=2.20405182.727044853.1580254427-189751582.1549309516 3) <https://www.sads.org/> 4) <https://mendedhearts.org/> 5) <https://www.hrsonline.org/> 6) <https://www.nhlbi.nih.gov/> 7) <https://www.cardiosmart.org/>



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Member Connection Corner

Questions about your benefits?

Fiscal Services Department

Oscar Alcocer

(530) 757-5300 Ext. 127

CalPERS

888-225-7377

<https://www.calpers.ca.gov>

If you are experiencing challenges with accessing care when using your existing medical, dental or vision benefits, contact your district patient advocacy resource below:

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