

LOVE YOUR HEART

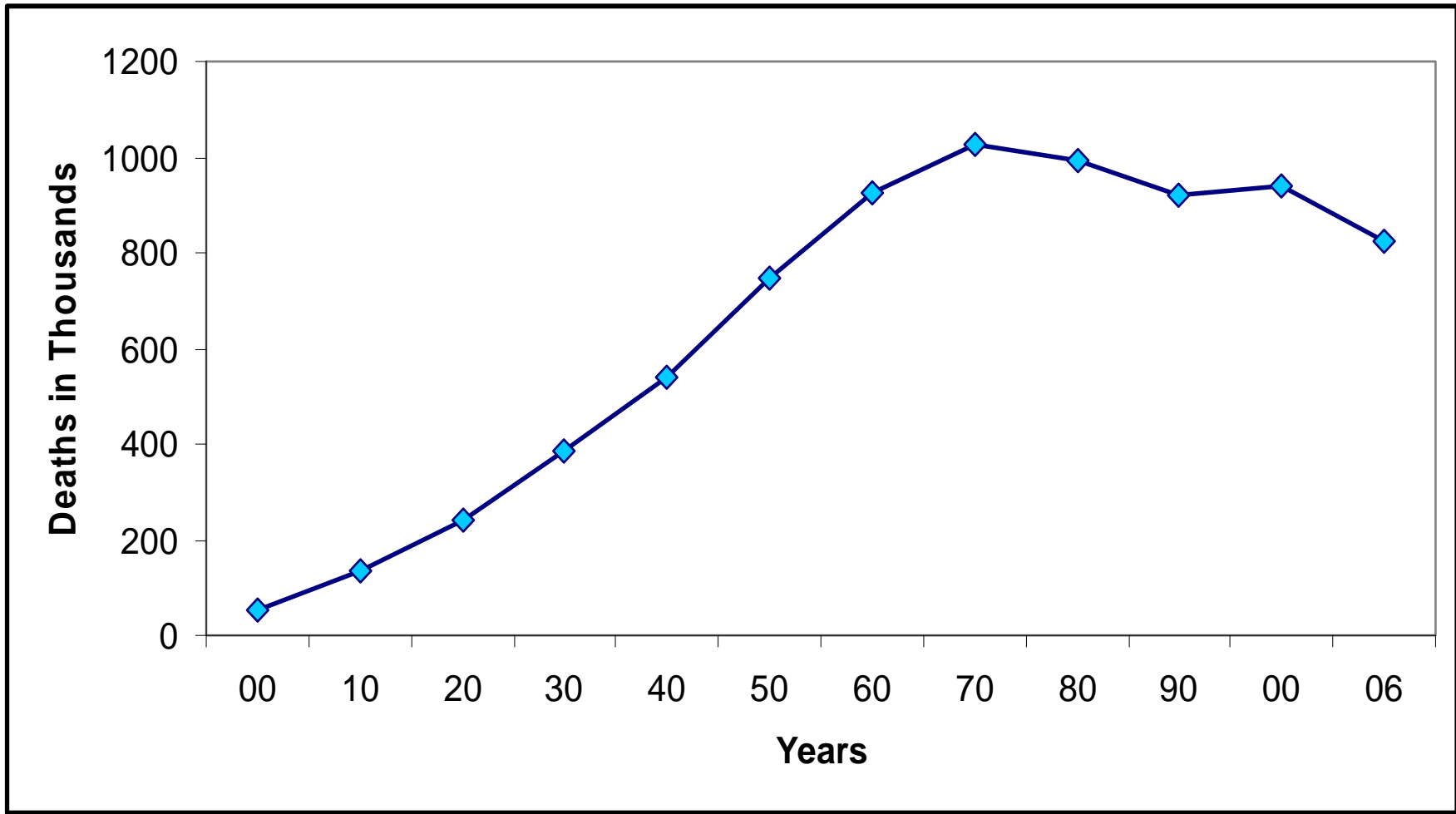


# What We'll be Covering

- Statistics
- Risk Factors
- Know Your Numbers
- Steps to a Healthy Heart
- Nutrition and Physical Activity
- Heart Attack Warning Signs

