



STATE OF ALABAMA DEPARTMENT OF  
**PUBLIC HEALTH**

**Heart Health (30)**

February is American Heart Month, and it's a great time to make sure you are heart healthy.

According to the American Heart Association, lifestyle changes such as becoming active, eating a healthier diet, losing weight, stopping smoking, controlling cholesterol, managing blood pressure, and reducing blood sugar are the best defense against heart disease.

For more information, visit [alabama-public-health-dot-gov](http://alabama-public-health-dot-gov).

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