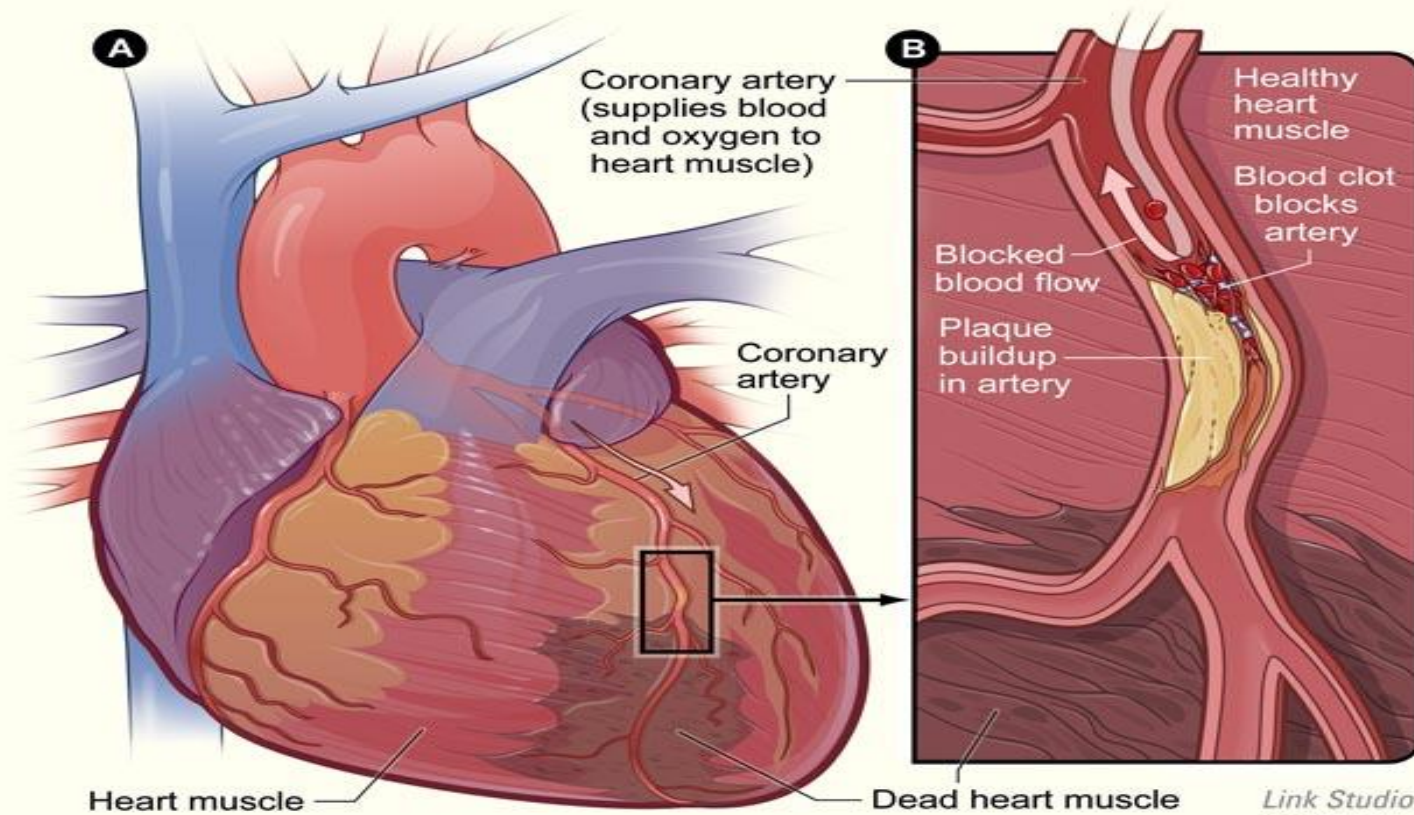


**February is Heart
Healthy Month**

- Refers to multiple heart conditions
- Most common form in USA is called coronary heart disease or coronary artery disease (CAD)
- Chronic, develops over time due to various reasons
- May cause severe and acute health problems such as heart attack and stroke
- Preventable and Controllable

