



February is Heart Health Month! Unfortunately heart disease is the leading cause of death in the United States. Marshall County is no exception. We ask that everyone take this matter to heart! Each of us can make subtle changes that can prevent this phenomenon in its tracks. Put some physical activity into your day, eat a sensible diet, get quality sleep, manage stress, see your provider for regular checkups, maintain a healthy weight, and live a long happy healthy life!

And with the dramatic temperature changes from week to week, our bodies are struggling to fight illnesses. Flu is elevated in our area as well as COVID 19 and RSV.

As always, have a great day from the Marshall County Health Department!

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Marshall County Health Department

February 2024 Update

February is Heart Health Month



What is Heart Disease?

Describes a range of conditions that affect the heart

Heart Disease conditions:

Coronary Artery Disease

Irregular Heartbeat

Heart Valve Disease

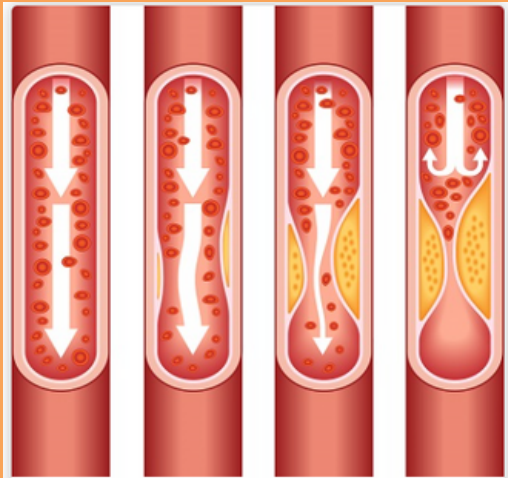
Disease of Heart Muscle

Heart problems someone is born with

Heart Disease

In The

UNITED STATES



Plaque builds up in the arteries of a person with heart disease, the arteries interior begins to narrow which lessens or blocks the flow of blood.

Heart Disease cost the US about \$239.9 billion each year.

One person dies every 33 seconds from Cardiovascular Disease.

Someone has a heart attack every 40 seconds.

Coronary heart disease is the most common type of heart disease

1 in 5 heart attacks are silent - the damage is done but the person is unaware.

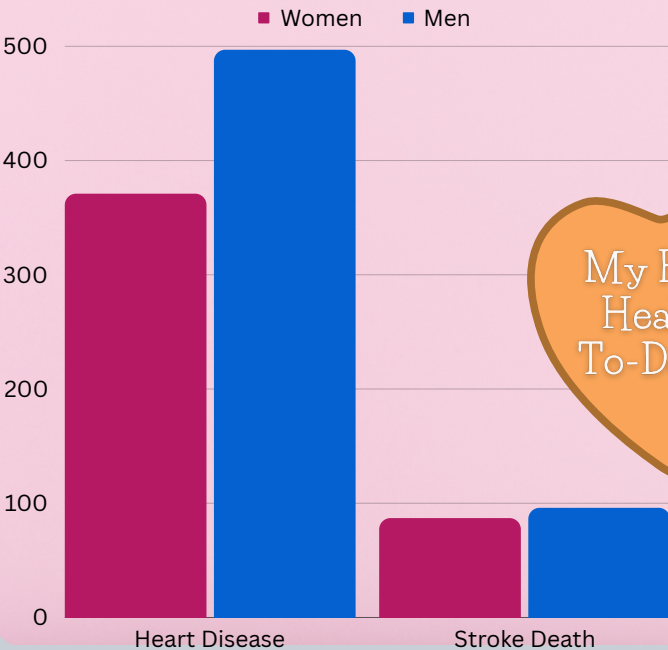
Heart Disease is the leading cause of death for men, women, and people of most racial and ethnic groups.

For any questions, please call the Marshall County Health Department at 270-527-1496.



WILL YOU BE OUR VALENTINE AND PROTECT YOUR HEART HEALTH?

Heart Disease Death Rates Among Men and Women in Marshall County, KY per 100,000



My Heart Healthy To-Do List

Talk to my PCP or Local Health Department about quitting smoking

Add physical activity into my day
Goal- 30 to 60 minutes!

Eat a heart-healthy diet!