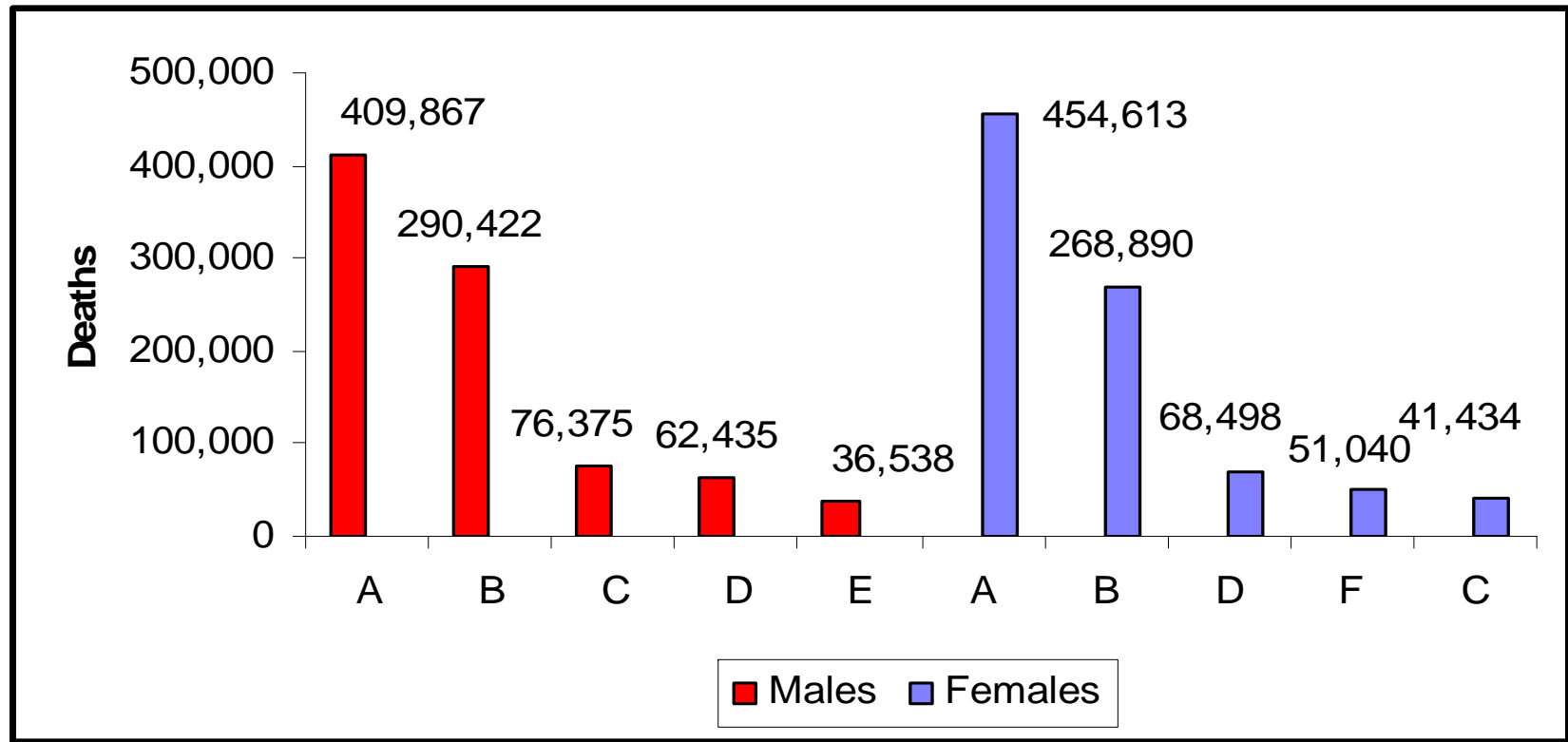


# Statistics



**Deaths from cardiovascular disease (United States: 1900–2006 preliminary). Source: NCHS and NHLBI.**

# Statistics



**A Total CVD**

**B Cancer**

**C Accidents**

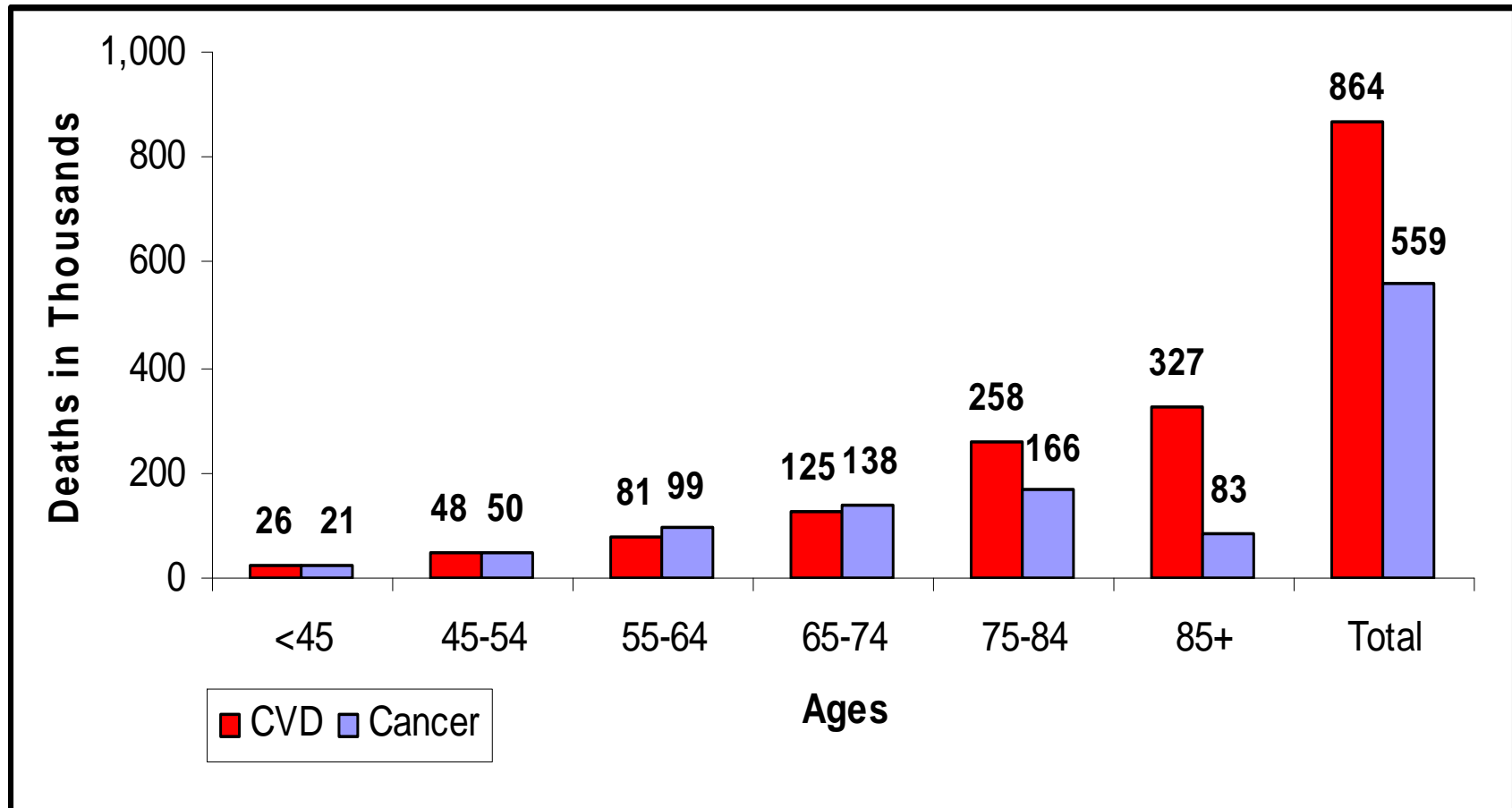
**D Chronic Lower Respiratory Diseases**

