



## MEMORANDUM

Date: May 1, 2013  
From: Julie Chapman, Director  
To: Agency Secretaries / Department Directors  
Subject: State Employee Heart Walk and Wellness Fair

The American Heart Association is holding the 13th Annual State Employee Heart Walk and Wellness Fair on Thursday, September 19, from 11:30 a.m. to 1:30 p.m., on the West Steps of the State Capitol in Sacramento.

Sponsored jointly by the American Heart Association and the California Department of Human Resources, the walk is designed to give State employees an opportunity to participate in a physical activity, learn about heart-healthy living, and raise funds along with co-workers to support the American Heart Association's work to fight heart disease and stroke.

The event is scheduled at midday, so we encourage departments to share this information with employees and allow them to arrange a flexible lunch period as workload and staffing permits.

### **Why Your Department Should Participate**

Heart disease and stroke are our nation's No.1 and No.4 killers. Heart disease is a major problem and it is the leading cause of death for both men and women.

- More people die of heart disease than all cancers combined.
- Every 39 seconds someone dies from a heart attack or stroke.
- Every year an estimated 785,000 Americans will have their first heart attack.
- About 780,000 people die from heart disease in the United States each year.
- Stroke is the leading cause of long-term disability and it takes a life every 4 minutes.
- Someone has a stroke every 40 seconds and it affects nearly 800,000 people each year.
- Obesity is weighing heavily on the hearts of Americans and it is a leading risk factor for heart disease and stroke. More than 74 million adults are obese.

Walking is one of the best things you can do for heart health and this event supports that. It also provides education about heart disease, helps increase heart health awareness, and encourages other healthy lifestyle behaviors. Get your department involved in this event to help employees take steps toward leading an active and healthy life.

Departments in the Sacramento area who wish to establish a team and promote the event should contact the American Heart Association at (916) 446-6505, Erica Ralston [Erica.Ralston@heart.org](mailto:Erica.Ralston@heart.org) or Chelsea Berg [Chelsea.Berg@heart.org](mailto:Chelsea.Berg@heart.org). They will provide an orientation for your team captains and also a department rally to help educate and recruit walkers. Departments outside of the Sacramento area may contact their local American Heart Association Corporate Events Director for information on events or opportunities in their area.