

American Heart Association Board Meeting
April 14, 2010
Forsgate Country Club
Talking Points

- Thank you for this special recognition. It truly is a great honor. And it has been my privilege to serve the American Heart Association and to promote heart health awareness.
- I am proud of what we have achieved together
- I share this recognition with each of you in this room—our accomplishments have truly been a collaborative team effort.
- The Heart Association does incredible work to raise awareness of heart disease and prevent strokes and I consider myself lucky to be a small part of its achievements.
- But, as you know, despite the strides we've made, heart disease continues to be the leading cause of death for both men and women in New Jersey and nationally.
- So it is clear we have more work to do to improve awareness and teach our residents about the importance of healthy lifestyles.
- Part of that education includes teaching women that heart disease is not just a men's disease. Too many women just don't see cardiovascular disease as a health threat to them, personally.
- During my time serving on the board, I participated in several Go Red events to increase awareness of the threat of heart disease among women.
- Go Red events have helped to empower women to learn their risks factors for cardiovascular disease—including heart disease and stroke—and to learn how to reduce their chances of getting these diseases.
- Eating a healthy diet, getting proper exercise, maintaining a healthy weight, avoiding smoking are all important steps in preventing heart disease. These are the lessons I teach my patients and now I can bring these lessons to an even wider audience.
- I can assure you in my new role as Commissioner of Health and Senior Services, I will carry this message with me when I speak to our residents.
- Together we can make an even great difference in helping state residents lead longer, healthier and happier lives

- Thank you again for this wonderful honor.

