



FEBRUARY 2025



American Heart Month
National Cancer Prevention Month



Children's Dental Health Month
Eating Disorders Awareness Week
National Black HIV/AIDS Awareness



Teen Dating Violence Awareness Month
Healthy Eating Tips

ATTENTION

We are currently accepting submissions for our next newsletter! Please send in your submissions no later than the 15th of each month. For more information, please e-mail: Mary.Aquino@flhealth.gov

February is American Heart Month



February is dedicated to raising awareness about heart health in America. Heart disease remains one of the primary causes of death in the U.S., with a life lost to cardiovascular disease every 33 seconds. Throughout this month, we aim to emphasize the significance of **preventing heart diseases and managing your health** by monitoring cholesterol levels, blood pressure, and, for those with diabetes, understanding glucose levels. Check out the [American Heart Association](https://www.heart.org) website to find recipes, lifestyle tips, and more.

National Cancer Prevention Month

Tips on Cancer prevention and reducing risk:

- **Smoking cessation**
- **Adding healthier food choices into daily diet**
- **Staying active**
- **Protect from sun exposure**
- **Practice safe habits to prevent viral infections that cause complications**
- **Get regular medical care**



Source: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/cancer-prevention/art-20044816>

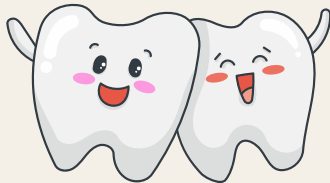
Children Dental Health Month

ORAL HEALTH STARTS AT A YOUNG AGE.

To keep healthy smiles, here are some tips to implement at all age ranges of life:

- Brush your teeth two times a day.
- Floss, floss, floss. It may be challenging to do, but it helps prevent painful cavities. Try floss picks for easier flossing.
- Limit sugary foods and drinks.
- See your dentist at least twice a year.

The American Dental Association (ADA) came out with some fun posters to teach kids how to brush their teeth. Check out the National Children's Dental Health Month ADA posters [here](#).

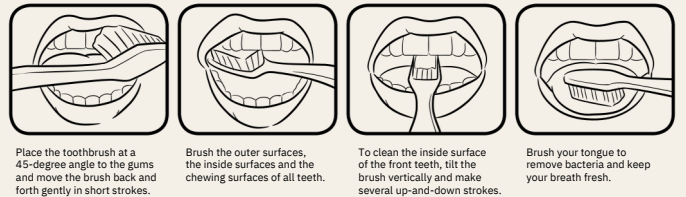


SOURCE: AMERICAN DENTAL ASSOCIATION

Forever In My Brushing Era

I brush my teeth twice daily with a fluoride toothpaste to keep my smile strong.

For more resources, visit: MouthHealthy.org



© 2024 AMERICAN DENTAL ASSOCIATION ALL RIGHTS RESERVED.

mouthhealthy | ADA.

FEBRUARY 7 National Black HIV/AIDS Awareness Day



Source: HIV.gov

February 24 to March 2 is Eating Disorders Awareness Week.

This year's the [National Eating Disorders Association \(NEDA\)](#) theme, "The Time is Now," aims to shift this perception—by highlighting the importance of sharing knowledge and resources, encouraging early detection and treatment, and supporting ongoing research. Together, let's make this #EDAW a turning point for greater awareness, empathy, and support for all impacted by eating disorders.



AWARENESS MATTERS



Did you know that **9%** of the US population, or **28.8 million** Americans will experience an eating disorder at some point in their lives?

Deloitte Access Economics. The Social and Economic Cost of Eating Disorders in the United States of America: A Report for the Strategic Training Initiative for the Prevention of Eating Disorders and the Academy for Eating Disorders, June 2020.

#EDAW

Eating Disorders Awareness Week



February is Teen Dating Violence Awareness Month

Dating violence is prevalent among teenagers and young adults, manifesting in four distinct behaviors:

1. Physical
2. Sexual
3. Psychological aggression
4. Stalking

Experiencing any form of dating violence can significantly impact teens' daily lives, diminish their motivation, and elevate the risk of suicide. Additionally, such violence can influence future relationships and foster unhealthy patterns.

This highlights the importance of raising awareness and reaching out to friends, children, and family members to ensure that teens feel secure and supported.

If you or someone you know is going through dating violence or teen dating violence please contact:

National Domestic Violence Hotline: 1-800-799-7233
Love is Respect National Teen Dating Abuse Helpline: 1-866-331-9474

Source: [CDC Teen Dating Violence](#)



Healthy Eating Tips



- **Add More Fiber:** Enjoy plenty of fruits, veggies, whole grains, nuts, and seeds to keep you full and energized.



- **Boost Calcium and Vitamin D:** Strengthen bones with dairy, leafy greens, and fish like salmon or sardines.



- **Cut Back on Added Sugars, Fats, and Salt:** Choose fresh foods to keep your heart and body strong.



- **Mix Up Your Proteins:** Include lean meats, seafood, eggs, beans, soy, nuts, and seeds for variety and balance.



- **Heart-Check Digital Grocery List:** This tool will help you find healthy choices why grocery shopping.

Source: <https://www.cdc.gov/nutrition/features/healthy-eating-tips.html>

