

# Valentine's Day Tips for a Heart Healthy Life

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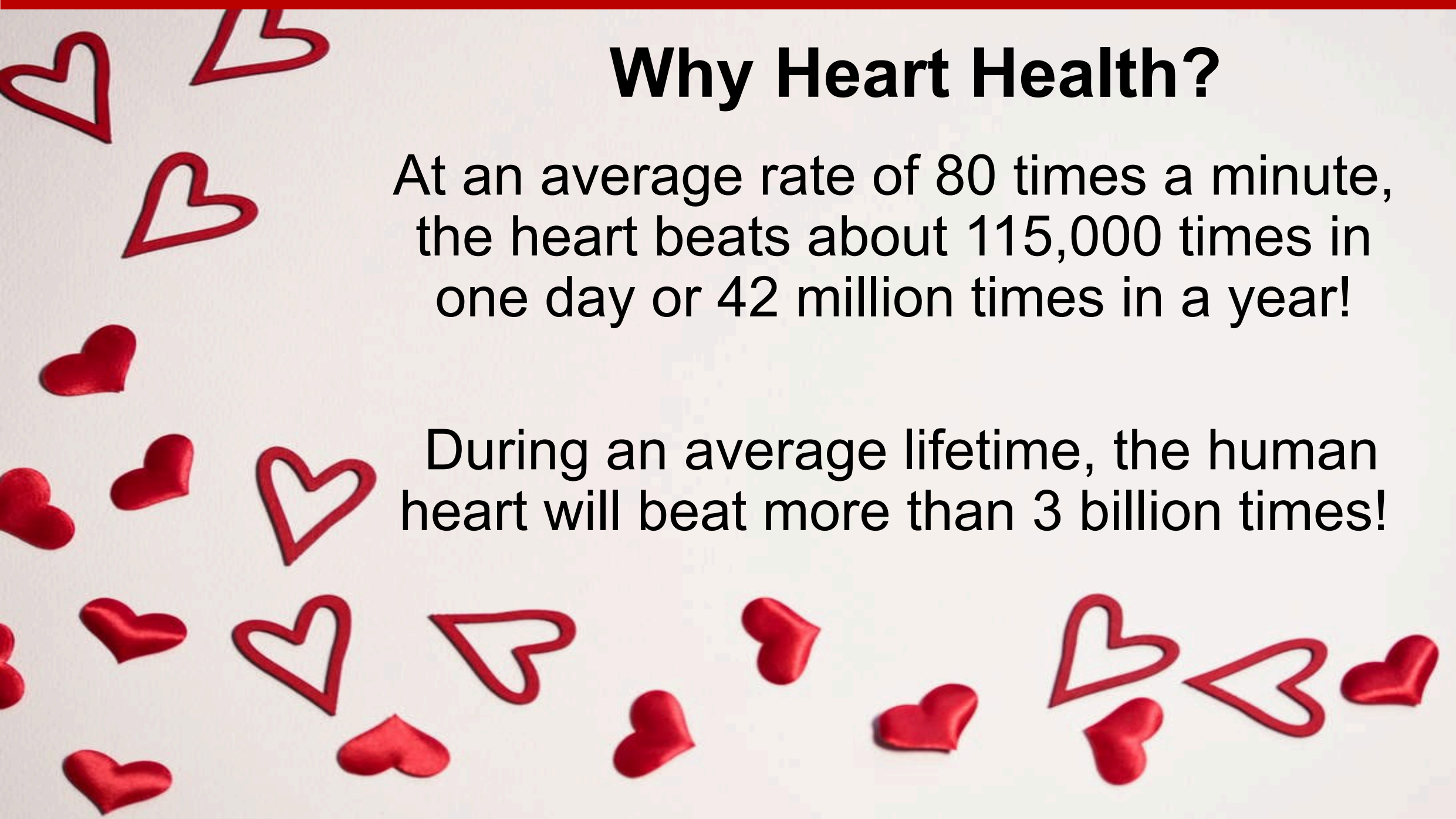


THE OHIO STATE UNIVERSITY

# Why Heart Health?

At an average rate of 80 times a minute, the heart beats about 115,000 times in one day or 42 million times in a year!

During an average lifetime, the human heart will beat more than 3 billion times!