**E Diabetes Mellitus**

**F Alzheimer's Disease**

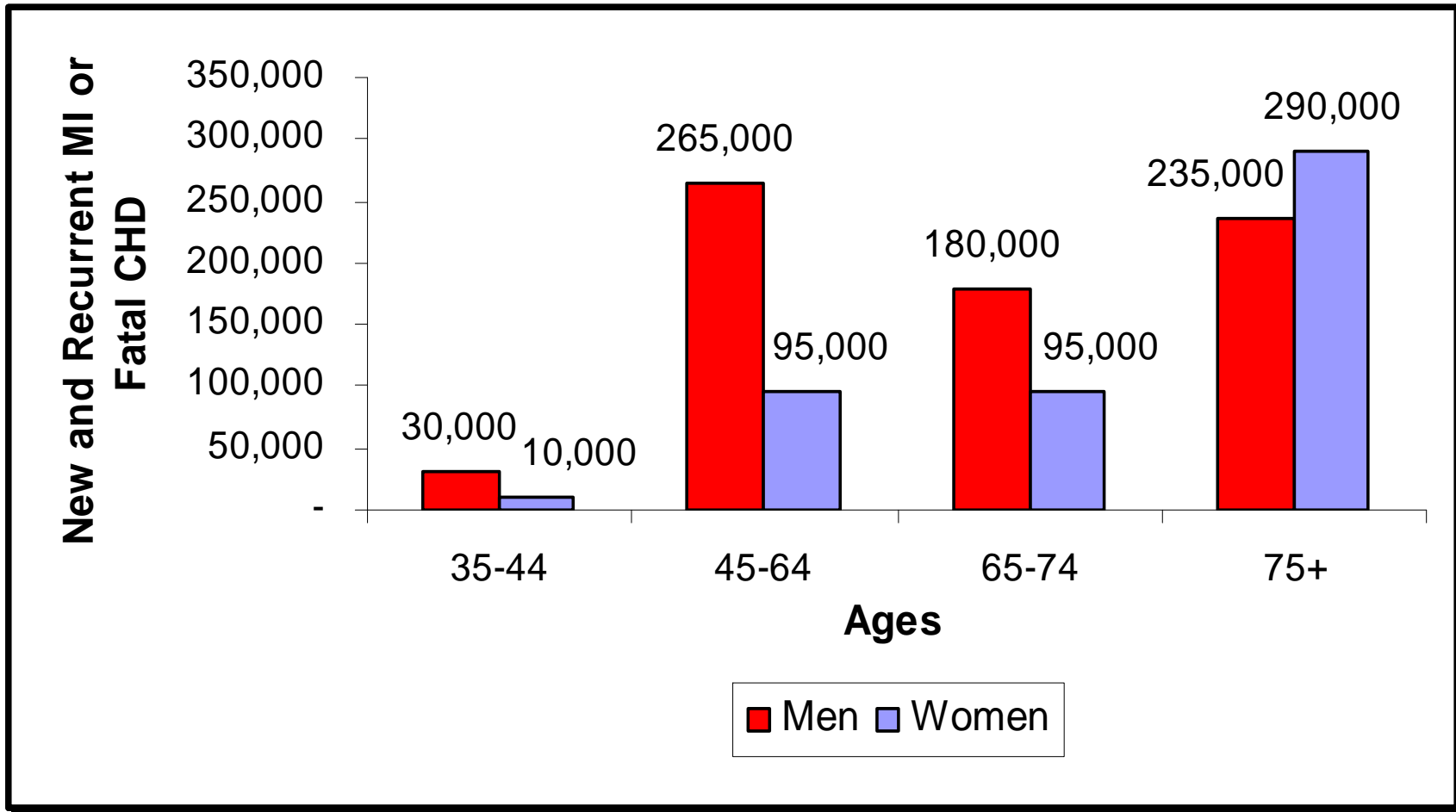
**CVD and other major causes of death for all males and females (United States: 2005). Source: NCHS.**

