



MAYOR JOSEPH P. GANIM  
BRIDGEPORT, CT

**For Immediate Release**

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-PRESS RELEASE-

**CITY OF BRIDGEPORT, CITY COUNCIL TO HOST  
FREE HEALTH SCREENINGS TO RAISE AWARENESS  
FOR HEART DISEASE AND DIABETES**

**FIFTH ANNUAL ‘KNOW YOUR NUMBERS’ CAMPAIGN EDUCATES RESIDENTS ABOUT  
HEALTHY BLOOD PRESSURE, CHOLESTEROL AND BLOOD SUGAR LEVELS**

BRIDGEPORT, CT – **The City of Bridgeport City Council members and The Greater Bridgeport Primary Care Action Group will host the fifth annual “Know Your Numbers” campaign with free health screenings today, February 5, 2018 from 5:30 p.m. to 7:00 p.m.**

In an effort to raise awareness for heart disease and diabetes during American Heart Month, the Greater Bridgeport Primary Care Action Group, a regional collaborative that includes Bridgeport Hospital, St. Vincent’s Medical Center and other healthcare, government and social service agencies will provide free community health screenings in Bridgeport and throughout the region until February 28<sup>th</sup>.

The ‘Know Your Numbers’ campaign teaches individuals what their numbers for blood pressure, cholesterol and blood sugar levels mean to their overall health. In addition, individuals will be advised on how to identify symptoms of cardiovascular disease and diabetes. A special campaign kickoff will take place today with a screening for members of the Bridgeport City Council and community prior to their regular meeting. A dozen other screenings are planned through February at food pantries and soup kitchens in Bridgeport.

“The City Council is looking forward to participating in the ‘Know Your Numbers’ campaign because we recognize how important it is for the people of Bridgeport to take their health

seriously,” said City Council President Aidee Nieves. “My hope is this campaign will educate the community with some preventative steps to living healthier lives.”

A typical screening includes body mass index, waist circumference, blood pressure, cholesterol, blood sugar and A1C (a test that measures long-term control of blood sugar). In addition to receiving their screening numbers, participants receive nutrition education, physical activity tips and referrals to local clinics for follow-up care.

Health Director, Maritza Bond said, “It is critical Bridgeport residents learn for themselves what is normal when it comes to cholesterol, blood sugar and blood pressure. In some cases, you cannot wait six months for a check up to know where you stand with your levels, heart disease and diabetes are time sensitive health problems that can have life-long affects and even death when not immediately addressed.”

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