**With Every Heartbeat Is Life Newsletter Drop-In Article/Blog Post**

**Protect Your Heart Health—and the Health of Your Community**

Did you know that 1 in 4 African Americans dies of heart disease each year? If you’re a community health worker or knows someone who is, you can actually do something about it. How? By teaching a heart health course! It’s possible now with the help of the newly updated manual, *With Every Heartbeat is Life:* *A Community Health Worker’s Manual on Heart Disease for African Americans.*

Developed by [*The Heart Truth*](https://www.nhlbi.nih.gov/health-topics/education-and-awareness/heart-truth)®, a program of the National Heart, Lung, and Blood Institute, the easy-to-follow manual gives you and others in your community smart, engaging ways to talk about heart disease prevention. Most importantly, it provides culturally tailored information specifically aimed at helping African Americans reduce their risk factors for heart disease.

The educational program features 12 interactive sessions on topics such as how to maintain healthy blood pressure, weight, and cholesterol levels. And it includes tips on getting physically active, reducing stress, improving sleep, not smoking, controlling diabetes, and reducing alcohol consumption.

The manual helps those who teach the course make heart health information easy to understand—and practical to follow. For example, participants learn how to respond in time to heart attack signs, how to eat healthy even when there’s a shortage of money and time. They also get lots of take-home resources: healthy—yet still tasty—adaptations of traditional African American recipes, walking and stretching guides, nutrition trackers, and forms for collecting family heart health history. The manual also encourages teachers to talk to participants about getting their family, friends, and community members to join them in improving their heart health.

To implement With Every Heartbeat is Life in your community, visit [www.hearttruth.gov](http://www.hearttruth.gov). There you can find the manual—and many other heart health resources.

[Optional content to add and customize]

If hosting a With Every Heartbeat is Life course, add: We [your organization] will offer the With Every Heartbeat Is Lifecourse to community health workers and those working in the community at {location} from {date} to {duration of time}. To learn more or register to participate visit {insert link} or call {insert phone number}.

If not hosting a With Every Heartbeat is Life course, add: Help spread the word about With Every Heartbeat Is Life*.* Tell the health care providers, community center leaders, and the clergy in your community about it—and do it today!