# Statistics



**CVD deaths vs. cancer deaths by age.**  
**(United States: 2005). Source: NCHS and NHLBI.**

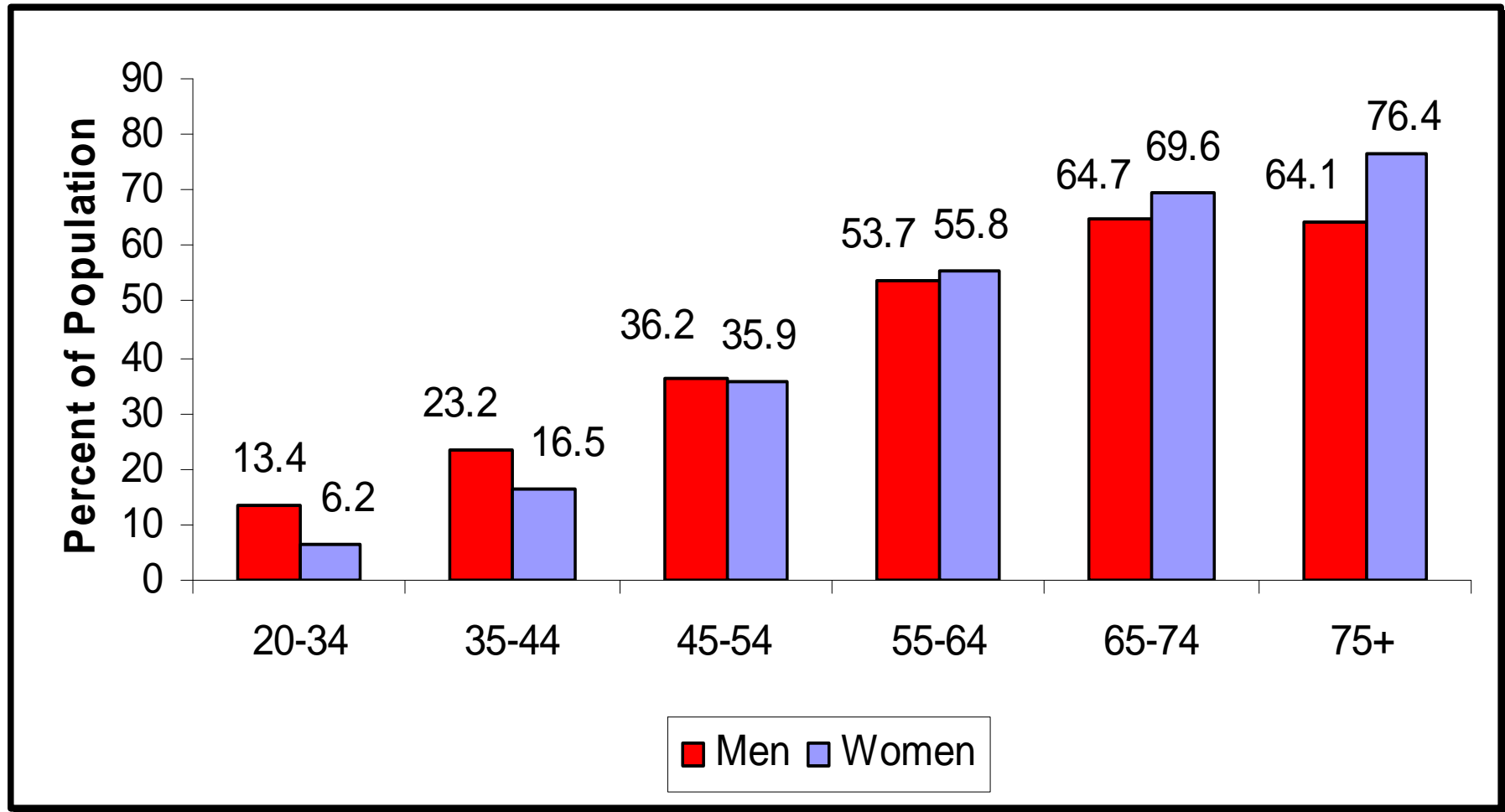
# Statistics



**Annual number of U.S. Adults