

Follow Your Heart on Valentine's Day

This program is presented by the Centers for Disease Control and Prevention.

Valentine's Day—a time of heart-shaped valentines and chocolate. It's a great time to think about heart health. Unfortunately, many American hearts, particularly among African Americans, are not as strong and healthy as they should be.

It's estimated that nearly one in two African American adults have some sort of heart or vascular disease, including hypertension. African Americans are less likely than non-Hispanic Whites to have their high blood pressure under control.

CDC is working closely with communities across the country to raise awareness of cardiovascular health and is a proud partner in the Million Hearts campaign, encouraging all Americans to know their ABCS:

- Aspirin when appropriate;
- Blood Pressure Control;
- Cholesterol Management; and
- Smoking Cessation

The ABCS, along with maintaining a healthy weight and getting regular physical activity, can decrease *your* risk for heart disease and stroke.

So, spread the love and the message of a strong healthy heart to your loved ones. Visit millionhearts.hhs.gov to learn more.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.