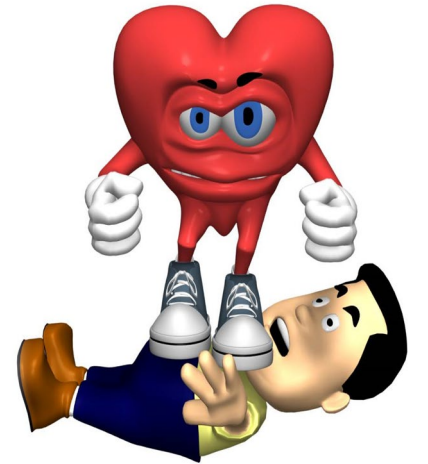




THE CARDIOVASCULAR DISEASE BURDEN  
***THE NATION'S #1 KILLER***

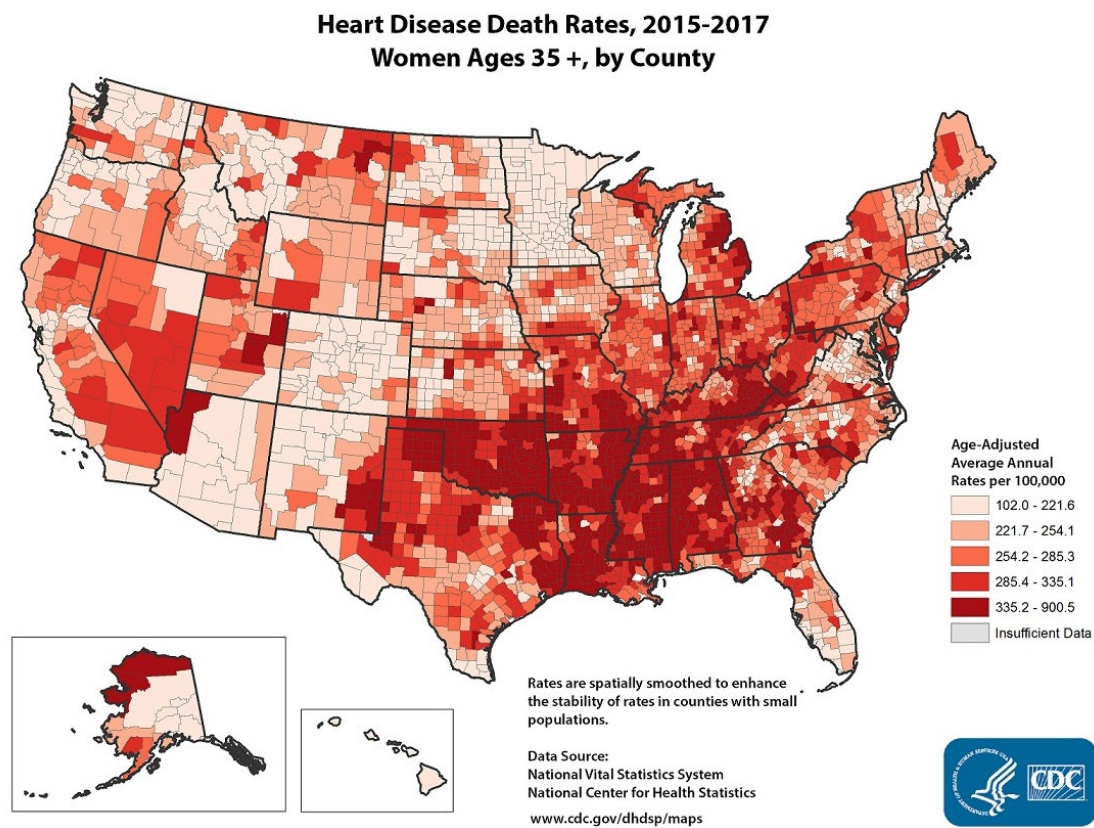
# Heart Disease Burden

- Heart disease is the leading cause of death in the United States for both men and women
- 659,000 people in the U.S. die of heart disease each year; someone dies from cardiovascular disease every 36 seconds.
- Women wait an average of 54 hours to seek treatment, 3 times as long as men



# Women and Heart Disease

- 1 in 3 Die from heart disease and often present differently than men; women tend to wait an average of 54 hours to seek help
- Heart disease kills more women than all cancers combined

