

STEP UP

For A Healthy Heart



Be Strong for the Ones You Love, Prevent Heart Disease by:

- Controlling blood pressure
- Not using tobacco
- Daily exercise
- A diet low in fat and salt
- A low blood sugar level
- Limited alcohol
- A healthy body weight
- Seeing your doctor when sick and for regular check-ups

More than 30,000 California men died from heart disease in 2007 *

*State of California, Public Health Death Records 2007

Multicultural Health Month April 2010

This message is brought to you by the Office of Multicultural Health, California Department of Public Health and Department of Health Care Services



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