




FEBRUARY IS  
**A**  **ERICAN**  
**HEART**   
**M**  **MONTH**



**DID YOU KNOW?**

Heart disease is the leading cause of death in the United States and can be caused

by untreated high blood pressure. According to our Community Health Survey findings from 2016-2023, the percentage of North Country residents who are reporting to have been diagnosed with high blood pressure and heart disease is increasing each year.



If you think you may be at risk of high blood pressure or heart disease, talk to your primary care provider to learn more about healthy lifestyle choices to make. Additionally, we urge those able to, to become CPR certified. Want to sign up your agency for CPR training?



[CLICK HERE](#)