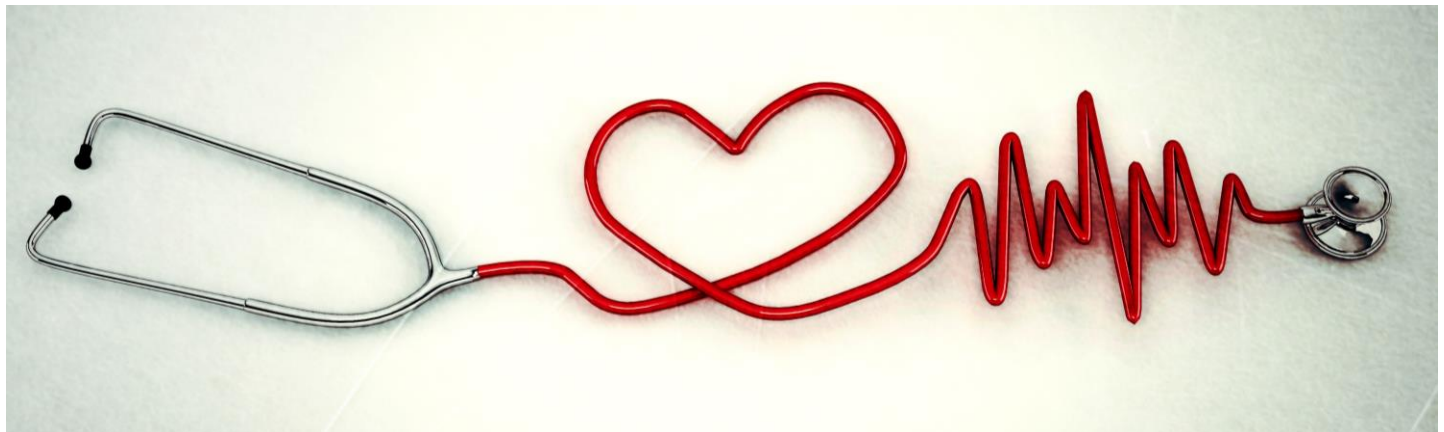


HEALTHY REVOLUTION NEWS

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February is American Heart Month

February has been honored as American Heart Month for the past five decades. The Centers for Disease Control and Prevention report that heart disease is the leading cause of death for men and women. In observance of American Heart Month, the CDC is raising awareness about the relationship between risk-factors such as smoking, second-hand smoke, obesity, unhealthy diets, and physical inactivity with cardiovascular health. [Read more.](#)

FDA Launches Major Youth Anti-smoking Campaign

FDA is launching a \$110 million tobacco prevention campaign targeting at-risk youth aged 12-17 who are open to smoking or already experimenting with cigarettes. "The Real Cost" campaign rolled out nationally on Feb. 11th and highlights consequences that youth are concerned about, like tooth loss and skin damage. Some campaign ads focus specifically on menthol cigarettes, which are popular among young smokers. [Main campaign page.](#)

National Children's Dental Health Month Celebrated in February

Around the nation, Children's Dental Health Month is being celebrated to focus attention on untreated dental caries (cavities) in children 2 to 19 years of age. Parents are encouraged to emphasize preventive dental practices for their children, which includes using fluoride-based toothpaste, brushing twice a day, proper diet and nutrition, and regular visits to a dentist. [Read more.](#)