

FEBRUARY

newsletter

Dickey County Health District

205 15th ST N

Ellendale, ND 58436

Monday-Friday

8:00AM-4:30PM

(701) 349-4348

HEART HEALTHY MONTH



February is American Heart Month, a national observance to raise awareness about heart disease, the #1 killer for women in the U.S. We encourage people to focus on their heart health through lifestyle changes, managing risks like high blood pressure, and participate in events like National Wear Red Day (February 6th) to promote awareness.

Small steps can make a difference:

- Move more: Aim for at least 30 minutes of physical activity most days of the week.
- Eat smart: Choose fruits, vegetables, whole grains, lean proteins, and limit sodium.
- Know your numbers: Blood pressure, cholesterol, and blood sugar.
- Quit tobacco: Smoking and vaping significantly increase heart disease risk.

FACTS

- Cardiovascular disease kills more women than all forms of cancer combined.
- Among females 20 years and older, nearly 45% are living with some form of cardiovascular disease.
- Most cardiac and stroke events can be prevented through education and lifestyle changes.
- While there are an estimated 4.1 million female stroke survivors living today, approximately 57.5% of total stroke deaths are in women.

FEBRUARY EVENTS

- ♥ National Wear Red day- February 6th
- ♥ Free Cholesterol Screenings (Call for an appointment)
- ♥ Wear Red on Fridays!!
- ♥ Closed February 16th
- ♥ Ellendale Blood Drive- February 24th

Oakes Footcare
February 24, 2026
at Oakes Senior
Center!
Call for an appt!



QUIT TOBACCO FOR A HEALTHIER HEART

Smoking and vaping damage blood vessels, raise blood pressure, and significantly increase the risk of heart disease and stroke. Quitting at any age can quickly improve heart health. Free tobacco support and resources are available. Please call (701) 349-4348 for available resources.

MOVE YOUR HEART

Aim for at least 150 minutes of activity each week – that's just 30 minutes a day, 5 days a week! You can break it into shorter sessions that fit your schedule.

Week 1: Take a 10-minute walk each day

Week 2: Add 2 days of strength exercises

Week 3: Stretch or practice deep breathing daily

Week 4: Invite a friend or family member to move with you

HEALTHY RELATIONSHIPS: MORE THAN JUST VALENTINE'S DAY

Valentine's Day is a time to celebrate love, but healthy relationships are built on more than gifts and cards. Whether it's with a partner, friend, family member, or yourself healthy relationships are rooted in respect, communication, and trust.

Tips for Building Healthy Relationships:

Communicate openly and listen without judgement

Set and respect boundaries

Support each other's goals and well-being

Practice kindness- to others and yourself





Celebrate Heart Health Month!

Dickey County Health
District is offering
FREE screenings!

Includes:

- Cholesterol levels
- Blood sugar
- Hemoglobin
- Blood Pressure
- Pulse

(10-12 hour fast recommended)

On-Site option available for
businesses. Call 349-4348 to schedule.