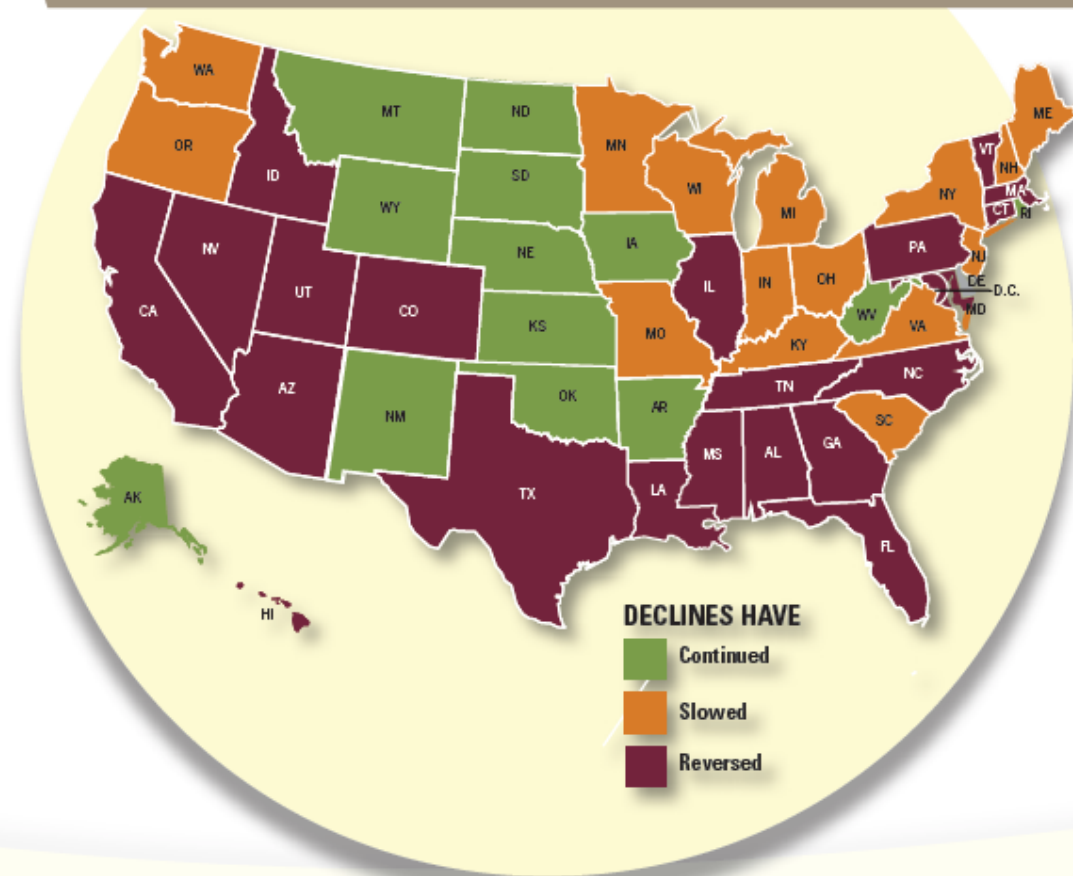


## 5 Quick Facts about Stroke

- Every 40 seconds someone has a stroke in the US.
- Stroke is the Fifth Leading Cause of Death in the U.S.
- Stroke death declines have stalled in 3 out of every 4 states
- **Up to 80% of strokes are preventable**
- **Hypertension and atherosclerosis are the most common treatable risk factors for stroke, cognitive decline and dementia**

Vital Signs: Recent Trends in Stroke Death Rates — United States, 2000–2015.  
MMWR 2017;66(35);933-939

Stroke death declines have **STALLED**  
in **3** out of every **4** states.