Heart Disease

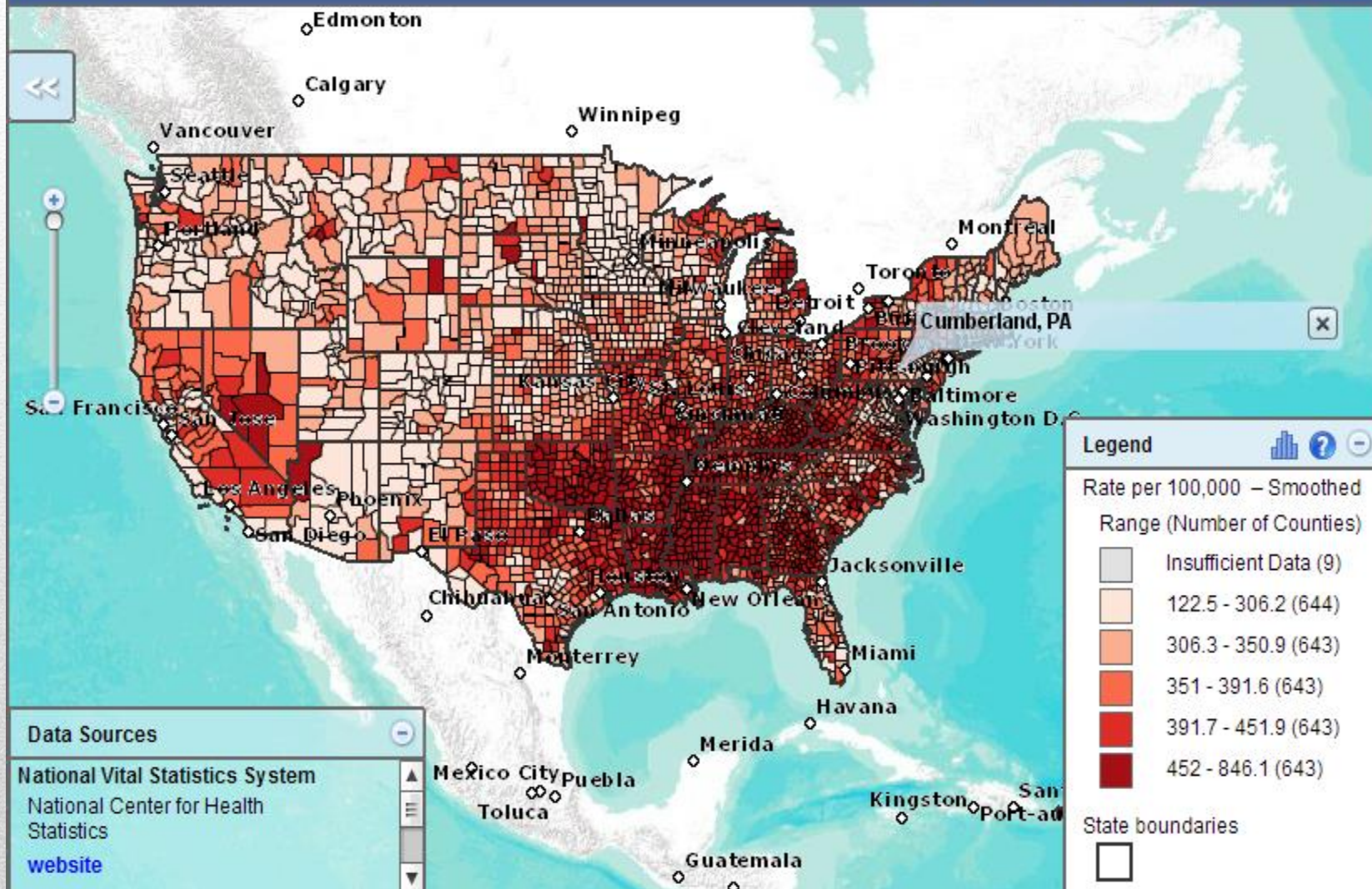


Looks like...

