



EMORY GROVE UNITED METHODIST CHURCH HEALTH & WELLNESS FEBRUARY NEWSLETTER



American Heart Month

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, the Emory Grove UMC Health & Wellness Ministry is proudly participating in American Heart Month. Heart disease and stroke are the number one and number three causes of death in Maryland respectively. Coronary heart disease and stroke have high prevalence, and result in high rates of hospitalization and mortality. The overall prevalence of coronary heart disease in Maryland in 2014 was 3.2%, heart attack was 3.1%, and stroke was 3.1%.

Several health conditions, including your lifestyle, and your age and family history are risk factors that can increase your risk for heart disease.

Other important risk factors for heart disease include diabetes and obesity. It is estimated that Maryland residents reporting these risk factors are also more likely to report having coronary heart disease.

You can make healthy changes to lower your risk of developing heart disease.

Here's what you can do to lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

National Wear Red Day is Friday, FEBRUARY 7, 2020



National Wear Red Day was born in 2003. It's held on the first Friday in February every year to raise awareness about heart disease being the No. 1 killer of women. **Emory Grove show your support by wearing RED on Sunday February 16TH !** As a congregation, let's represent our support with the American Heart Association and Go Red For Women campaign to celebrate American Heart Month and raise heart disease awareness. Every 80 seconds, one woman is killed by heart disease and stroke. That's 1 in 3 deaths among women each year. These statistics can be shocking, but building awareness is one of the best ways to fight this

horrible disease. Did you know that 80% of these deaths can be prevented with education and action? By wearing red and using #GoRedWearRed you are helping raise women's awareness and support education on cardiovascular health. Visit www.goredforwomen.org for more information.

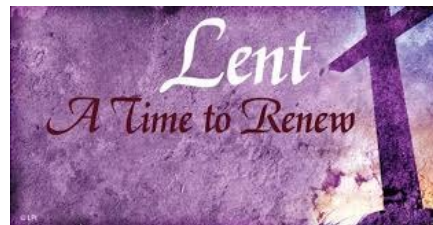


National Black HIV/AIDS Awareness Day (NBHAAD)

FEBRUARY 7, 2020 is NATIONAL BLACK HIV/AIDS AWARENESS DAY. Take time to get Educated, get Tested, get Involved and get Treated! I AM MY BROTHER/SISTER'S KEEPER: FIGHT HIV/AIDS! National Black HIV/AIDS Awareness Day (NBHAAD) was first observed in 1999. NBHAAD is a national HIV testing and treatment community mobilization initiative designed to increase awareness of HIV/AIDS prevention, care, and treatment among Blacks in the United States and across the Diaspora.

Did you know?

- Compared with other races and ethnicities, African Americans account for a higher proportion of new HIV diagnoses, those living with HIV, and those ever diagnosed with AIDS.
- More than 1.2 million people 13 years and older in the United States are living with HIV infection, and almost 1 in 7 (14%) are unaware of their infection and more than 500,000 are black.
- African Americans are the racial/ethnic group most disproportionately affected by HIV.
- The rate of new HIV infection in among Blacks is 8 times that of whites based on the US population size. To learn more, visit www.NationalBlackAIDSDay.org



Lent 2020

Lent for the year 2020 starts on Wednesday, February 26th and ends on Thursday, April 9. Lent is a Christian annual period that starts on Ash Wednesday lasting for 40 days (not including Sundays) representing the 40 days Jesus spent fasting in the wilderness. The Health and Wellness ministry will support you in your practice of fasting and praying during Lent. We will provide guidelines based on the Daniel Plan and the Daniel Fast. We will hold a **weekly** devotional/discussion group session to facilitate making lifestyle changes to bring our mind, body and soul into full health. The program offers the steps to achieve a healthy lifestyle with like-minded people supporting each other. During this time of sacrifice and reflection we will give attention to five focus areas: Faith, Food, Fitness, Focus, and Friends. We will share reading materials, devotionals, meal ideas, exercise and other health tips. Sessions will be held **via ZOOM video calls**. Please register to join the group and receive the conference details and materials.

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