**CONTINUED** = death rates continued to decrease steadily from 2000-2015 in adults 35 years and older

**SLOWED** = the decrease in death rates slowed down over time

**REVERSED** = the death rates reversed from decreasing to increasing

# Major Stroke Risk Factors



- Hypertension – *leading determinant of risk – know your numbers & get your annual biometric screen*
- Diabetes mellitus
- Hyperlipidemia
- Atrial fibrillation- 5x more at risk for stroke
- Tobacco use
- Physical inactivity

# Signs of Stroke

- Sudden onset of **numbness** or weakness in the face, arm, or leg, especially on one side of the body.
- Sudden onset of **confusion**, trouble speaking, or difficulty understanding speech.
- Sudden onset of **trouble seeing** in one or both eyes.
- Sudden onset of **trouble walking**, dizziness, loss of balance, or lack of coordination.
- Sudden onset of **severe headache** with no known cause.
- **Call 9-1-1 immediately if you or someone else has any of these symptoms.**

**Act F.A.S.T.!**

Centers for Disease Control and Prevention (2020, January). *Stroke Facts*. Retrieved from [http://www.cdc.gov/stroke/signs\\_symptoms.htm](http://www.cdc.gov/stroke/signs_symptoms.htm)





# Current State of Health in the U.S.

Overweight and obesity will soon surpass tobacco as the number one cause of preventable death and disease in the United States; 42% of Americans will be obese by 2030; 1 out of 3 Americans will have diabetes by 2050

60% of Americans have a chronic disease, yet 80% is preventable

One out of 4 Americans have multiple chronic conditions

Our children are now predicted to have a shorter life span than their parents



# Cardiovascular Disease Risk Factors

## Risk Factors that CAN be changed

- High blood pressure
- High cholesterol
- Tobacco Smoke
- Overweight/Obesity
- Diabetes
- Physical Inactivity
- Unhealthy eating
- Depression
- Stress

## Risk Factors that CANNOT be changed

- Race
- Older age (65 or older)
- Genes



## Preserving your Brain Health: A Checklist for Stroke Prevention

Stroke is the #5 cause of death – but you have the power to reduce your risk. Use the checklist below to help reduce your stroke risk – and preserve your brain health. Every box you check can help make a difference!

### Manage Your Blood Pressure

High blood pressure is a major risk factor for stroke. Work with your healthcare provider to keep your blood pressure under 120/80.

### Manage Your Cholesterol

Have your cholesterol checked regularly and know your numbers. Healthy lifestyle habits can help bring high cholesterol down to goal. Eat at least 5 fruits & vegetables per day and consume whole grains and proteins.

### Know Your Blood Sugar

Have your blood sugar tested regularly. Some people have diabetes and don't know it until something like a stroke happens.

### Do Not Smoke

Cigarette smoking increases the risk of stroke. If you smoke, talk with your healthcare provider about how to quit.

### Get Moving

Physical activity reduces the risk of high blood pressure, high cholesterol and diabetes and may prevent stroke. Aim for 150 minutes of physical activity per week. Even short bouts of physical activity have positive effects.

### Limit Alcohol

Limit to one drink a day for women or two drinks a day for men. If you don't drink now, don't start.

### Reduce Stress

Chronic stress elevates blood pressure and can increase your risk of stroke. Practice deep breathing and positive thoughts.

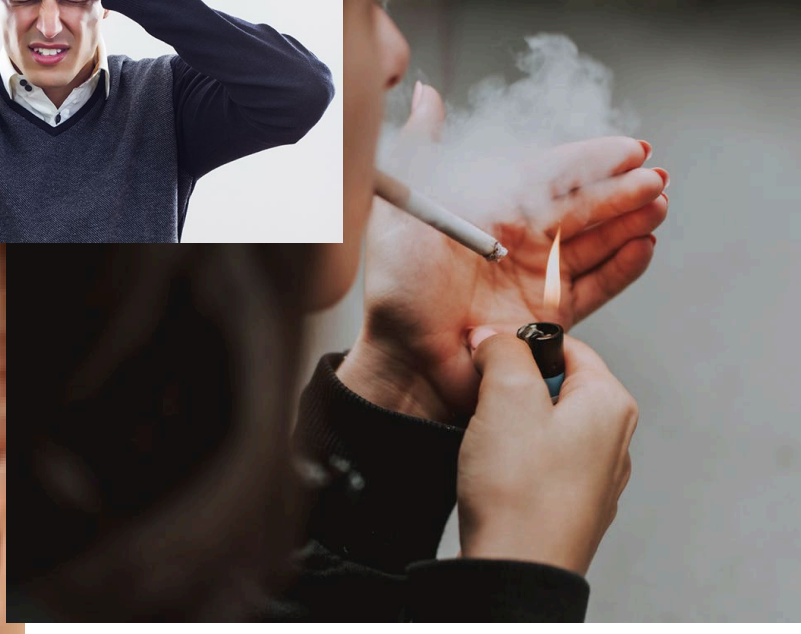
### Act F.A.S.T.

