



Knox County Health Department

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KCHD encourages continued focus on heart health

Knox County, Tenn. - Today marks the last day of Heart Month, but focusing on heart health shouldn't stop when the calendar shifts to March.

Heart disease is the leading cause of death in Knox County. According to the American Heart Association, 1 in 5 deaths in Knox County are from heart disease.

The good news is there are ways to prevent this outcome through education and a healthy lifestyle. Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease.

“We have free classes that focus on weight management, heart healthy foods, and physical activity,” said KCHD nutritionist Julia Holland. “By taking preventative measures, like participating in these classes, you can lower your risk of developing heart disease that could lead to a heart attack.”

Classes are offered in-person and online. The next in-person heart health sessions are March 13 and 20 at 6 p.m. Click [here](#) to sign up. The classes are open to anyone who has heart disease, is a caregiver of someone with heart disease, or just simply wants to learn more about a heart-healthy lifestyle.

Similarly, KCHD also offers free classes focused on diabetes management. The classes are offered both in-person and online. More information can be found [here](#).

About Knox County Health Department

The first health department in Tennessee to achieve national voluntary accreditation by the Public Health Accreditation Board, the Knox County Health Department (KCHD) is dedicated to ensuring the conditions in which every resident can be healthy. For more information, visit www.knoxcounty.org/health.

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