

Hunterdon County ‘Goes Red For Women’ To Fight Heart Disease

Hunterdon County’s employees recognized February 2nd as ‘Go Red For Women’ day, the American Heart Association’s annual day to recognize that heart disease is a serious health issue for women and to highlight the aspects of a heart healthy lifestyle.

Suzanne Lagay, Deputy Director of the Hunterdon County Freeholder Board, Surrogate Susan Hoffman, and Sheriff Fred Brown joined staffers from various County offices, all wearing red, on February 2nd for a healthy lunch and to learn how to prevent heart disease. Those interested also were able to take advantage of the blood pressure screening by the public health nurses.

Freeholder Lagay said, “We have long known that heart disease impacts on men, but what is not as well-known is the fact that heart disease is the #1 killer of women. And that is what Go Red for Women day is all about, bringing attention to this fact.

We encourage everyone to not only participate in the ‘Go Red Day’ program, but also to work towards a healthier lifestyle.”

The first Friday in February has been designated by the American Heart Association as “Go Red Day” since 2003 in an effort to raise awareness about heart disease and strokes that cause 1 in 3 deaths among women today. Through this campaign, women have access to information about factors that increase their risk for heart disease, [click here](#), and ways to prevent heart disease and stroke, [click here](#) to find out more.