Remember to Act F.A.S.T. if you experience signs of a stroke.

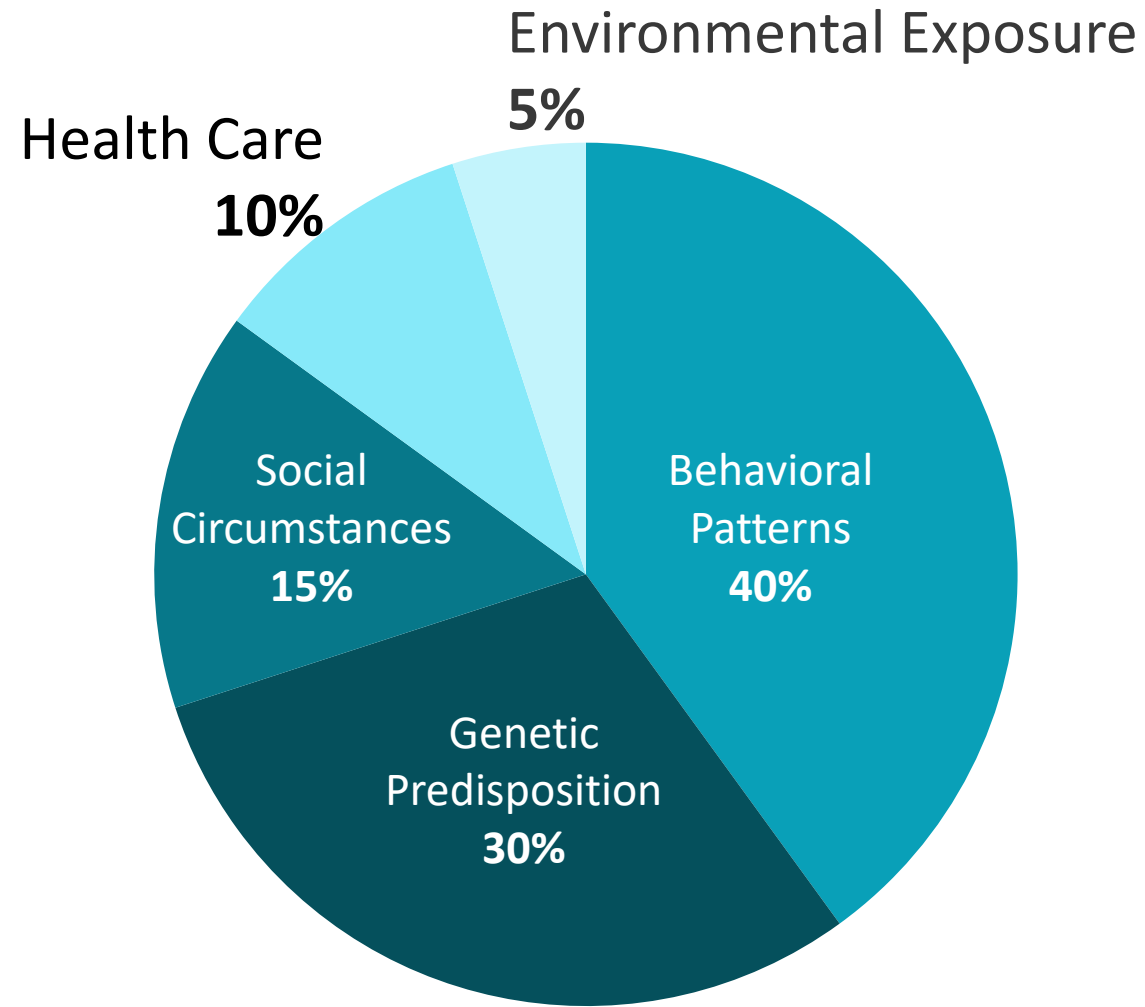


The Checklist for Stroke Prevention was created by the American Stroke Association, the National Forum for Heart Disease and Stroke Prevention and the National Consortium for Building Healthy Academic Communities.

