



MID-BERGEN REGIONAL HEALTH COMMISSION

NEWSLETTER

FEBRUARY IS:

**BLACK
HISTORY
MONTH**

FEBRUARY 2024



**AMERICAN
HEART
MONTH**



FEBRUARY 2024

WHAT'S INSIDE THIS ISSUE?

Health Inequalities in Heart Disease

Heart Health Tips

REHS Spotlight

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Health Inequalities in Heart Disease

ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION [[CDC](#)], HEART DISEASE IS THE **LEADING CAUSE OF DEATH** IN THE UNITED STATES.

DISPROPORTIONATE RATES OF CARDIOVASCULAR DISEASE (CVD) ARE SEEN IN THE U.S. AFRICAN AMERICAN POPULATION. AFRICAN AMERICAN SUBGROUPS HAVE A GREATER BURDEN OF MYOCARDIAL INFARCTION, HEART FAILURE, STROKE, AND OTHER CARDIOVASCULAR EVENTS [[NCBI](#)].

What are Health Inequities?

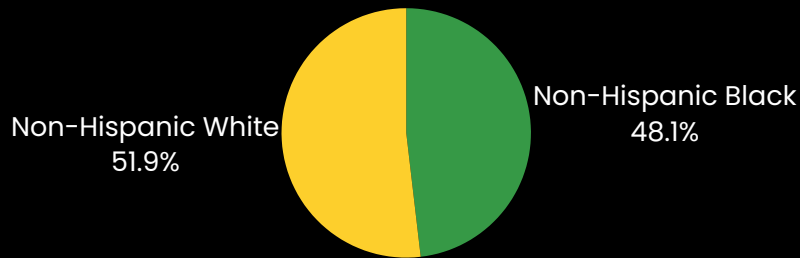
HEALTH INEQUITIES ARE DIFFERENCES IN HEALTH STATUS OR IN THE DISTRIBUTION OF HEALTH RESOURCES BETWEEN DIFFERENT POPULATION GROUPS, ARISING FROM THE SOCIAL CONDITIONS IN WHICH PEOPLE ARE BORN, GROW, LIVE, WORK AND AGE. HEALTH INEQUITIES ARE UNFAIR AND COULD BE REDUCED BY THE RIGHT MIX OF GOVERNMENT POLICIES. [[WORLD HEALTH ORGANIZATION](#)]

HOW DOES HEART DISEASE AFFECT AFRICAN AMERICAN POPULATIONS?

ON A POPULATION LEVEL THERE IS A **HIGHER OVERALL PREVALENCE OF RISK FACTORS** THAT ARE UNRECOGNIZED AND THEREFORE NOT TREATED, WHICH PLACES THESE INDIVIDUALS AT A GREATER LIKELIHOOD OF EXPERIENCING ADVERSE OUTCOMES AND THEREFORE POTENTIALLY HIGHER MORBIDITY AND MORTALITY [[NCBI](#)]

Diagnosed Cases of Coronary Heart Disease

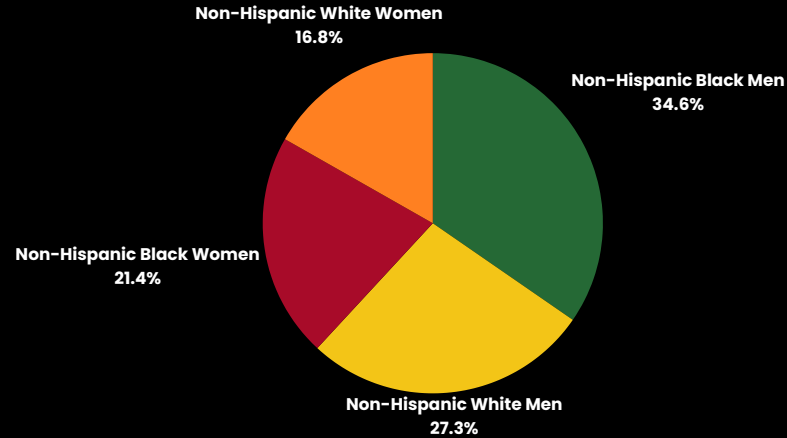
AGE-ADJUSTED PERCENTAGE OF CORONARY HEART DISEASE AMONG PERSONS 18 YEARS OF AGE AND OVER, 2021



SOURCE: CDC 2022. NATIONAL CENTER FOR HEALTH STATISTICS. PERCENTAGE OF CORONARY HEART DISEASE FOR ADULTS AGED 18 AND OVER, UNITED STATES, 2019–2021. NATIONAL HEALTH INTERVIEW SURVEY. GENERATED INTERACTIVELY: JAN 04, 2023. [HTTPS://WWW.N.CDC.GOV/NHISDATAQUERYTOOL/SHS_ADULT/INDEX.HTML](https://wwwn.cdc.gov/nhisdataquerytool/shs_adult/index.html)

