

# Living Heart Healthy



## Topics

- ♥ **Knowing the Signs of Heart Attack & Stroke**
- ♥ **Knowing our Risks**
- ♥ **Living a Healthy Lifestyle**
- ♥ **Shopping, Cooking and Eating Healthy**
- ♥ **Fitting it Into a Busy Schedule**

## Signs & Symptoms: Heart Attack

- Chest discomfort or discomfort in other areas of the upper body
- Shortness of breath
- Women are more likely to experience some of the other symptoms: shortness of breath, nausea/vomiting, back or jaw pain
- Some heart attacks are sudden and intense, but most start slowly with mild pain or discomfort

## Heart Attack: What to Do

- Call 9-1-1 and get to a hospital right away
- If you're properly trained and it's necessary, you can give CPR to a victim until help arrives
- Before an emergency, find out which hospitals in your area have 24-hour cardiac care, in helps to be prepared just in case
- Keep a list of emergency numbers next to your phone and with you at all times

## Heart Attack: The Statistics

- Heart and blood vessel disease is our nation's No. 1 killer
- About  $\frac{1}{2}$  of the deaths from heart and blood vessel disease are from coronary artery disease, which includes heart attack
- About 325,000 people a year die of coronary attack before they get to a hospital or emergency room

## Signs & Symptoms: Stroke

- Suddenly feel numb or weak in the face, arm or leg, especially on one side of the body
- Suddenly have trouble seeing with one eye or both of them
- Suddenly have a hard time talking or understanding what someone is saying
- Suddenly feel dizzy or lose balance
- Have a sudden, very bad headache with no known cause

## Stroke: What to Do

- Call 9-1-1 immediately
- Check the time so you'll know when the first symptoms appeared
- Get to a hospital right away
- It is very important to take immediate action. If given within three hours of the start of symptoms, a clot-busting drug can reduce long-term disability from the most common type of stroke

## Stroke: The Statistics

- Stroke is the third leading cause of death in American today
- It is also a major cause of severe, long-term disability
- People over 55 years old have a greater risk of stroke and the risk increases as you get older
- Men, African Americans and people with diabetes or heart disease are the most at risk for stroke
- 5.7 million stroke survivors are alive today

## Risk Factors

### Things you *CANNOT* change:

- Age
- Heredity
- Ethnicity

## Risk Factors

### Things you *CAN* change:

- Tobacco intake
- High Cholesterol
- High Blood Pressure
- Physical Inactivity
- Obesity and Overweight
- Poor Diet

## Risk Factors

How you **CAN** change:

- Stop Smoking
- Know Your Numbers
  - Get Active
  - Eat Healthier
- Talk to Your Doctor

## Living a Healthy Lifestyle

Getting and Staying Healthy:

- Don't smoke
- Have your blood pressure checked regularly
- Be more physically active
- Maintain a healthy weight
- Improve your eating habits
- Have regular medical check-ups

## How Do I Stop Smoking?

- **Make an agreement with yourself to quit.**
- **Ask your healthcare professional for information and programs that may help.**
- **Talk to your HR department to see what programs and resources they provide.**
- **Fight the urge by going where smoking isn't allowed, and avoid being around people who smoke.**
- **Reward yourself when you quit.**

## How Do I Stop Smoking?

- **Keep busy doing things that make it hard to smoke, like working in the yard, washing dishes and being more active.**
- **Remind yourself that smoking causes many diseases, and can harm or kill you and others.**
- **Ask your family and friends to support you.**

## Know Your Numbers

- Total Cholesterol                      less than 200 mg/dL
- LDL (“Bad”) Cholesterol – *LDL Cholesterol goals vary*
  - Less than 100 mg/dL      Optimal
  - 100 to 129 mg/dL Near      Optimal/Above Optimal
  - 130 to 159 mg/dL              Borderline High
  - 160 to 189 mg/dL              High
  - 190 mg/dL and above        Very High
- HDL (“Good”) Cholesterol      50 mg/dL of higher

## Know Your Numbers

- Triglycerides                              <150 mg/dL
- Blood Pressure                            <120/80 mmHg
- Fasting Glucose                            <100 mg/dL
- Body Mass Index (BMI)                <25 Lg/m<sup>2</sup>
- Waist Circumference                    <35 inches
- Exercise                                      minimum of 30 minutes  
most if not all days

## Be Physically Active

- Regular physical activity reduces your risk of heart disease and stroke and makes your heart stronger.
- It helps control your weight and blood pressure, helps you relax, and can improve your mood.
- It is always a great way to relieve stress during the day and at work.

