



COUNTY OF POLK
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Polk County Health Department News Release

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Polk County Health Department Hosting Heart Attack Risk Event

The Polk County Health Department will host a free heart attack risk screening event on May 8 from 8-11:00 am at the Polk County Health Department to help women understand their risk for having a heart attack. The Polk County Health Department has been awarded \$10,000 from the Office on Women's Health of the U.S. Department of Health and Human Services Office to increase the number of Latino women in Polk County who recognize heart attack symptoms, call 911 when experiencing heart attack symptoms, and increase heart healthy behaviors. The Spanish language awareness campaign, "Know Your Heartbeat (Conoce tu Latido)" started in February.

Rick Kozin, Polk County Health Department Director said "On average one woman dies of a heart attack every minute in the U.S. and risk increases between ages 50 to 60 so this event will give women an idea of what their risk of having a heart attack might be."

At the event Latino women over the age of 50 will participate in free blood pressure checks, cholesterol, glucose, BMI and dental screenings. Participants will also have the opportunity to talk with a health care provider about their family history and other risk factors, such as diet and exercise.

"Heart attacks happen because of a combination of genetic risk and lifestyle choices that can increase or decrease risk for a heart attack. It is very important to know what your blood pressure, cholesterol, blood glucose and BMI are so that you can take steps to minimize your risk," said Mr. Kozin.

The activities that the Polk County Health Department has undertaken with this grant have educated women on the range of symptoms of a heart attack in women; empowered women to call 911 to save their own life; empowered bystanders to act to save the lives of their sisters, mothers, and friends; and encouraged women to adopt new behaviors to improve their health. To learn more visit www.womenshealth.gov/heartattack/.