February 7th is National Wear Red Day

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As part of American Heart Month this February, let's show support for healthy heart awareness by wearing red this Friday, February 7th. Heart disease is the number one cause of death for men and women in the United States. It is a preventable disease, and by increasing awareness and availability of quality health care, we can continue to save lives and reduce the cost of essential public healthcare and emergency programs.

Heart disease kills one in four Americans, and many cases can be prevented through exercise, healthy diet, and eliminating risk factors like smoking, stress, uncontrolled diabetes, and excessive alcohol consumption. Established by President Lyndon B. Johnson in 1964,

American Heart Month is renewed yearly by presidential proclamation. This month is the 50th Anniversary of American Heart Month, and President Barack Obama and First Lady Michelle Obama urge Americans to participate in National Wear Red Day on Friday, February 7th in a show of solidarity in the fight against heart disease.