



NEWS RELEASE

ALABAMA DEPARTMENT OF PUBLIC HEALTH

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ADPH participates in Wear Red Day®

FOR IMMEDIATE RELEASE

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According to the Centers for Disease Control and Prevention (CDC), one out of every four female deaths in 2013 was due to cardiovascular disease, yet only 54 percent of women recognize that heart disease is the leading cause of death among them.

To help raise awareness and combat this trend, the Alabama Department of Public Health (ADPH) is teaming up with the American Heart Association to celebrate the Go Red for Women campaign by participating in Wear Red Day® on Friday, February 3 in Montgomery.

“Having uncontrolled blood pressure, which has no symptoms, can result in cardiovascular disease, also known as heart disease, and lead to catastrophic health incidents such as a heart attack or stroke,” said State Health Officer Dr. Thomas Miller, who added that almost two-thirds of women who die suddenly of heart disease had no previous symptoms.

Cardiovascular disease is the leading cause of death both in Alabama and the country at large. In 2014, more than 12,400 Alabamians died because of heart disease. According to data from 2015, more than 40 percent of Alabamians suffer from hypertension, or high blood pressure.

Heart disease is not only a growing health concern, it also greatly impacts the economy. According to a study conducted by Cornell University, the combined direct and indirect cost of cardiovascular disease in the United States was estimated to be \$444 billion in 2010. The CDC stated that cardiovascular disease accounted for \$1 out of every \$6 spent on healthcare during that year.

“We aren’t just looking to prevent premature deaths, we want to help Alabamians live healthier, more prosperous lives,” said Miller.

For information from ADPH regarding cardiovascular health, go to adph.org/CVH, [facebook.com/ALCardioHealth](https://www.facebook.com/ALCardioHealth), or twitter.com/ALCardioHealth.