



## News Release

### FOR IMMEDIATE RELEASE

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### MEDIA CONTACT

Jennifer Mackethan

[Jennifer.Mackethan@TrilliumNC.org](mailto:Jennifer.Mackethan@TrilliumNC.org)

1.866.998.2597

### **Trillium Health Resources recognizes American Heart Month** *Joins organizations nationwide to raise awareness*

GREENVILLE, NC- Trillium Health Resources will join organizations across the nation to recognize American Heart Month during February. Heart disease continues to be the leading cause of death for both men and women in the United States. According to a recent survey from the Centers for Disease Control and Prevention ([CDC](#)), about 653,000 people in North Carolina have coronary heart disease. Coronary heart disease is the most common type of heart disease, often preventable by making simple lifestyle changes.

Social determinants of health and unmet needs have been linked to an increased risk of heart disease and stroke. Conditions in the places where people live, learn, work, and play affect a wide range of health risks and outcomes. Trillium [addresses the social determinants of health](#) in our communities by providing training and resources that empower our members to lead healthy lifestyles.

### **Know the warning signs**

You can take control of your health through exercise, diet, and regular wellness checks. The American Heart Association recommends that you know your key numbers: blood pressure, cholesterol, blood sugar, and body mass index (BMI). These numbers will help you and your healthcare provider determine if you are at risk for heart disease. Use Trillium's [online assessment tools](#) to learn more about your numbers.

### **Show your support**

Heart disease kills one in five women. Help raise awareness for women's heart health by **wearing red on Friday, February 7**. By joining the movement, you are reminding others to focus on heart health. You can also join the conversation on social media by using the hashtag #OurHearts. Our hearts are healthier together.

## **ABOUT TRILLIUM HEALTH RESOURCES**

Trillium Health Resources is a leading specialty care manager (LME/MCO) for individuals with substance use, mental illness and intellectual/ developmental disabilities in 26 counties in eastern North Carolina. Trillium's mission is transforming lives and building community well-being through partnership and proven solutions. We help every community and individual we serve to reach their fullest potential. By coordinating care across multiple systems, we achieve improved health outcomes, quality of care, and efficient use of resources. Trillium remains focused on delivering the right services, in the right amount, at the right time. For more information, visit [www.TrilliumHealthResources.org](http://www.TrilliumHealthResources.org).

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