



# NEWS RELEASE

Mary Brumage  
Marketing and Media Specialist  
(970) 522-3741 x1257  
maryb@nchd.org

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FOR IMMEDIATE RELEASE

## **Heart Healthy Solutions, Keeping the Beat**

February is American Heart Health Month and a perfect time to have a free health screening.

Cardiovascular disease (CVD) is one of the leading causes of death in Colorado, including here in northeast Colorado. Every hour in Colorado, approximately 1 person dies from CVD and annually it claims the lives of more than all forms of cancer and Chronic Lower Respiratory Disease combined. High blood pressure, high cholesterol, and smoking are all key risk factors that can lead to CVD. According to the Centers for Disease Control and Prevention, about half of Americans exhibit at least one of these risk factors.

To combat this, the Northeast Colorado Health Department (NCHD) offers the Colorado Heart Healthy Solutions program to reduce the risk of CVD in our 6 county region. These 30-40 minute FREE screenings offer individuals 18 and older with immediate results for:

- Cholesterol check
- Blood sugar readings (those with diabetes, will receive an instant A1C check)
- Blood pressure test
- Individual risk assessment for developing heart disease over the next 10 years

Screenings also include:

- Mental health screening
- Follow up counseling and additional screenings if needed
- Educational information on how to improve heart health

The program is not only designed for individuals, but also for employers seeking to add a cost-effective wellness program for their employees. Our program staff will come to your location, set up in an office and send out an email letting employees know screenings are available... it's that simple.

During the month of February, NCHD will offer free screenings to the public at these locations and dates from 9 am to 4 pm.

- Sedgwick County Economic Development Building, 125 Cedar Street, Julesburg  
February 5
- Ovid Senior Center at Town Hall, 213 Main Street, Ovid  
February 11
- Northeast Colorado Health Department Building, 228 W Railroad Avenue, Fort Morgan  
February 19
- Northeast Colorado Health Department, 700 Columbine Street, Sterling  
February 25
- Merino Health day, Merino High School, 315 Lee, Merino  
February 28

Whether you're an individual or an employer looking for a free wellness program for employees, contact Michelle Huell at [michelleh@nchd.org](mailto:michelleh@nchd.org) or 970-522-3741 ext. 1232. More information can be found at our website <https://www.nchd.org/colorado-heart-healthy-solutions>.



# 5 KEY HEART HEALTH NUMBERS

By learning your heart health numbers, you can take an important step in lowering your risk for heart disease.

## 1 BLOOD PRESSURE

Blood pressure is the force of your blood against your arteries.

## 2 BODY MASS INDEX

Your body mass index, or BMI, uses your height and weight to measure your amount of body fat.

## 3 BLOOD SUGAR LEVEL

Your blood sugar level, also called your blood glucose level, shows the amount of sugar in your blood.

## 4 TOTAL CHOLESTEROL LEVEL

Cholesterol is a soft, waxy substance found in your blood and all of your body's cells.

## 5 HDL CHOLESTEROL LEVEL

HDL, or high-density lipoprotein, is known as "good" cholesterol because it helps take away some of the LDL from your blood.

UPMC HEALTH BEAT



# Colorado Heart Healthy Solutions

*Keep the Beat*