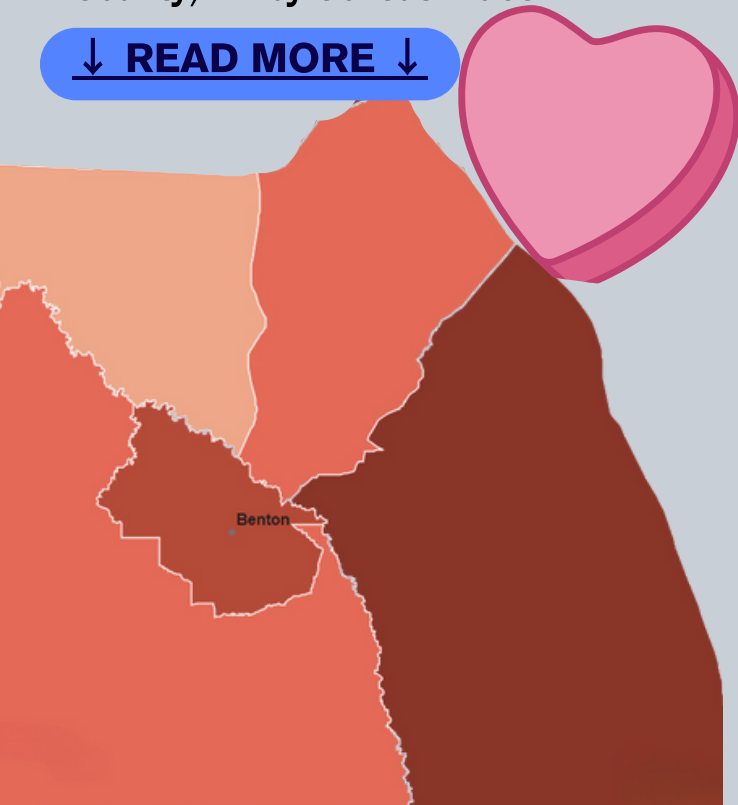
Maintain a health weight

Get quality sleep & Manage stress

Get regular health screening tests for blood pressure, cholesterol levels, and type 2 diabetes.

% of Coronary Heart Disease Among Adults Ages +18, 2020 in Marshall County, KY by Census Tract

[↓ READ MORE ↓](#)



Watch on YouTube

had cholesterol builds up — which, over time,

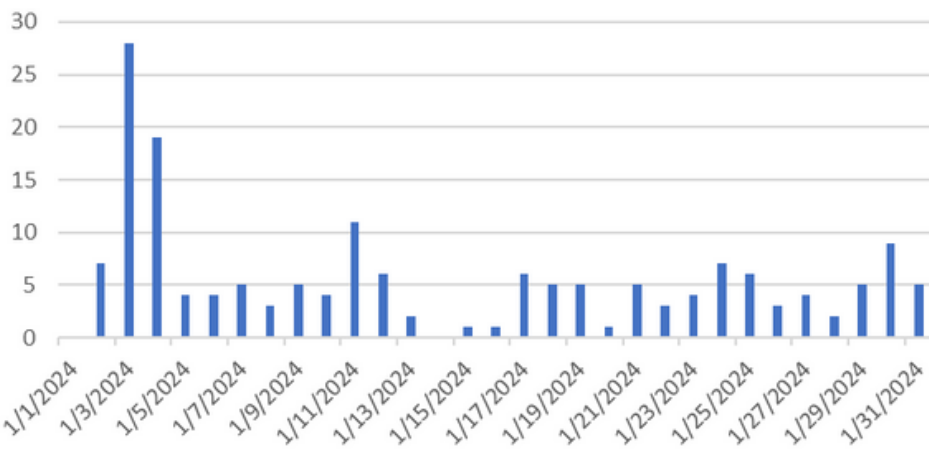
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Marshall County Health Department

February 2024 Update

Respiratory Illness

Marshall County Covid Cases, January
n=170



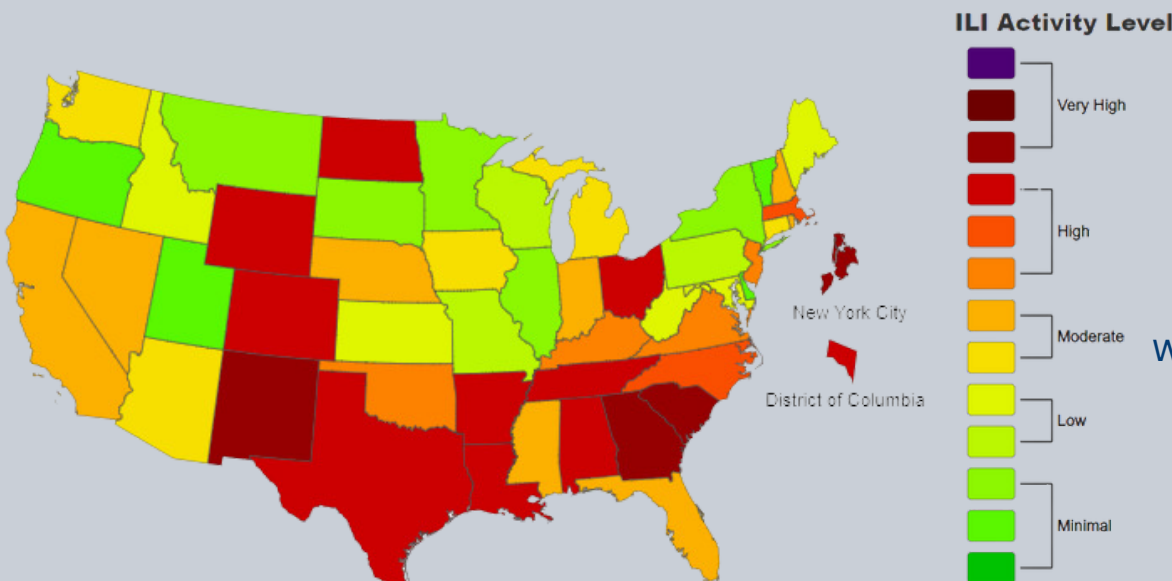
State wide:

Influenza activity is **Elevated.**

Covid-19 and RSV activity is **Elevated but declining.**

Hospitalizations for Influenza are **HIGH.**
(Data is as of February 1, 2024)

2023-24 Influenza Season Week 4 ending
January 27, 2024



Seasonal Influenza activity remains elevated nationally with increases in some parts of the country.