National Wear Red Day
Raising Awareness for Heart Health

National Wear Red Day raises awareness about heart disease, the leading cause of death for women. African American women are disproportionately impacted by heart disease, high blood pressure, and stroke. Wearing red is more than symbolic—it's a call to **educate, prevent, and take action** for our heart health and the health of our families and communities.

💓Heart Health & African American Women

• African American women are **60% more likely** to have high blood pressure than non-Hispanic white women.
• Many heart conditions are preventable with early detection and healthy lifestyle choices.
• Symptoms in women may be subtle or misunderstood, making awareness essential.

Steps for a Healthy Heart

🥗**Eat Heart-Smart:** Choose fruits, vegetables, whole grains, lean proteins, and healthy fats. Limit salt, fried foods, and sugary drinks.
🚶 **Move More:** Aim for at least 150 minutes of physical activity per week. Walking, dancing, and stretching all count.
🩺**Know Your Numbers:** Monitor blood pressure, cholesterol, blood sugar, and BMI through regular health screenings.
😌**Manage Stress:** Prioritize rest, mental health, prayer or meditation, and self-care.
🚭**Avoid Tobacco:** Smoking and secondhand smoke greatly increase heart disease risk.

🚨Know the Warning Signs in Women

• Chest pain or discomfort
• Shortness of breath
• Nausea, dizziness, or cold sweats
• Pain in the jaw, neck, back, or arms
If you experience these symptoms, call 911 immediately.

💓 Wear Red. Take Action. Save Lives.

On National Wear Red Day, we encourage you to:

• Wear red to show support
• Share heart health information
• Schedule a heart health screening
• Start one new healthy habit

Together, we can **reduce health disparities**, **empower African American women**, and **protect our hearts for generations to come**.

Health & Wellness Committee