



February is American Heart Month. According to the [American Heart Association](#), American Heart Month is a federally designated event that encourages Americans to focus on their heart health and get their families, friends and communities involved.

- Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States.
- One person dies every 34 seconds in the United States from cardiovascular disease.
- In 2023, 919,032 people died from cardiovascular disease. That's the equivalent of 1 in every 3 deaths.

A special thank you to everyone who showed their support for [Go Red for Women](#) by wearing red on Friday, February 6!

- Office of the County Executive
- Office of Finance
- Office of Homeland Security
- Office of Integrity, Compliance, and Police Accountability
- Office of the Sheriff
- Department of Corrections
- Department of the Environment









**OICPA, PAB, ACC, &
AHB**

Care to Wear RED!

Friday, February 6, 2026



Wellness on Demand – Free & Available for All

- Level Up also wants you to continue to embrace mindfulness, daily. Kaiser Permanente is providing great resources on [mindfulness](#) and [well-being](#) — free webinars available to all employees. Register and tune in!

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