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## **State Recognizes Beaumont for Heart Health Efforts**

The Texas Council on Cardiovascular Disease and Stroke recently awarded Beaumont Gold status in recognition of its promotion of heart health.

The Council's Texas Heart and Stroke Healthy City Recognition Program honors cities that use best practices for preventing and controlling heart disease and stroke. The council uses 10 indicators to determine recognition as a Heart and Stroke Healthy City. Environmental indicators include offering physical activity areas, healthy eating options, defibrillators and CPR classes in the community. Policy indicators include smoke-free ordinances, an EMS system with priority response times to 911 calls for heart attacks or strokes, and recognized guidelines for the care and treatment of heart attack and stroke in hospitals.

"We are extremely proud to be recognized as a city that raises the bar in cardiovascular health," said Ingrid Holmes, Public Health Director. "We encourage every citizen to take an interest in this topic get involved in heart-health efforts."

For more information about the city's heart-health initiatives, call 409-654-3677. For more information about the Heart and Stroke Healthy City Recognition Program, visit [texascvdcouncil.org](http://texascvdcouncil.org).

The mission of the Texas Council on Cardiovascular Disease and Stroke is to educate, inform and facilitate action among Texans to reduce the human and financial toll of cardiovascular disease and stroke. For more information on the Heart and Stroke Healthy City Recognition Program, visit the Texas Department of State Health Services website at [www.texascvdcouncil.org](http://www.texascvdcouncil.org), or call 512-458-7111.

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