*Check with your doctor before you start any exercise program.*

## Be Physically Active

- Start slow and build up to a total of 30 to 60 minutes on most or all days of the week.
- Look for chances to be more active. Take 10 or 15-minute walking breaks during the day, instead of a coffee break or after meals.
- Find a routine and make it a habit.
- Find an exercise partner (or a co-worker) or exercise class to help you stay interested and hold you accountable.

## Maintain a Healthy Weight

- Remember that eating smart doesn't mean "dieting".
- It means eating some foods in smaller amounts and eating high-calorie and high-fat foods less often.
- Plan all of your meals. When you're going to a party or out to eat, decide ahead of time what you can do to make it easier to eat right.

## Maintain a Healthy Weight

- When you're hungry between meals, drink a glass of water or eat a small piece of fruit, and stay out of the kitchen.
- When you crave a really high-calorie food, eat a small amount and forget about it, instead of resisting until you give in and gorge.
- If you don't trust yourself to eat just a little of something high-calorie or high-fat, don't eat any at all.

## Change Your Eating Habits

- Choose foods like egg yolks, fatty meats, skin-on chicken, butter and cream less often.
- Cut down on saturated fat, trans fat, sugar and salt.
- Substitute fat-free or low-fat milk for whole milk.
- Bake, broil, grill, roast and poach – don't fry foods.

## Change Your Eating Habits

- Eat fruits, vegetables, cereals, dried peas and beans, pasta, fish, skinless poultry and lean meats.
- Limit alcohol to one drink per day for women, two for men, and if you don't drink – don't start.

*Check with your doctor before you make dietary changes.*

## Shopping, Cooking & Eating Healthy

- Try preparing foods differently by using more heart-healthy cooking methods
- Change recipes and substitute healthier ingredients when possible
- When eating out, order smart
- Avoid unhealthy choices

## Shop Smart – Read Labels

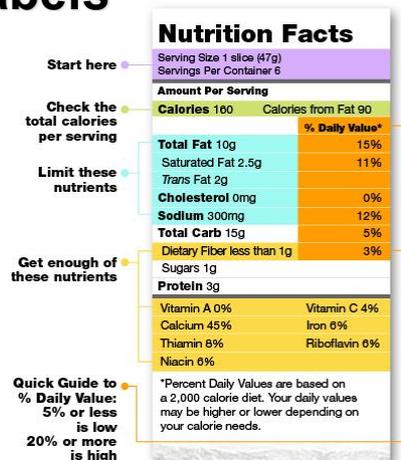
- **Serving Size** – if you eat twice the serving size be sure to double the calories, fat and nutrients you consumed
- **Calories** – Helpful if you're counting calories to lose or maintain weight
- **Total Fat** – the label gives you the number of grams of fat per serving and the number of calories from fat
- **Saturated Fat** – This is one part of the total fat in food, it is a key culprit in raising blood cholesterol and heart disease risk

## Shop Smart – Read Labels

- **Daily Value** – serve as guides for people who eat 2,000 calories each day; if you eat more or less than that, your daily value may be higher or lower
- Choose foods with a low % of daily value of fat, saturated fat, cholesterol and sodium
- Try to reach 100% daily value of total carbohydrates, dietary fiber, vitamins and minerals

## Activity Break: Let's Look at the Labels

- Snack Product
- Meal Product



**Nutrition Facts**

Serving Size 1 slice (47g)  
Servings Per Container 6

Amount Per Serving	
Calories 160	Calories from Fat 90
	<b>% Daily Value*</b>
<b>Total Fat</b> 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	12%
<b>Total Carb</b> 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 0%
Thiamin 8%	Riboflavin 0%
Niacin 0%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

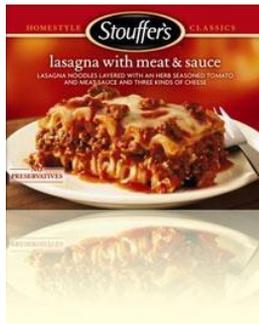
**Quick Guide to % Daily Value:**  
5% or less is low  
20% or more is high

# Activity Break: Let's Look at the Labels



Nutrition Facts	
Serving Size 5.5 fl. oz. Servings Per Container 1	
Amount Per Serving	
Calories 330 Calories from Fat 210	
Total Fat	23g
Saturated Fat	18g
Trans Fat	0g
Cholesterol	25mg
Sodium	65mg
Total Carbohydrates	28g
Dietary Fiber	0g
Sugars	24g
Sugar Alcohol	
Protein	3g
Vitamin A 6%	Vitamin C 0%
Calcium 10%	Iron 0%
Kosher	

