

[American Heart Month]

Health Promotion and Disease Prevention

PGIP PCMH capability 9.8 Training

February 2016

February is American Heart Month!

February 5: National Wear Red Day

JHN Cardiovascular Metrics

- CVD Comprehensive Care
 - BP <140/90
 - Use of ASA/Antiplatelet
 - Use of Ace-I/ARB
 - Use of Statin
- Hypertension: Blood Pressure Control
- Heart Failure: Use of Beta-Blocker

Statistics

- Heart disease is the leading cause of death for men and women in the United States.
- Every year, 1 in 4 deaths are caused by heart disease.
- Heart Disease is the No. 1 killer of women and is more deadly than all forms of cancer.

Heart Attack Warning Signs

- Chest Discomfort - Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body - Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of Breath (SOB) - with or without chest discomfort.
- Other Signs - May include breaking out in a cold sweat, nausea or lightheadedness.

7 Steps to Success

1. Get Active
2. Control Cholesterol
3. Eat Better
4. Manage Blood Pressure
5. Lose Weight
6. Reduce Blood Sugar
7. Stop Smoking

Sources

American Heart Association. (2016). *Answers by Heart Facts Sheet: Lifestyle and Risk Reduction*
American Heart Association Go Red for Women. (2016). *Materials for Wear Red Day.*



How Can I Cook Healthfully?

A healthful eating plan means more than choosing the right foods to eat. It's important to prepare foods in a healthy way. Some ways of cooking are better than others in cutting saturated fat, *trans* fat, sodium, added sugars and calories. At the same time, you want to get as much nutritional value as possible.

You don't have to give up taste or the things you love. Just learn some heart-healthy cooking skills and you can have it all (almost)!



Stir-frying can be healthy and delicious! The high temperature and constant movement of the food keep it from sticking and burning. For vegetables, poultry or seafood, use a tiny bit of liquid vegetable oil in your stir fry pan.

What are good ways to cook?

- **Roast** — in the oven with a rack so the meat or poultry doesn't sit in its own fat drippings. Set at 350 degrees to avoid searing. Baste with unsweetened liquids like wine, salt-free or low sodium broth, tomato juice or lemon juice. Roasting is also a delicious way to serve seasonal vegetables.
- **Bake** — in the oven in covered or uncovered cookware. When you bake, food cooks slowly with gentle heat. This causes the moisture to evaporate slowly and enhances flavor.
- **Braise or Stew** — on top of the stove or in the oven with a little bit of liquid (water or broth). After

cooking, you can refrigerate the food and remove any fat that has become solid on the top before reheating.

- **Poach** — by immersing foods such as skinless chicken, fish or eggs in simmering liquid.
- **Grill or Broil** — on a rack over high heat.
- **Sauté** — in a skillet or frying pan over direct heat. Use nonstick vegetable spray or a small amount of canola oil.
- **Stir-fry** — in a wok over high heat with a small amount of vegetable oil.
- **Microwave** — heat food quickly in a microwave-safe dish.

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- **Steam** — in a wire basket over simmering water. This can help keep some foods' shape and texture better than boiling.

How can I cut saturated fat and calories without losing taste?

- Add fruits, vegetables, and whole grains to your meals.
- Select lean cuts of meat and trim off any visible fat before cooking.
- After browning, put ground meat into a strainer lined with paper towels and rinse off any excess fat.
- Choose canned fish packed in water with no added salt or low sodium. Remove oils by draining canned tuna, salmon or sardines and rinsing them in water.
- Don't overcook vegetables. Steam or bake them instead of boiling so they keep more of their natural flavors and textures.
- Compare Nutrition Facts labels to find a tasty salad dressing that is lower in calories, saturated fat, and sodium.
- Use herbs and spices to add flavor to foods.



Instead of boiling vegetables, steam or bake them to keep more of their natural flavors and textures.

HOW CAN I LEARN MORE?

- 1 Call **1-800-AHA-USA1** (1-800-242-8721), or visit **heart.org** to learn more about heart disease and stroke.
- 2 Sign up to get *Heart Insight*, a free magazine for heart patients and their families, at **heartinsight.org**.
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at **heart.org/supportnetwork**.

Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

- What about desserts?**
- What's a good, healthy cookbook?**

My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit **heart.org/answersbyheart** to learn more.



How Can I Make My Lifestyle Healthier?

It's never too late to make better health choices. All you need is a goal, a plan and the desire to live better.

Here are some simple steps to take:

- Don't smoke cigarettes or use other tobacco products.
- Have your blood pressure checked regularly. Keep your blood pressure below 120/80 mm Hg
- Eat a healthy diet consistent with recommendations from the American Heart Association.
- Get at least 150 minutes of moderate- intensity physical activity or 75 minutes of vigorous-intensity activity (or a combination) each week.
- Reach and maintain a healthy weight (body mass index less than 25 kg/m²).
- Keep your total cholesterol at less than 180 mg/dL.
- Keep your fasting blood glucose at less than 100 mg/dL.

How do I stop smoking?

- Decide on a Quit Day and ask your family and friends to support you.
- Ask your healthcare provider for information, programs and medications that may help.
- Go where smoking isn't allowed, and avoid being around people who smoke.
- Keep busy doing things that make it hard to smoke.

How do I manage my blood pressure?

- If your doctor has put you on medication, take it exactly as prescribed.
- If you are overweight, work to reach and maintain a healthy .
- Be more physically active.
- Reduce your salt (sodium) intake.
- Eat a heart-healthy diet.



How do I change my eating habits?

- Eat a diet rich in vegetables and fruits.
- Choose whole-grain foods and low-fat dairy products.
- Eat fish, preferably those containing omega-3 fatty acids (for example, salmon, trout and herring), at least twice a week.
- Select skinless poultry and choose lean cuts of meat. But, limit your intake of red meats.
- Include legumes, nuts and seeds.
- Use healthy fats and oils, such as olive, canola, corn or safflower.
- Limit how much saturated fat, trans fat and added sugars you eat.
- Choose and prepare foods with little or no sodium (salt). Keep sodium to less than 1,500 mg per day.
- If you drink alcohol, drink in moderation.

What about physical activity?

- Get at least 150 minutes of moderate- intensity physical activity or 75 minutes of vigorous-intensity activity (or a combination) each week. An easy way to remember this is goal is at least 30 minutes, 5 days each week.

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- Include muscle-strengthening activity at least two days per week for additional health benefits.
- Look for ways to be more active. Take 10–15-minute walking breaks during the day or after meals.

How can I reach and maintain a healthy weight?

- To lose weight, you must take in fewer calories than you use.
- Follow an overall heart-healthy diet.
- Get and stay physically active.

How do I manage my cholesterol?

- Get your blood cholesterol level checked at least once every five years. Start at age 20.
- If your total cholesterol level is 180 mg/dL or higher, it's too high. You'll need it checked more often.
- Limit your saturated fat intake to less than 5 to 6 percent of total calories.
- Look for foods with "0" grams of trans fat.
- If your doctor has put you on medication, take it exactly as prescribed.



What can I do to reduce my blood sugar?

- Reduce consumption of simple sugars that are found in soda, candy and sugary desserts.
- Get regular physical activity! Take medications or insulin if it is prescribed for you.

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For example:

What's the most important change I can make?

What if I go back to bad habits?

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