# Considering all Causes of Morbidity and Mortality, Behaviors are the #1 Killer of Americans



# Contributors to Premature Death



# Based on Evidence, What Do We Know?

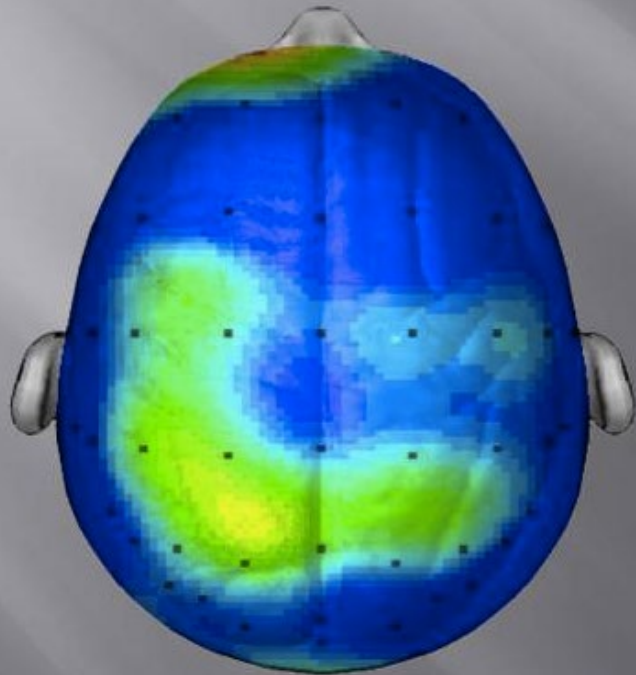
People who have the following behaviors have 66% less diabetes, 45% less heart disease; 45% less back pain, 93% less depression, and 74% less stress

- **Physical activity** - 30 minutes 5 days per week
- **Healthy eating** - 5 fruits and vegetables per day
- **No smoking**
- **Alcohol in moderation if you drink** - 1 drink per day for women and men

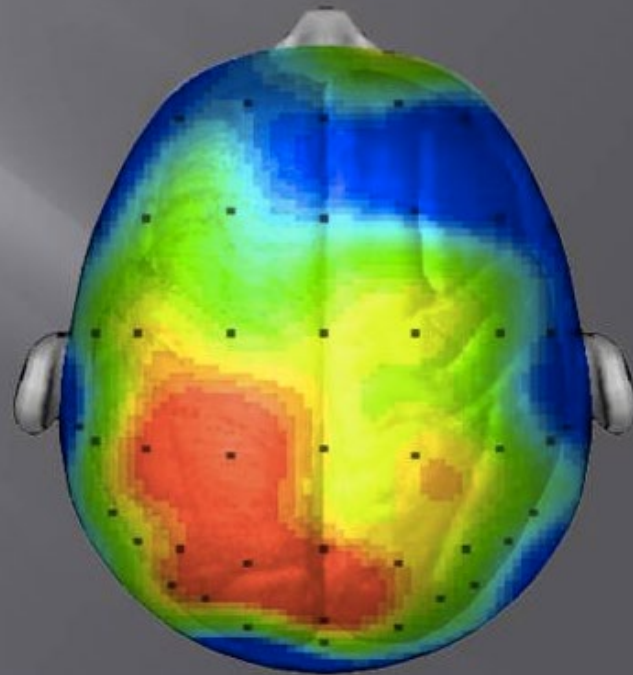
*Getting 7 hours of sleep and regularly engaging in stress reduction will result in even greater reductions in chronic disease.*