Heart Disease Death Rates

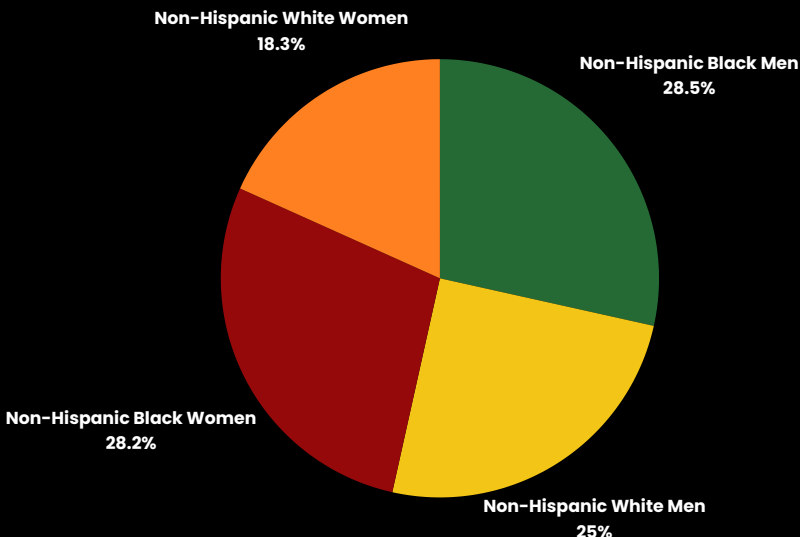
AGE-ADJUSTED HEART DISEASE DEATH RATES PER 100,000 (2019)



SOURCE: CDC 2022. NATIONAL VITAL STATISTICS REPORT, VOL. 70, NO. 8. TABLE 10. [HTTPS://WWW.CDC.GOV/NCHS/DATA/NVSR/NVSR70/NVSR70-08-508.PDF](https://www.cdc.gov/nchs/data/nvsr/nvsr70/nvsr70-08-508.pdf)

HYPERTENSION/HIGH BLOOD PRESSURE

AGE-ADJUSTED PERCENTAGE OF PERSONS 18 YEARS OF AGE AND OVER WHO HAVE HIGH BLOOD PRESSURE, 2017–2018



SOURCE: CDC 2022. HYPERTENSION PREVALENCE AND CONTROL AMONG ADULTS: UNITED STATES, 2017–2018. NCHS DATA BRIEF, NO. 364. FIGURE 4. [HTTPS://WWW.CDC.GOV/NCHS/DATA/DATABRIEFS/DB364-H.PDF](https://www.cdc.gov/nchs/data/databriefs/db364-h.pdf) [PDF | 398.15 KB]

RISK FACTORS

- Diabetes
- Obesity
- Hypertension
- High Cholesterol
- Cigarette Smoking

HOW DO I MAINTAIN MY HEART HEALTH?

READ OUR HEART HEALTH TIPS ↓



HOW TO MAINTAIN HEART HEALTH TIPS



Move More

Find ways to get active. This can be as simple as a 30-minute walk.



Talk with a Doctor.



Choose Healthy Food

Find heart healthy foods here: [NIH](#).



Stress Less

One way to stress less, is to practice mindful deep breathing.



Don't Smoke

Find ways to quit smoking here: [CDC](#).



Limit Alcohol Consumption

Want to check your alcohol use? Visit: [CDC](#).





AMERICAN HEART MONTH RESOURCES



Live To The Beat

The Live to the Beat campaign aims to help adults take steps to prevent heart disease and stroke.

For more information, visit: <https://www.livetothebeat.org/>

American Heart Association

A nonprofit organization in the United States that funds cardiovascular medical research, educates consumers on healthy living and fosters appropriate cardiac care in an effort to reduce disability and deaths caused by cardiovascular disease and stroke.

For more information, visit: <https://www.heart.org>

CDC

The Centers for Disease Control and Prevention is the national public health agency of the United States.

For more information about Heart Disease, visit: <https://www.cdc.gov/heartdisease/index.htm>

NIH

The National Institutes of Health (NIH), a part of the U.S. Department of Health and Human Services, is the nation's medical research agency – making important discoveries that improve health and save lives.

For more information about Heart Disease, visit: <https://www.nhlbi.nih.gov/health/heart-healthy-living>



REGISTERED ENVIRONMENTAL HEALTH SPECIALIST (REHS) SPOTLIGHT

KAYLA M. WILLIAMS, BS, REHS, CPO

It has been over 4 years since Kayla Williams began her career as a Registered Environmental Health Specialist. Working for Mid Bergen Regional Health Commission has been a nurturing and supportive work environment for her as someone who originated from the field of animal science and Veterinarian Medicine. After a severe career change, Kayla took to the field where her interest in public health allowed her to stay committed to her values of hard work, integrity, and embracing teamwork. Kayla has worked as a REHS in River Edge and Bergenfield, where she consistently upholds local and state regulations proactively. "Ensuring the public communities health and safety always comes first and foremost." " she says. Kayla specializes in performing sanitary inspections, Public Health Complaint Investigations, assisting in community outreach activities, and educating the public community in Integrative Pest Management approaches. After the challenges faced by the COVID-19 Pandemic, Kayla was recognized for her dedication to guiding and assisting in the River Edge Farmers Market by the River Edge's Mayor and Council. In Bergenfield, one of the largest communities known as "Family Fun Day" is held. One of her favors is due to her interest in Special temporary Events and international cuisines. Here, Kayla thoroughly reviews and conducts numerous risk-based inspections while educating temporary food vendors and establishments about food safety. "I take a special interest in temporary events because they allow me to review food menus and educate food vendors in food safety who have all different types of cuisines. I always want to ensure that without losing sight of the cuisine's traditions. I think it is so important for the community to come together on days like those and support each other; it is just a great sight to see!" Stay updated on Special events in Bergenfield and River Edge by following our MBRHC Newsletter.



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