Heart disease is the leading cause of death in the United States. The term “heart disease” refers to several types of heart conditions. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to heart attack. You can greatly reduce your risk for heart disease through lifestyle changes and, in some cases, medicine.

Coronary artery disease is caused by plaque buildup in the wall of the arteries that supply blood to the heart (called coronary arteries). Plaque is made up of cholesterol deposits. Plaque buildup causes the inside of the arteries to narrow over time. This process is called atherosclerosis.
HEART DISEASE IN THE UNITED STATES

- Heart disease is the **leading cause of death** for men, women, and people of most racial and ethnic groups in the United States.\(^1\)
- **One person dies every 33 seconds** in the United States from cardiovascular disease.\(^1\)
- About **695,000 people in the United States** died from heart disease in 2021—that’s **1 in every 5 deaths**.\(^1,2\)
- Heart disease cost the United States about **$239.9 billion** each year from 2018 to 2019.\(^3\) This includes the cost of health care services, medicines, and lost productivity due to death.

**Coronary Artery Disease**
- Coronary heart disease is the most common type of heart disease, killing 375,476 people in 2021.\(^2\)
- About **1 in 20 adults** age 20 and older have CAD (about 5%).\(^2\)

**In 2021, about 2 in 10 deaths from CAD happen in adults less than 65 years old.**\(^1\)

**Heart Attack**
In the United States, someone has a heart attack every 40 seconds.\(^2\)
- Every year, about **805,000 people in the United States** have a heart attack.\(^2\) Of these,
  - 605,000 are a first heart attack\(^2\)
  - 200,000 happen to people who have already had a heart attack\(^2\)
- About **1 in 5 heart attacks are silent**—the damage is done, but the person is not aware of it.\(^2\)

[https://www.cdc.gov/heartdisease/facts.htm](https://www.cdc.gov/heartdisease/facts.htm)
About Heart Disease

Know Your Risk for Heart Disease

Prevent Heart Disease
Valentine’s Day has been associated with decadence – fancy heart-shaped boxes of chocolates are the holiday’s signature item. However, February is also another-kind-of-heart-month – it is American Heart Month.

Here are some delicious, heart-friendly treats you can make for your loved ones to show them how much you care this Valentine’s Day (or any day).

**Adorable Heart Fruit Skewers**
You can use strawberries, watermelons, cantaloupe, honeydew, and blueberries to make these and drizzle with dark chocolate.

https://thishealthytable.com/blog/healthy-valentines-recipes/

**Caprese Salad**
Fresh mozzarella, Tomatoes, Fresh basil, Extra virgin olive oil, Balsamic vinegar, and Sea salt

**Instructions:**
- Cut the mozzarella into 1/4” slices. Then use a heart-shaped cookie cutter to cut heart shapes from each slice (save the leftover scraps of cheese for snacks).
- Slice the tomatoes into 1/4” circles.
- Layer the tomatoes, basil leaves, and mozzarella hearts on a plate.
- Drizzle with balsamic vinegar and olive oil, and lightly sprinkle with salt.
- Serve with toasted baguette.

https://thebakermama.com/recipes/heart-caprese-salad/
The CT WiZ Public Portal allows individuals who were vaccinated in Connecticut to access their own immunization records, while parents and guardians can also access their child’s records. You have the option of getting a PDF copy of your full immunization record, or your COVID-19 vaccine record that contains your SMART Health card, which is a digital copy of your COVID-19 vaccine record that can be stored on your phone as a QR code. (Note: CT DPH does not issue replacement 'CDC COVID-19 Vaccination Cards' to the public.)

What to join the Litchfield County Opiate Task Force?

[QR Code]

[QR Code]
Resources for Health Care Professionals

Resources for Public Health Professionals

Resources for Individuals and Patients
GET YOUR TICKETS

Presents
From Executive Producer
NEIL deGRASSE TYSON

SHOT IN THE ARM

and Academy Award® Nominee
SCOTT HAMILTON KENNEDY

Disinformation is its own disease.
Film Screening Followed by Q&A Panel Presentation
with the filmmaker
February 7th at 5:30 p.m.
The Warner Theatre Oneglia Auditorium

For Tickets
warnertheatre.org

For More Info
TAHD.org

See our teaser and follow us on social media!
www.shotinthearmmovie.com
NEW TAHD EMPLOYEE

Brandon Jacques, BS
Sanitarian Trainee
COMMUNITY UPDATES

STOP AN OVERDOSE WITH NALOXONE

Scan me!

For Naloxone distribution map locator scan QR code above or visit https://www.lcotf.org/harm-reduction/

To request Naloxone scan QR code above

Prevent Fatal Overdose
Help Save Lives By Being Prepared

You know CPR. You have a first aid kit. Naloxone is another way to save lives. Keep naloxone at home and work.

