

DEI Pearls: February Newsletter



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February: American Heart Month

- Heart disease is the number 1 cause of death for Americans.
- Heart disease kills more women than all forms of cancer combined.
- Congenital cardiovascular defects are the most common cause of infant death from birth defects.
- High blood pressure is the leading cause of heart attack and stroke - only 1 in 4 adults have their HTN adequately under control.
- Black women are nearly 60% more likely to have high blood pressure than white women.



Outreach Opportunity: 2024 Evansville Tri State Heart Walk **May 18th is the Evansville Tri-State Heart Walk by the American Heart Association**

This is a great way to get out and get some exercise yourself, and also a good way to support and get involved in a community setting!

Please check out more at this link [2024 Evansville Tri-State Heart Walk - Heart Walk - American Heart Association](#)

Quick Stats Providers Should Know!

- Hypertension, diabetes, high cholesterol, obesity, smoking, excessive alcohol, unhealthy diet, and physical inactivity are all major risk factors for heart disease.
- Not all heart attacks present with the same symptoms - you should be aware of the silent/atypical ones.
 - Fatigue, nausea, vomiting, and abdominal pain are some examples of atypical symptoms.
- Women, diabetics, and the elderly are more likely to present with atypical symptoms.
 - They experience delayed recognition, diagnosis, and treatment from healthcare providers, causing a disparity in their treatment and care.

Let's Focus on Cardiovascular Health!

Wellness Challenge:

- **We challenge everyone to try and exercise for 30 minutes 5 days a week**
 - *Ideas: walking, weight lifting, sports, dancing, gardening, chasing kids, yoga*
- **Exercising regularly is one of the best ways to decrease the risk of developing heart disease**
 - **There's no better day like the present to start taking care of your health!**
- **Added benefits - spend time with family/friends, enjoy the sun, actually take the time to do something for yourself!**

Resources to Further your Education

**Resources For
Healthcare
Professionals for
American Heart
Month!**

[Resources for Health Care
Professionals | cdc.gov](#)

**8 Essentials for
Maintaining Good
Cardiovascular
Health!**

[Life's Essential 8 |
American Heart Association](#)

**“Listen to your
heart. Raise
your voice.
Protect your
health”**

Additional Information:

February is also Black History Month!

- **There are many disparities in the black community when it comes to health care - according to a study done by the CDC, members of the black community in their 20s, 30s, and 40s were more likely to die from conditions like heart disease, stroke, and diabetes than compared to those who are white.**
- **“Health disparities within the black community are generally driven by social determinants like *lack of access to proper healthcare, lack of health coverage, fear of discrimination, and distrust of the system*” - Dr. Iyabo Olatunde**
- **To learn more we highly encourage you to check out this article from the CDC, “Black History and Advancing Health Equity” as well as “Disparities In The Black Community” by Columbus Regional Health.**

[Celebrating Black History and Advancing Health Equity for Safer Patient Care | Blogs | CDC](#)
[Black History Month: Spotlight on health disparities in the black community \(crh.org\)](#)

See you next month for more DEI topics!

Other Sources We Used...

- [Heart Disease | cdc.gov](#)
- [Top 10 Myths About Cardiovascular Disease | American Heart Association](#)
- [American Heart Month](#)
- [Heart disease - Symptoms and causes - Mayo Clinic](#)