

## Press Releases

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### **02-03-11 OC Exec and Health Commissioner Announce DOH and ORMC Healthy Heart Program**

#### ***Partnership Brings Free Heart Health Screenings to the Community***

Heart disease is the number one cause of death for both men and women in the United States. "Prevention is key to survival," states Dr. Jean M. Hudson, Orange County Commissioner of Health. "That's why it's important to understand personal health risks for heart disease, including family history, blood cholesterol, blood pressure and glucose levels and attempt to be proactive in one's health and wellness."

The American Heart Association recommends that all adults receive regular cardiovascular assessments and appropriate follow-up with their medical provider. "In addition to regular health care check-ups, a healthy diet, regular physical activity, and a tobacco-free lifestyle are three positive steps that people can take to achieve a healthy, long life," emphasizes Edward A. Diana, Orange County Executive.

In recognition of American Heart Month this month, the Orange County Department of Health is partnering with Orange Regional Medical Center (ORMC) to offer free Healthy Heart screenings for Orange County residents at several community sites. The screenings will be provided free-of-charge by ORMC's Healthy Heart Program in collaboration with Orange County Department of Health's Healthy Orange Program.

Screenings will be conducted by medical professionals of ORMC's Cardiology Services Unit. Participants will receive information on their blood pressure and blood glucose, weight, and other risk factors, as well as practical tips for following a heart healthy lifestyle.

Heart screenings will be held on February 14 and 15 at Kmart Pharmacy, 374 New Windsor Highway, Route 32, Vails Gate from 9:00 am to 3:00 pm and February 22 at Safe Harbors of the Hudson, 107 Broadway, Newburgh, NY from 8:30 am – 2:30 pm. The screenings are free and open to the public. In addition, Kmart Pharmacy will also be offering flu vaccinations. The fee for vaccines is \$15 per person and free for Medicare participants. Additional screenings are being held for employees of the Newburgh Enlarged City School District and the Orange County Child Care Council.

For further information on the Healthy Orange initiative, or to inquire about a screening, please contact Healthy Orange at 845-568-5247.

Healthy Orange is an initiative of the Orange County Department of Health. The program goal is to promote good health for residents with a focus on three important issues: healthy diet, physical activity, and a tobacco-free lifestyle. The goal of the ORMC Healthy Heart Program is to provide an opportunity for residents to learn about their personal risk factors for heart disease, and to highlight the importance of a healthy lifestyle in the prevention of heart disease.