988 SUICIDE & CRISIS LIFELINE

1 WORD VOICE LIFE Be the 1 to start the conversation www.preventsuicidect.org CALL 2-1-1

McCall Behavioral Health Network
Newington BORDEN Health District
Greenwoods Counseling & Referrals, Inc.
COMMUNITY UPDATES

WARNING: Recalled Cinnamon Apple Fruit Puree and Applesauce(s)

Consumers Are Advised To:

- Immediately stop using these products.
- Return it to the purchase place for a full refund or discard them.
- Contact their pediatrician to have their child’s lead level tested.

For additional questions about specific products, consumers are encouraged to contact the companies:

WanaBana at support@wanabanafruits.com
Schnucks Customer Care team at 314-994-4400 or 1-800-264-4400
Weis Customer Service number at 866-999-9347
Get the Flu Shot Not the Flu

IT IS NOT TOO LATE TO GET A FLU SHOT

SAME DATE APPOINTMENTS AVAILABLE

CONTACT THE PUBLIC HEALTH NURSE TO SCHEDULE YOUR APPOINTMENT TODAY.
PATTY 860-489-0436 X 325

Vaccines Available:
Seasonal Flu Vaccine for adults 19 and over
HIGH DOSE VACCINE for adults 65 and over

1. BRING INSURANCE CARD(S)
2. BRING YOUR DRIVER’S LICENSE
3. WEAR A LOOSE-FITTING SHORT SLEEVE SHIRT SO YOUR SHOULDER CAN BE EASILY ACCESSED.

INSURANCES ACCEPTED:
MEDICARE (PART B)
CONNECTICARE
ANTHEM BC/BS
AETNA
CIGNA

NO INSURANCE? NO PROBLEM!
ADULT SEASONAL FLU VACCINE $30
*HIGH DOSE $70
*65 YEARS AND OLDER
An Evening with Gabby Bernstein: Accessing Inner Peace & Resilience

Feb 9th, 2024
Torrington, CT

ALL PROCEEDS GO TO McCALL BEHAVIORAL HEALTH NETWORK TO SUPPORT THEIR VITAL WORK IN HELPING INDIVIDUALS HEAL FROM SUBSTANCE USE DISORDERS, MENTAL HEALTH DISORDERS, OR BOTH.

TICKETS ARE ALMOST GONE! GET YOURS TODAY!

On Friday, February 9th, 2024, #1 New York Times bestselling author, Gabby Bernstein, is hosting an evening fundraiser for a local nonprofit, the McCall Behavioral Health Network, at The Warner Theatre in Torrington from 7-8:30PM. The organizers are looking for vendors to participate in a pre-event shopping fair from 6-7 PM.

For more information about the event, please click here. The event appears to be sold out online, but tickets are still available. Please call The Warner Theatre Box Office if you would like to attend: (860) 489-7180 x 1.

If you are interested in participating in the vendor fair, please reach out to Marisa Mittelstaedt, Director of Development and Marketing, at 860.202.4916 or marisa.mittelstaedt@mccallbhn.org.
COMMUNITY UPDATES

Rescheduled! Join us for a free screening of UPROOTING ADDICTION

An important, locally-produced film about trauma, addiction and recovery

Followed by a panel discussion with one of the film’s producers and local organizations working to address the Opioid Crisis in our community

Recommended for ages 12+

NEW DATE: Sunday, 2/11/24
4:00pm | 6:00pm
Battell Chapel at Norfolk UCC,
12 Litchfield Rd, Norfolk

Sponsored by Greenwoods and Norfolk NET
COMMUNITY UPDATES

TORRINGTON AREA MRC PRESENTS

February MRC Events

QPR TRAINING
TUESDAY, FEBRUARY 7TH, 2024
FROM 5:00PM–6:00PM

NARCAN TRAINING
THURSDAY, FEBRUARY 22ND, 2024
FROM 10:00AM–11:00AM
COMMUNITY UPDATES

Torrington Area Health District

HEARTSAVER AND BLS CPR TRAINING

Learn the skills to save a life

Session Pricing:
Heartsaver program:
$105.00
Recommended for anyone with little or no medical training who needs a course completion card for job, regulatory, or other requirements.

BLS Course: $95.00
Recommended for healthcare professionals

Classes held at 350 Main Street Torrington, CT 06790

Training includes:
- Identifying and responding to the signs of a cardiac arrest
- How to provide rescue breaths
- How to give high-quality CPR
- How to use an AED
- Practicing crisis management skills
- How to effectively work as a team during a cardiac arrest

Participants will receive a provider electronic card valid for two years upon successful completion of the course

TO SCHEDULE FOR A CLASS, PLEASE CALL 860-489-0436 X322
GROUP CLASSES AVAILABLE UPON REQUEST
WE ACCEPT CHECKS AND CREDIT CARDS FOR PAYMENT