- #1 killer of men and women in the USA
- 600,000 deaths, meaning 1 in every 4 deaths yearly in US caused by heart disease
- 715,000 heart attacks per year in the USA
- Cardiovascular diseases cost the US \$312.6 billion yearly
 - health care services, medications, and lost productivity
- Leading cause of disability

What's the big deal?

Heart Disease Death Rate per 100,000, 35+, All Race, All Gender, 2008-2010



- Overweight/Obesity
- Lack of exercise
- Poor diet, high in fats, carbs, and low in plants
- Genetic predisposition (family history)
- Age (<55 for men, >65 for women) (but not necessarily!!)
- Stress
- Tobacco use
- Hypertension (high blood pressure)
- Diabetes

Risk Factors



HEART ATTACK GRILL:

~ Blair River, the nearly 600 pound, 6'8" promoter of Arizona based Heart Attack Grill died at age of 29 apparently from pneumonia....

~ multiple deaths and cardiac arrests have occurred due to consumption just in this restaurant, where a quadruple bypass burger weighs in at over 8,000 calories. Now Imagine all of America eating similar food.



- Know and control your blood pressure
- Exercise regularly
- Eat healthy: high fruits & vegetable intake
- Quit smoking, decrease alcohol consumption
- Diabetes screening and control
- Know your cholesterol and triglyceride levels and keep them under control
- Maintain a healthy weight

Prevention

- **Cholesterol** – waxy, fat-like substance needed by your body in moderate amounts
 - HDL – “good cholesterol”
 - Healthy level protects from heart attacks, strokes, low levels increase the risks for these conditions
 - Studies show 150 minutes of moderate-intensity aerobic exercise (i.e. brisk walking) every week can improve levels
 - LDL – “bad cholesterol”
 - High levels can increase chance of clogged arteries
 - Exercise and eat healthy to decrease

Things to be aware of... 1

- **Triglycerides** – a type of fat found in the blood
 - Too much of this can increase chances for CAD, especially in women
 - Factors that can increase triglyceride levels:
 - Being overweight
 - Lack of exercise
 - Poor diet, especially one high in carbs
 - Smoking, excessive alcohol consumption
 - Certain diseases and medications
 - Some genetic disorders

Things to be aware of... 2

- **Blood Pressure** – force of your blood pushing against the walls of your arteries
 - *Systolic Pressure* – When your heart beats (pumps blood)
 - *Diastolic Pressure* – Heart at rest, in between beats
- 119/79 or lower is normal blood pressure
- 140/90 or higher is high blood pressure
- High BP can cause stroke, heart failure, heart attack and kidney failure.



Things to be aware of... 3

- **Screenings**
 - - Tests for cholesterol, blood pressure, body fat, bmi, diabetes are simple, inexpensive or free – get it done!
- **Get Moving!**
- **Eat well**
 - 5 servings of fruits/vegetables per day, decrease meat consumption, use lean meats, decrease carbs, eat healthy portions, reduce trans and saturated fats
- **Know the risks, be aware of your own health**
 - Are you overweight? Do you get enough exercise? Are you suffering from diabetes? Do you have high cholesterol?
- **Need motivation or help?**

~ How will you decrease your risk for heart disease?

What can you do?

- <http://www.cdc.gov/features/heartmonth/> - Heart Health Month
- <http://www.choosemyplate.gov/> - Better Eating
- www.nlm.nih.gov/medlineplus - Medline
- <http://www.heart.org/HEARTORG/> - American Heart Association
- <http://www.cdc.gov/nchs/nvss.htm> - National Vital Statistics (map)

References & Resources
