



RENO COUNTY HEALTH DEPARTMENT

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Press Release

FOR IMMEDIATE RELEASE

February 1, 2010

February 5 --Go Red For Women®

The Reno County Health Department is encouraging the public to support the *American Heart Association's Go Red For Women®* by wearing red **on National Wear Red Day Friday, February 5.**

Heart disease can be prevented. Research shows that 80 percent of cardiac events in women are linked to poor choices involving diet, exercise and smoking. Make heart healthy choices and choose to live a healthier life.

A few important heart healthy choices are: eating a diet high in nutrient dense food, exercise 30 minutes most days of the week, and make the choice to quit smoking. **For help quitting tobacco use, call the free Kansas Tobacco Quitline counseling services at 1-800-QUIT-NOW.**

- Too many women die each year because they are unaware that heart disease is their number 1 killer.
- One in three women die of cardiovascular disease and
- 90 percent of women have one or more risk factors for developing heart disease in the future.

For more information please visit GoRedForWomen.org.

For more local information, contact the **Health Educators** at *the Reno County Health Department* at 620-694-2900.

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