



Jackson County Health Department

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FOR IMMEDIATE RELEASE

Public Health Advisory/Press Release Sleep and Heart Health Awareness Month

News Release From: Jackson County Health Department
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JACKSON COUNTY, Mich. – In Jackson County, 459 citizens died of heart-disease related issues between 2013-2017; this is up from 389 such deaths between 2008-2012 (Michigan Vital Statistics). Because February is American Heart Month, the Jackson County Health Department (JCHD) wishes for you to keep your heart healthy.

Julie Weisbrod, Healthy Communities Coordinator with the JCHD says “Many such deaths were likely preventable. Keeping your heart healthy might be done through engaging in regular physical activity and eating a heart-healthy diet. Some might need to take medicine if a healthy lifestyle isn’t enough”. In addition, the American College of Cardiology (ACC) states that sleeping less than 6 hours a night can also lead to heart trouble.

Per the ACC, sleeping less than 6 hours a night can increase the likelihood of: clogged arteries (atherosclerosis); increased blood sugar levels; increased blood pressure; increased inflammation; and may contribute to obesity. For heart-health benefits, the study suggests getting 7-8 hours of quality sleep every night. To improve your quality of sleep, consider avoiding alcohol, limiting caffeine intake before sleep, exercising daily, eating a balanced diet, and not smoking cigarettes*.

- For information/services on quitting smoking, please contact the following agencies: The Michigan Tobacco Quitline at 800-784-8669; Henry Ford Allegiance Health’s Tobacco Treatment program at 517-841-7444; or your insurance company to see about member programs and/or incentives.

For additional heart health information, please visit our Jackson County Health Department Facebook page, our website at <https://www.co.jackson.mi.us/276/Health-Department> or call Julie Weisbrod at 517-768-1650.

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