



## February – American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices. Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

- [How Old Is Your Heart? Learn Your Heart Age!](#)
- [Blood Pressure Control](#)
- [Risks for Heart Disease and Stroke](#)



## February Teen Dating Violence Awareness Month

About 1 in 10 teens have been physically abused by a boyfriend or girlfriend within the last year. Teen Dating Violence Awareness Month is a national effort to raise awareness and protect teens from violence. You can make a difference: Encourage schools, community-based organizations, parents, and teens to come together to prevent teen dating violence.

- [Talk with Your Teen about Healthy Relationships](#)
- [Talk to Your Kids about Sex](#)
- [Help Someone in an Unhealthy Relationship: Quick tips](#)
- [Watch for Warning Signs of Relationship Violence](#)