having diagnosed heart attack by age and sex (ARIC: 1987-2004 and CHS: 1989-2004).**

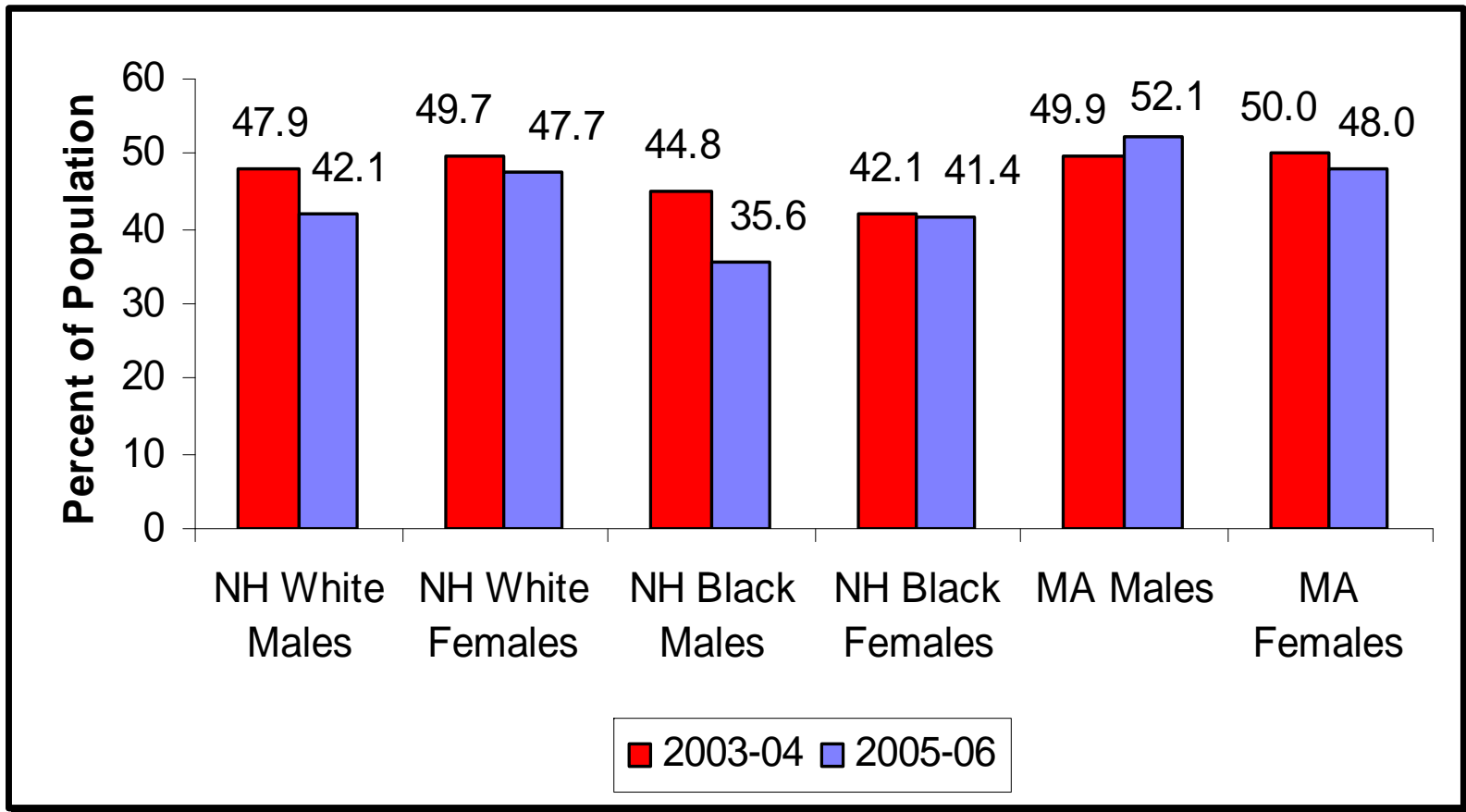
**Source: NHLBI. Includes MI and fatal CHD but not silent MI's.**