# Only 20 Minutes of Physical Activity Improves Brain Circulation and Functioning

BRAIN AFTER SITTING  
QUIETLY



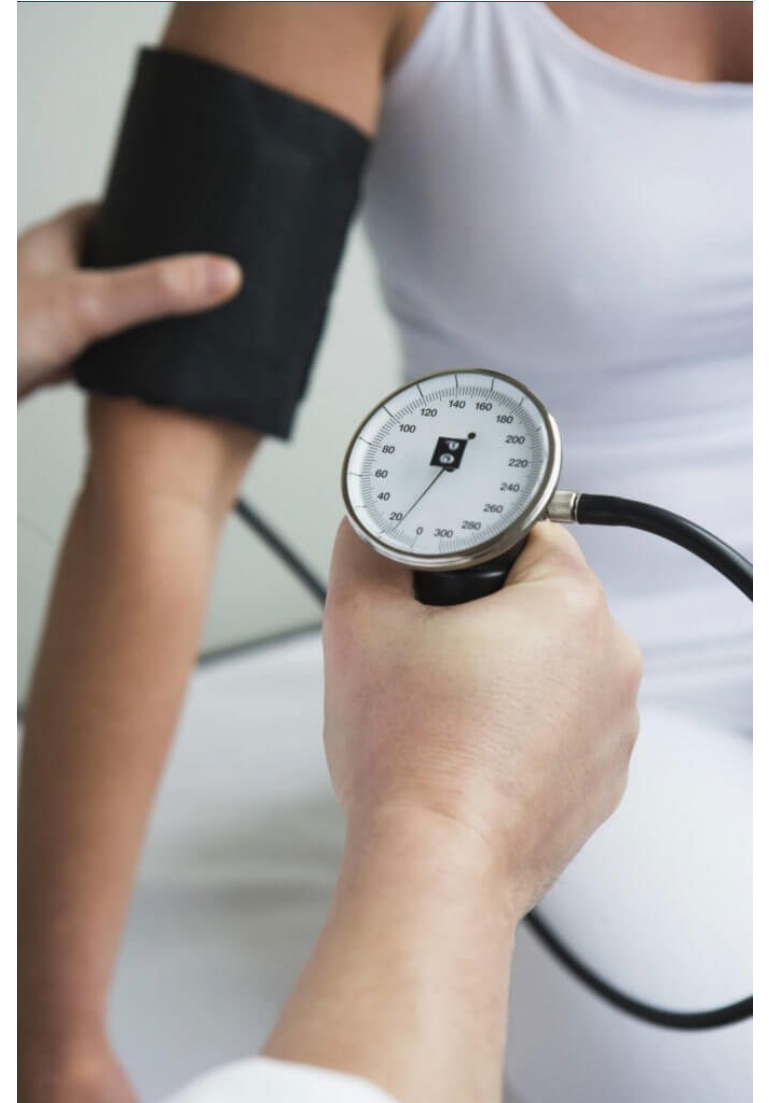
BRAIN AFTER 20 MINUTE  
WALK



Research/scan compliments of Dr. Chuck Hillman University of Illinois

# Tips for Lowering Blood Pressure

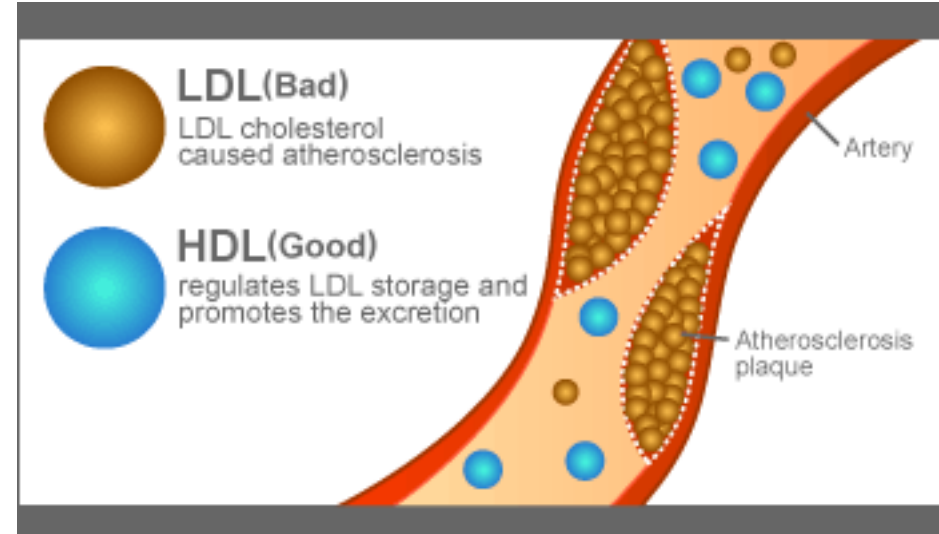
- Get it checked on a regular basis
- Take blood pressure medication consistently
- Lose weight if overweight
- Stop smoking
- Engage in regular physical activity
- Limit salt (less than 1500 mg daily)
- Reduce stress





