



PROGRAM SPOTLIGHT

PERSONAL FAMILY HEALTH AMERICAN HEART MONTH

February is American Heart Month. Heart disease remains the leading cause of death in Michigan, claiming more than 26,000 lives in 2023 alone—well above the national mortality rate. Nearly 10% of Michigan adults have been diagnosed with heart disease or stroke, with significant disparities impacting non-Hispanic Black residents.

At LMAS, our approach centers on prevention through sustainable lifestyle changes. While we do not manage blood pressure or cholesterol medications, we routinely screen for high blood pressure during annual and office visits and connect clients with education and resources to reduce their risk.

Through WIC services and school-based health education, LMAS promotes heart-healthy nutrition, physical activity, and tobacco and nicotine prevention. By supporting families and youth early, we aim to reduce long-term risk and improve heart health outcomes across our communities.

We invite staff, partners, and community members to join us in promoting heart health year-round. To learn more and access additional resources, visit michigan.gov/heartdisease or heart.org/nation.



CONTACT US



lmasdhd.org/personal-family-health



Luce: (906) 293-5107 x318
Mackinac: (906) 643-1100 x217
Alger: (906) 387-2297 x401
Schoolcraft: (906) 341-6951 x134