# Statistics



**Prevalence of high blood pressure in Adults by age and sex (NHANES: 2005-2006). Source: NCHS and NHLBI.**

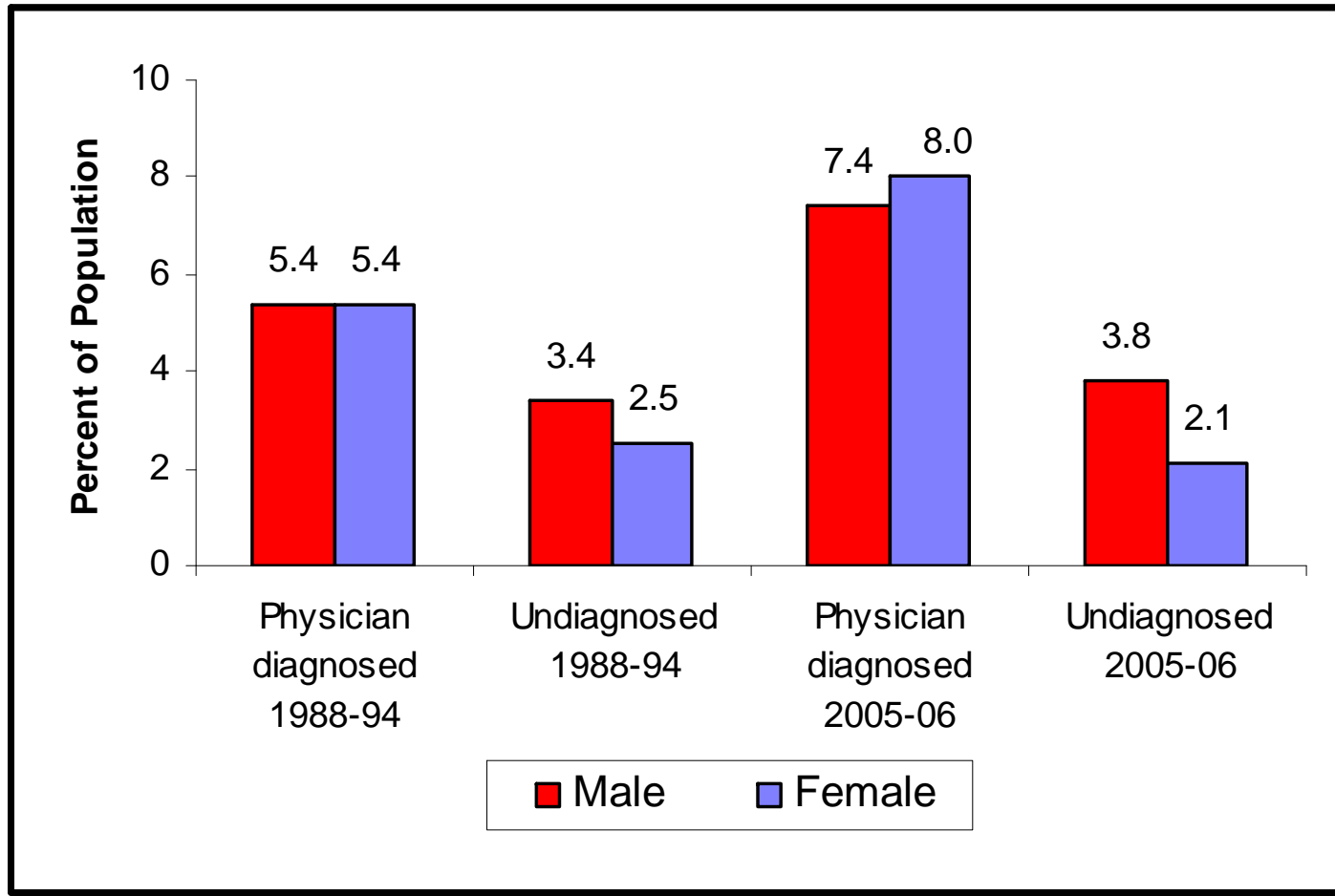
# Statistics



**Trends in the prevalence of total serum cholesterol (200+) in adults age 20 and older, by sex, race/ethnicity and survey. (NHANES: 2003-04 and 2005-06)**

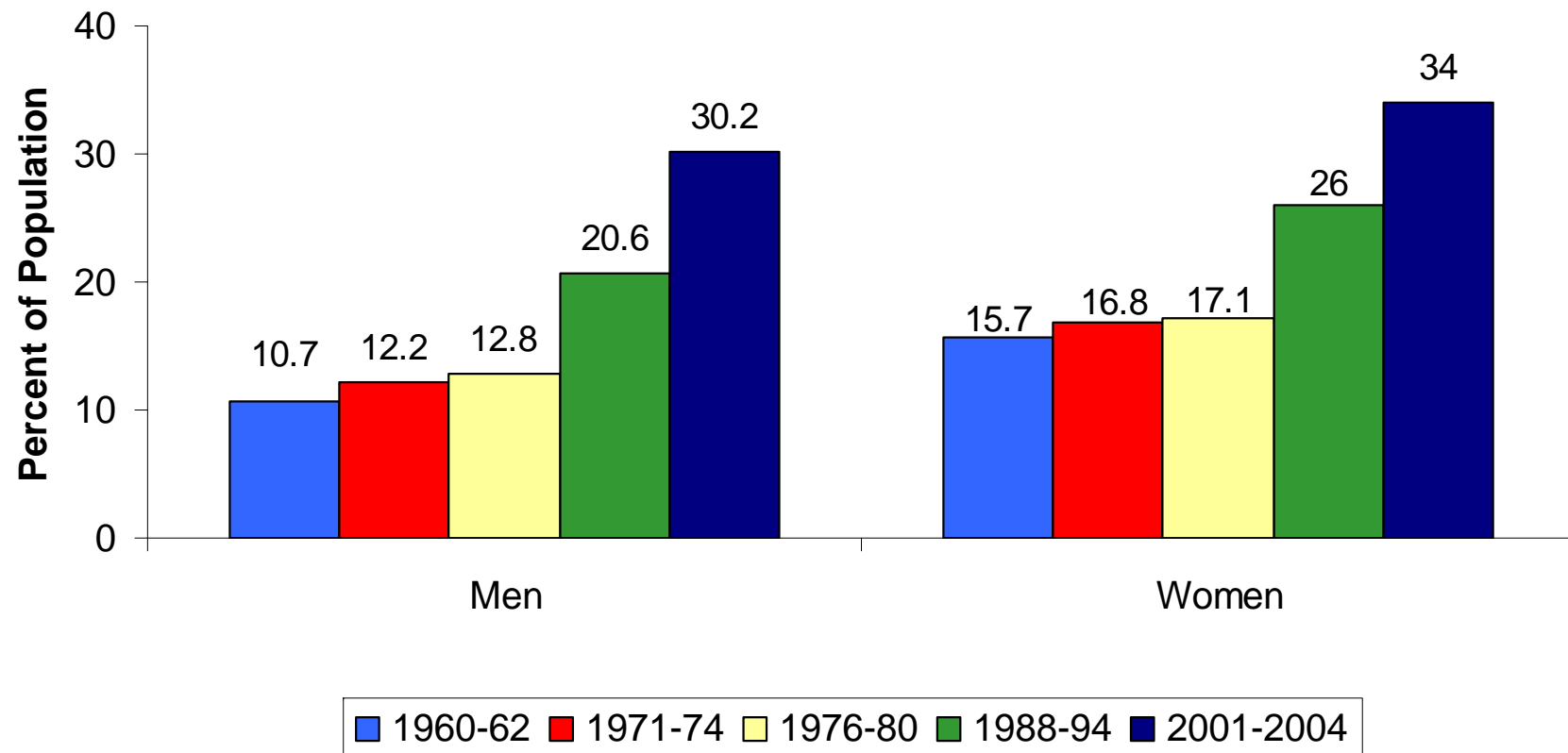
**Source: NCHS and NHLBI. NH – non-Hispanic.**

