

## **February Health and Wellness Observances**

The Health & Well-being Interest Group has reviewed several sources of information on national health-related observances held throughout the year, with the objective of selecting activities of interest to our employer members. These tools, educational resources and other relevant information are shared with our members in advance to support workforce education and communication activities. The spotlighted observances for February appear below and in the Members Only section at [www.gpbch.org](http://www.gpbch.org).

### **AMERICAN HEART MONTH**

According to the CDC, **heart disease** continues to be the **leading cause of death** in the United States. The American Heart Association (AHA) fights heart disease and stroke and offers many resources to help children, families and communities live heart-healthy lives. To combat heart disease the AHA created *Life's Essential 8*, which are key measures for improving and maintaining cardiovascular health, as defined by the American Heart Association. Better cardiovascular health helps lower the risk for heart disease, stroke and other major health problems.

<https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8>

#### **Heart Smart Basics**

Being smart about your heart means knowing what causes heart disease and what your individual risk factors are. The National Heart, Lung, and Blood Institute have created a resource to provide consumers with definitions for common heart-related terms, numbers that should be known and questions to ask their healthcare provider. Access the fact sheet by visiting: [https://www.gpbch.org/docs/heart\\_smart\\_basics.pdf](https://www.gpbch.org/docs/heart_smart_basics.pdf).



#### **What is Heart-Healthy Living?**

As we know, Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy. Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack. You can also improve your overall health and well-being. Learn about the steps you can take to live a heart-healthy lifestyle by visiting: <https://www.nhlbi.nih.gov/health/heart-healthy-living>.

**National Wear Red Day - February 2<sup>nd</sup>, 2024:** On the first Friday of every February, which is designated as American Heart Month, the nation comes together. Wear red to raise awareness about cardiovascular disease and save lives! <https://www.goredforwomen.org/en/get-involved/give/wear-red-and-give>

[Click here to access the February Spotlighted Observance](#) – Heart Health. This document is a ready-to-distribute flyer for your employees and colleagues.

## NATIONAL CANCER PREVENTION MONTH

According to the [American Association for Cancer Research](#), research has shown that more than 40 percent of all cancers diagnosed and nearly half of all deaths from cancer in the United States can be attributed to preventable causes – things like smoking, excess body weight, physical inactivity, and excessive exposure to the sun.

### How to Prevent Cancer or Find it Early

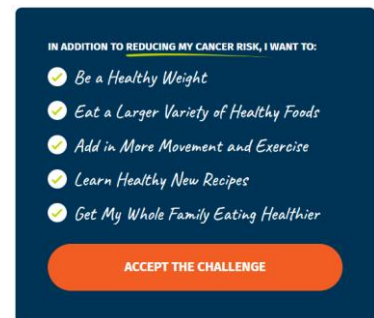
The CDC has put together several recommended resources highlighting ways in which you can help reduce your risk of cancer or find it early. Check out their recommend [Screening Tests](#), [Vaccines](#), and [Healthy Choices](#).

### Preventing Cancer: Identifying Risk Factors

In the United States, four out of 10 cancer cases and almost half of all cancer-related deaths are associated with **preventable risk factors**. Curious what the factors are? They include: Tobacco Use, Excess Body Weight, Alcohol Consumption, Too Much UV Exposure, Poor Diet, Infections, and Physical Inactivity. Learn more here: <https://cancerprogressreport.aacr.org/progress/cpr20-contents/cpr20-preventing-cancer-identifying-risk-factors/>.

### American Institute for Cancer Research (AICR) – Healthy10 Challenge

AICR's 10-week interactive *Healthy10 Challenge*, is a great way to kickstart your journey to a healthier lifestyle. Each week you'll conquer a different challenge focused on making better food decisions and being more active. And you'll get all the tools you need along the way. <https://healthy10challenge.org/>



### National Comprehensive Cancer Network (NCCN) – Employer Toolkit & Guidelines for Patients

NCCN is a not-for-profit alliance of 33 leading cancer centers devoted to patient care, research, and education. NCCN is dedicated to improving and facilitating quality, effective, equitable, and accessible cancer care so all patients can live better lives. They offer two FREE resources to help promote cancer care: their [Employer Toolkit](#) and their [Guidelines for Patients](#).

### Additional Resources:

[American Cancer Society – Cancer Risk & Prevention](#)

[Cancer Facts](#)

[National Comprehensive Cancer Network](#)

### World Cancer Day – February 4<sup>th</sup>, 2024

World Cancer Day is the global uniting initiative led by the [Union for International Cancer Control](#) (UICC). Their goal is to raise worldwide awareness, improve education and catalyze personal, collective and government action, reimagining a world where millions of preventable cancer deaths are saved and access to life-saving cancer treatment and care is equitable for all - no matter who you are or where you live. <https://www.worldcancerday.org/about-us>.