# Activity Break: Let's Look at the Labels



Serving Size 10.50z Servings Per Container 1 Amount Per Serving Calories 350 Calories From Fat 100	
% Daily Value*	
Total Fat	11g 17%
Saturated Fat	6g 30%
Trans Fat	.5g
Cholesterol	40mg 12%
Sodium	930mg 39%
Total Carbohydrates	38g 12%
Dietary Fiber	3g 13%
Sugars	7g
Protein	24g
Vitamin A	8%
Vitamin C	2%
Calcium	20%
Iron	10%

## Healthy Ways to Cook

- **ROAST** – with a rack so meat or poultry doesn't sit in its own fat drippings.
- **BAKE** – in covered cookware with a little extra liquid.
- **BRAISE** or **STEW** – with more liquid than baking, on top of the stove or in the oven.
- **POACH** – by immersing chicken or fish in simmering liquid.

## Healthy Ways to Cook

- **GRILL** or **BROIL** – on a rack so fat drips stay away from food
- **SAUTÉ** – in an open skillet over high heat.
- **STIR-FRY** – in a wok with a tiny bit of peanut oil.
- **MICROWAVE** – needs no extra fat; in fact, you can drain food of fat by placing it in between two paper towels while it cooks.
- **STEAM** – in a basket over simmering water.

## Be Smart When Eating Out

- Ask about low-fat or fat-free choices.
- Ask the server to make substitutions like steamed vegetables instead of french fries.
- Pick lean meat, fish or skinless chicken.
- Make sure your entrée is broiled, baked, grilled, steamed or poached instead of fried.
- Order vegetable side dishes and ask that any sauces or butter be left off.

## Be Smart When Eating Out

- Ask for low-calorie salad dressing on the side so you can control how much you use, or a lemon to squeeze on your salad instead of dressing.
- Order fresh fruit or fruit sorbet in place of cake, pie or ice cream.
- At salad bars, stay away from high-fat items like cheese, cream dressings, chopped eggs, croutons, olives and bacon bits

## Fitting It In Your Busy Schedule

### Physical Activity

- Goal is 30 to 60 minutes per day, but it doesn't have to be all at once – aim to take three 10 minute walk breaks during the day
- Schedule time to walk during the day and treat it like any other important meeting

## Fitting It In Your Busy Schedule

### Physical Activity

- Build it into your workday:
  - Walk to someone's office instead of calling or sending an e-mail
  - Brainstorm ideas while taking a walk with a co-worker
  - Stand while talking on the phone
  - Replace your chair with a stability ball

## Fitting It In Your Busy Schedule

### Physical Activity

- Build it into your workday:
  - Take the stairs instead of the elevator
  - Park a little farther away from your office or when going to meetings and walk the rest of the way
  - Bring sneakers to walk when waiting at the airport or when you are on a business trip
  - Check to see what fitness options your hotel has

## Fitting It In Your Busy Schedule

### Nutrition

- Stock up on healthy snack options in your briefcase or desk so you'll be ready when you get hungry. Low calorie granola bars, nuts and fruit are always good options
- Pack your lunch as often as you can
- Cook extra meals on the weekends so you have healthy options ready during the week

## Fitting It In Your Busy Schedule

### Nutrition

- Drink lots of water during the day – it will help you stay healthy and reduce your appetite
- Ask your employer to make sure there are lots of healthy options in your vending machines
- Know that you can say “no” to desserts and treats in the office

## One Way to Get Started

### My Life Check Assessment with Life’s Simple 7

#### Life’s Simple 7 SEVEN SIMPLE STEPS TO LIVE BETTER.

My Life Check was designed by the American Heart Association to improve health by educating the public on how best to live. Any person can make these changes, the steps are not expensive to take and even modest improvements to your health will make a big difference. Start with one or two. This simple, seven step list has been developed to deliver on the hope we all have—to live a long, productive, healthy life.



Get Active



Control Cholesterol



Eat Better



Manage Blood Pressure



Lose Weight



Reduce Blood Sugar



Stop Smoking

Visit [Heart.org/MyLifeCheck](https://www.heart.org/MyLifeCheck) to start your new life resolution.

## To Learn More

- Contact the American Heart Association:
  - 614-848-6676
  - [www.Heart.org/ColumbusOhio](http://www.Heart.org/ColumbusOhio)
- Contact the American Stroke Association:
  - 1-800-4-STROKE (1-888-478-7653)
  - [www.StrokeAssociation.org](http://www.StrokeAssociation.org)