



Central Valley Health Network



FOR IMMEDIATE RELEASE

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## February is American Heart Month

*Valley Residents are Encouraged to Practice a Healthy Lifestyle to Help Prevent Heart Disease*

**FRESNO, Calif. February 2, 2009**—Heart disease is the leading killer for men and women in the U.S., according to the Centers for Disease Control. American Heart Month, held every February, is designed to raise awareness about heart health and promote a healthy diet and lifestyle—the two biggest defenses against heart disease.

The *Network for a Healthy California—Central Valley Region* reminds Valley residents to follow recommendations from the American Heart Association:

- Choose lean meats and poultry without skin and prepare them without added saturated and trans fat.
- Select fat-free, 1% fat, and low-fat dairy products.
- Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Cut back on foods high in dietary cholesterol. Aim to eat less than 300 mg of cholesterol each day.
- Cut back on beverages and foods with added sugars.
- Choose and prepare foods with little or no salt. Aim to eat less than 2,300 mg of sodium per day (or less than 1,500 mg if you are in a higher risk group for high blood pressure).
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and two drinks per day if you're a man.

For more information, visit [www.americanheart.org](http://www.americanheart.org).

About the *Network for a Healthy California*

*The Network for a Healthy California* works with more than 300 different public, non-profit and business partners throughout the state to empower low-income Californians to consume the recommended amount of fruits and vegetables and enjoy physical activity every day. Principal funding is from the U.S. department of Agriculture's Food Stamp Program. For more information, visit the *Network* Web site at [www.networkforahealthycalifornia.net](http://www.networkforahealthycalifornia.net).

**About the Central Valley Health Network**

The Central Valley Health Network (CVHN) is a consortium of 12 Federally Qualified Health Center corporations that provide comprehensive preventative primary care services to low-income and medically underserved families throughout the Central Valley of California. CVHN supports consortium members with technical assistance, advocacy, program development and administration and training. Currently, CVHN has 124 clinic sites in 21 counties that provide 2.3 million encounters to more than 560,000 patients annually.

For more information about CVHN, visit [www.cvhnclinics.org](http://www.cvhnclinics.org) or call (559) 255-4300.

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