

BELTSVILLE, MD – Today, Congressman Steny H. Hoyer (MD-5) visited Vitabot to learn more about the small business and raise awareness of American Heart Month. Vitabot is an online nutrition tracking tool that is used by a range of government and private organizations nationwide, such as the U.S. Air Force, NFL and college football teams, and nearly 1,000 health clubs, hospitals, and corporations.

“I was pleased to meet today with representatives of Vitabot, and discuss with them some of the ways they are working to improve the health of Americans,” **stated Congressman Hoyer.** “This month, we raise awareness of the impact that heart disease has on our society and highlight the ways we can work to avoid its harmful effect. Because cardiovascular diseases can often be prevented, the American Heart Association recommends that among other measures, people avoid tobacco, become more active, and choose good nutrition. I am so pleased and commend Vitabot for doing their part to help promote these positive lifestyle choices that reduce all of the modifiable risk factors for heart disease, heart attack, and stroke.”

The [Vitabot](#) program uses the Institute of Medicine's Guidelines and the USDA's Food Database to provide personalized nutritional guidance based on an individual's demographics, activity level, and wellness goals. The technology behind Vitabot led to the program being recognized by NASA in 2009 as one of the top *Spinoff Technologies*.

“We were all really thrilled to host the Congressman and his staff,” **said Vitabot Sales Manager, Jake Bedard.**

“Hopefully, others will look upon our employees and see how simple it really is to create a corporate culture centered around your employees' well-being.”

American Heart Month, recognized since 1963, is dedicated to raising awareness about cardiovascular diseases, including heart disease and stroke – the nation's first and third leading causes of death, respectively. The American Heart Association has set a goal of reducing death and disability from cardiovascular diseases by 20 percent and improving cardiovascular health by 20 percent by 2020. In order to meet that goal, Americans are encouraged to help raise funds for increased research and education this month.

Since 2004, February has also marked the “Go Red For Women” initiative, designed to raise public awareness of the fact that heart disease is the number one killer of women. According to

the American Heart Association, ninety percent of women have one or more risk factors for developing heart disease. “Go Red For Women” challenges all women to know their risk for heart disease and take action to reduce it.

FACTS ABOUT HEART DISEASE

- More than 82 million American adults—one in three people—are estimated to have one or more types of cardiovascular disease.
- On average 2,200 Americans die of cardiovascular disease each day, an average of one death every 39 seconds.
- Heart disease is the number one killer of women over the age of twenty—more than the next four causes of death combined.

To learn more about Vitabot, [click here](#) .