# Statistics



**Trends in diabetes prevalence in adults age 20+ by Sex (NHANES: 1988-94 and 2005-2006). Source: NCHS and NHLBI. NH – non-Hispanic.**

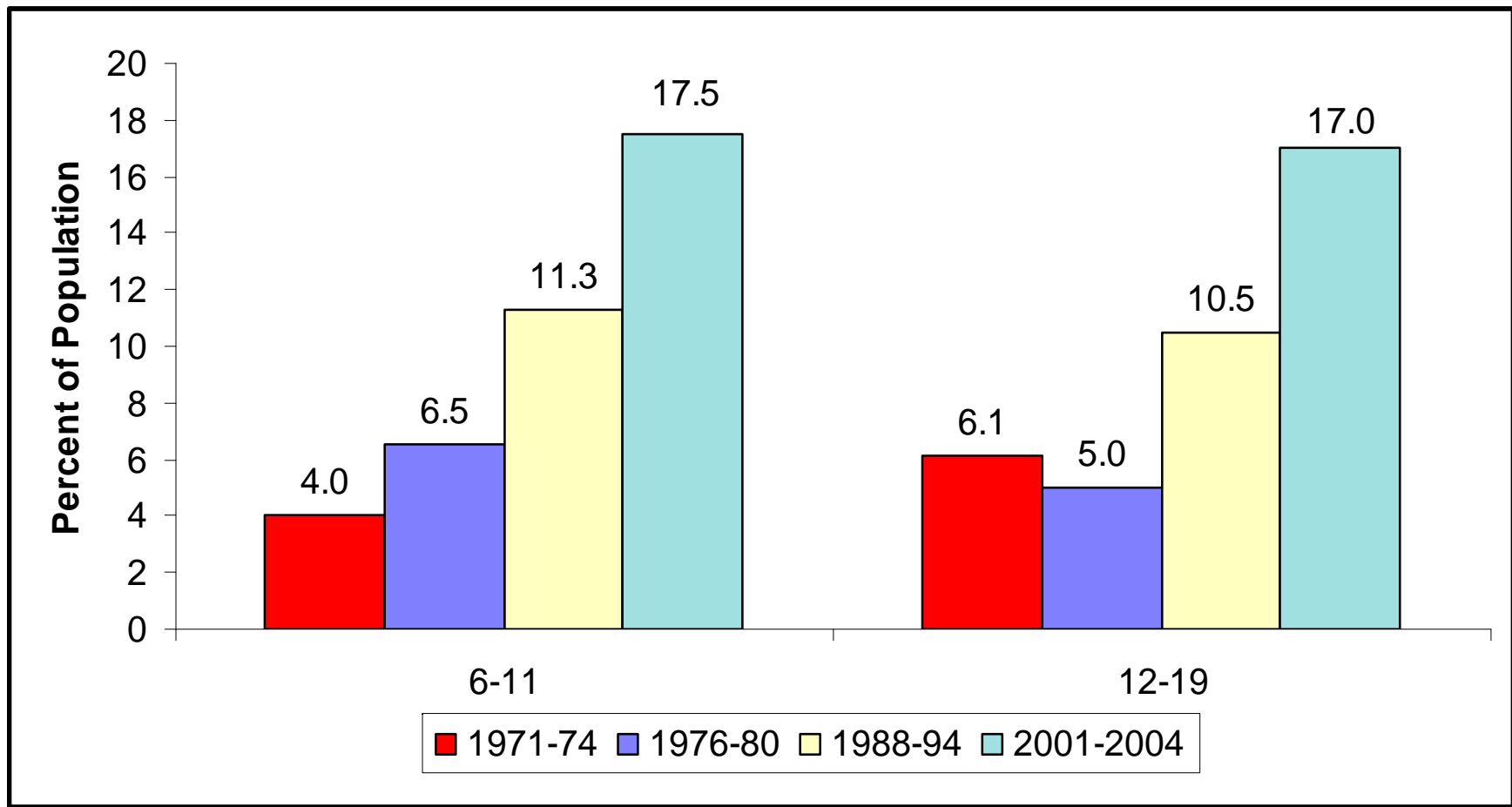
# Statistics



**Age-adjusted prevalence of obesity in Adults ages 20-74 by sex and survey. (NHES, 1960-62; NHANES, 1971-74, 1976-80, 1988-94 and 2001-2004). Source: Health, United States, 2007. NCHS.**

**Note: Obesity is defined as a BMI of 30.0 or higher.**

# Statistics



**Trends in prevalence of overweight among U.S. children and adolescents by age and survey. (NHANES, 1971-74, 1976-80, 1988-94 and 2001-2004). Source: Health, United States, 2007. NCHS.**

