



State of New Hampshire

DEPARTMENT OF ADMINISTRATIVE SERVICES
OFFICE OF THE COMMISSIONER
25 Capitol Street – Room 120
Concord, New Hampshire 03301

LINDA M. HODGDON
Commissioner
(603) 271-3201

JOSEPH B. BOUCHARD
Assistant Commissioner
(603) 271-3204

January 11, 2012

Dear Agency Leader,

Heart disease is the leading cause of death in both men and women, but many do not realize they are at risk. To make employees more aware of the dangers of heart disease, the Department of Administrative Services and the State Employee Wellness Program are participating in American Heart Month this February.

The goal is to give everyone a personal and urgent call about their risk of heart disease:

- Increase awareness that heart disease is the #1 killer of men and women.
- Increase awareness that having risk factors can lead to heart disease, disability or death.
- Encourage everyone to talk to their doctors about heart disease risk factors and to take action to prevent or control these risk factors.

If you're like most people, you want to feel better, and live a long, healthy life. But what does "healthy" mean? The answer can vary from one person to another. It's not always easy to gauge health by how we look and feel. Health includes our lifestyle and the choices we make over time that can largely determine if we stay well or get sick; have a longer or shorter lifespan. Research indicates that most heart attacks and other causes of heart disease death could be prevented.

Our goal is to make sure that employees are aware of the dangers of heart disease and understand that everyone can contribute in reducing their risk of it by making healthy decisions each and every day. At the Department of Administrative Services, we will be promoting this message in several ways:

- Hosting two *Heart Truth* wellness workshop sessions in February
- *Sit for 2, Move for 10* – Physical Activity Break Memo
- Wellness display in the State House Annex
- Participate in National Wear Red Day on February 3rd

During the January Wellness Coordinator Training Session, Coordinators were provided educational information for American Heart Month as well as worksite wellness resources. I encourage you to work with your Wellness Coordinator and participate in February. The NH State Employee Wellness team can help your agency plan and implement activities as well. Contact Michael Loomis, State Wellness Program Specialist at 271-4103 or Michael.loomis@nh.gov with any questions.

Sincerely,

Linda M. Hodgdon
Commissioner