



## NEWS RELEASE

### ALABAMA DEPARTMENT OF PUBLIC HEALTH

RSA Tower 201 Monroe Street, Suite 914 Montgomery, AL 36104  
Phone 334-206-5300 Fax 334-206-5520

[www.adph.org](http://www.adph.org)

---

## Give your heart the care it deserves; World Heart Day is September 29

### FOR IMMEDIATE RELEASE

CONTACT: Jim McVay, Dr.P.A.  
(334) 206-5600

Cardiovascular disease (CVD), including heart disease and stroke, accounts for nearly half of all non-communicable disease related deaths, making it the world's number one killer. Cardiovascular disease claims 17.5 million lives each year, according to the World Heart Federation. In 2014, more than 15,000 Alabamians died from heart disease and stroke, more than any other cause of death.

To help raise awareness of these conditions, the World Heart Federation has declared September 29 "World Heart Day."

"World Heart Day is truly a global event that sees individuals, families, communities, organizations and governments around the world take part in activities to take charge of their heart health and that of others," says the federation. "It has the power to unite people from all countries and backgrounds in the fight against the CVD burden, and inspires and drives international action to encourage heart-healthy living across the world."

Through World Heart Day, the federation aims to drive action to educate people that by controlling risk factors such as tobacco use, unhealthy diet and physical inactivity, at least 80 percent of premature deaths related to heart disease and stroke could be avoided.

"According to statistics, many Americans are either unaware they are at risk for developing heart disease or do not have their risk factors under control," said Alabama Department of Public Health (ADPH) Cardiovascular and Diabetes Nurse Debra Griffin. "ADPH has a wealth of resources to educate Alabama citizens about the dangers of heart disease and how they can also reduce their risk for heart attacks and strokes."

Griffin encourages those who either think they know someone who may be at risk for heart disease or are at risk themselves to visit the ADPH's Cardiovascular Health Program's website, [adph.org/CVH](http://adph.org/CVH), to access resources to help them achieve better heart health.

"Heart disease is the leading cause of death in our state which is highly discouraging because it can be preventable if identified early and treated accordingly," said Griffin. "Together, we can help those at risk of developing heart disease to live longer, more fulfilling lives."