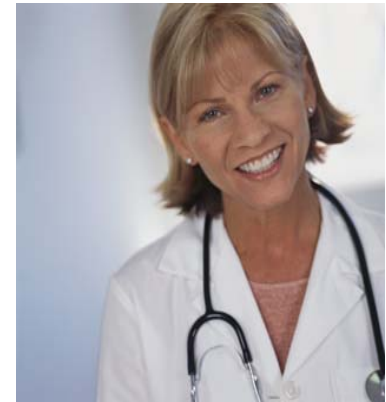
# Risk Factors

- **Controllable**
  - High blood pressure
  - Tobacco smoke
  - High blood cholesterol
  - Physical inactivity
  - Obesity
  - Diabetes
- **Uncontrollable**
  - Increasing age
  - Gender
  - Race
  - Family history
  - Previous heart attack/  
stroke
- **Other**
  - Stress
  - Alcohol intake
  - Illegal Drugs



# Steps to a Healthy Heart

- **Healthy Lifestyle**
  - Avoid Smoking
    - 135,000 heart related deaths caused by smoking
  - Manage your weight
  - Be physically active
  - Practice healthy eating habits
- **Know Your Numbers**



	<b>Normal (Optimal)</b>	<b>Borderline</b>	<b>High</b>
<b>Total Cholesterol</b>	<200	200-239	≥240
<b>HDL (good)*</b>	<40 (Men), <50 (Women)	>40 (Men), >50 (Women)	>60 (good)
<b>LDL (bad)</b>	<100 (Optimal) 100-129 (Near Optimal)	130-159	160-189 (High) ≥190 (Very High)
<b>Triglycerides</b>	<150	150-199	200-499 (High) ≥500 (Very High)
<b>Blood Sugar (FPG)</b>	<100	100-125	≥126
<b>Blood Pressure</b>	<120/ 80	120/80-139/89	≥140/90

\*You want to have a high HDL, so the number listed in the normal range is actually undesirable.

# Basics of Healthy Eating



- Choose a minimum of four to five servings of fruits and vegetables daily
- Limit meat to 5-7 ounces per day, choose leaner cuts, and cook in a lean way
- Choose more whole grain and high fiber foods
- Choose low fat or fat free dairy products
- Limit high sodium foods
- Choose healthier fats and oils

# My Pyramid

- Activity
- Moderation
- Personalization
- Proportionality
- Variety
- Gradual Improvement



[www.mypyramid.gov](http://www.mypyramid.gov)

# Physical Activity

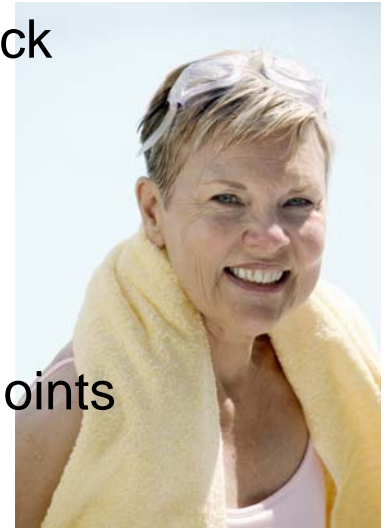
- **New USDHHS Adult Recommendations**
  - 2 hours and 30 minutes a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity or an equivalent combination of moderate and vigorous intensity aerobic physical activity
    - Aerobic activity should be performed in episodes of at least 10 minutes, preferably spread throughout the week
  - Additional health benefits are provided by increasing to 5 hours (300 minutes) a week of moderate-intensity aerobic physical activity or 2 hours and 30 minutes a week of vigorous-intensity physical activity, or an equivalent combination of both

# Physical Activity

- Adults should also do muscle-strengthening activities that involve all major muscle groups performed on 2 or more days per week.
- Moderate vs. vigorous intensity
  - Moderate: Scale of 1-10: 5-7.5; heart rate 50-75% of MHR
  - Vigorous: Scale of 1-10: 7.5-10; heart rate 75-95% of MHR
    - $220 - \text{Age} = \text{MHR}$ ; multiply this number by the percentages specified above to determine your target heart rate zone
- Adults with disabilities should follow the adult guidelines. If this is not possible, these persons should be as physically active as their abilities allow. They should avoid inactivity if at all possible.

# Physical Activity

- For child and older adult recommendations visit <http://www.health.gov/paguidelines/factsheetprof.aspx>
- Start slowly, gradually build up and listen to your body
- Exercise can help you to:
  - Reduce your risk of heart disease and heart attack
  - Sleep better
  - Be more productive at work/home
  - Feel better
  - Handle stress better
  - Build and maintain healthy bones, muscles and joints



# Heart Attack Warning Signs

- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath
- Others: cold sweat, nausea, lightheadedness
- Call 9-1-1 immediately



## Additional Resources

- American Heart Association
  - 1-800-AHA-USA1 or [www.heart.org](http://www.heart.org)
- My Pyramid
  - [www.mypyramid.gov](http://www.mypyramid.gov)
- American Council on Exercise
  - [www.acefitness.org](http://www.acefitness.org)
- Dept. of Health and Human Services
  - [www.health.gov](http://www.health.gov)
- Your Physician/Cardiologist

# QUESTIONS

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