# Function of Cholesterol: Aids in Tissue and Hormone Formation and Protects nerves

- Total cholesterol (TC)
  - <200mg/dl;
  - 200-239: borderline high
  - >240: high
- LDL
  - <100mg/dl
  - Ideal is <70
- HDL
  - >60mg/dl
- Triglycerides should be <150
- Non-HDL (Total Cholesterol minus HDL)
  - <130mg/dl
- TC/HDL ratio (Total Cholesterol divided by HDL)
  - Ideal is 4:1 or lower

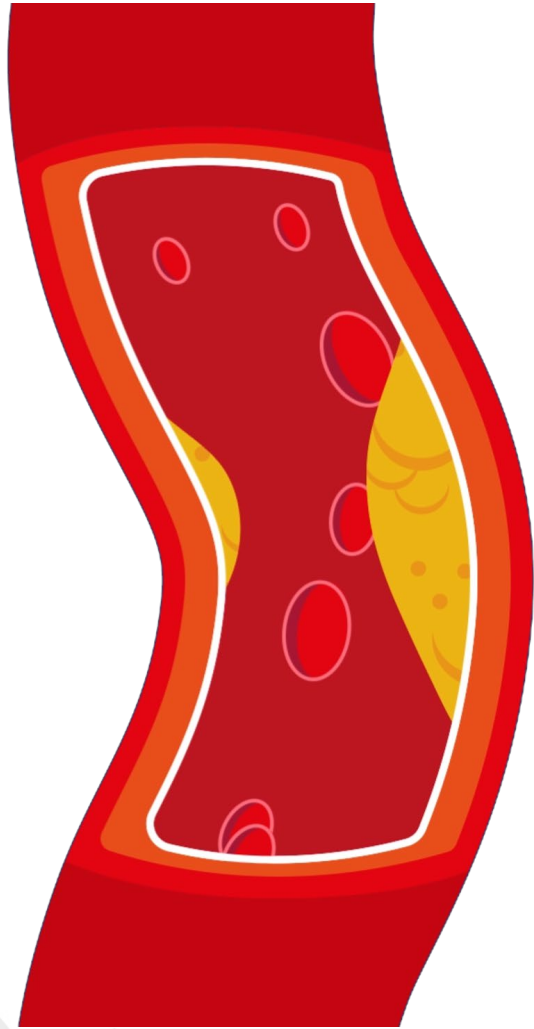


# Tips for Raising HDL

- Quit smoking
- Weight reduction
- Physical activity
- Eat healthy fats
  - Monounsaturated
  - Polyunsaturated
  - Use olive oil (cold flat pressed)
- Limit Alcohol intake
  - One standard drink a day for women and men



# Tips for Lowering LDL Cholesterol



- Have it checked
- Eat plenty of fruits and vegetables, whole grains and beans
- Limit foods high in cholesterol (like beef, pork, cheese, whole milk and lard)
- Bake, broil, or roast food rather than fry
- Engage in the recommended amounts of physical activity
- Stop smoking
- Eat a handful of nuts daily
- Use olive oil
- Avoid transfats
- Eat plant sterols (found in some margarine spreads)

# What Does The Evidence Tell Us?

## Stress and Depression are Prevalent



Since the COVID-19 pandemic, about one in 3 children, teens and adults have a mental health problem yet less than half get help

Chronic stress and depression are associated with cardiovascular disease

# The “Blues” versus Depression

- Feeling sad or down, but the feelings pass in a few days and *do not* interfere with functioning
- Depression is a common yet serious illness that *does interfere* with functioning



# Chronic Stress\*

- Stress can increase the body's release of certain hormones, such as cortisol and adrenaline
- Persistently elevated levels of these hormones from chronic stress may lead to serious health problems, such as heart disease and high blood pressure<sup>1</sup>



# Million Hearts Emphasizes Knowing your ABCSs

- **A**ppropriate Aspirin Therapy
- **B**lood Pressure Control
- **C**holesterol Management
- **S**moking Cessation
- **S**tress Reduction\*



# Healthy Ways to Deal with Stress

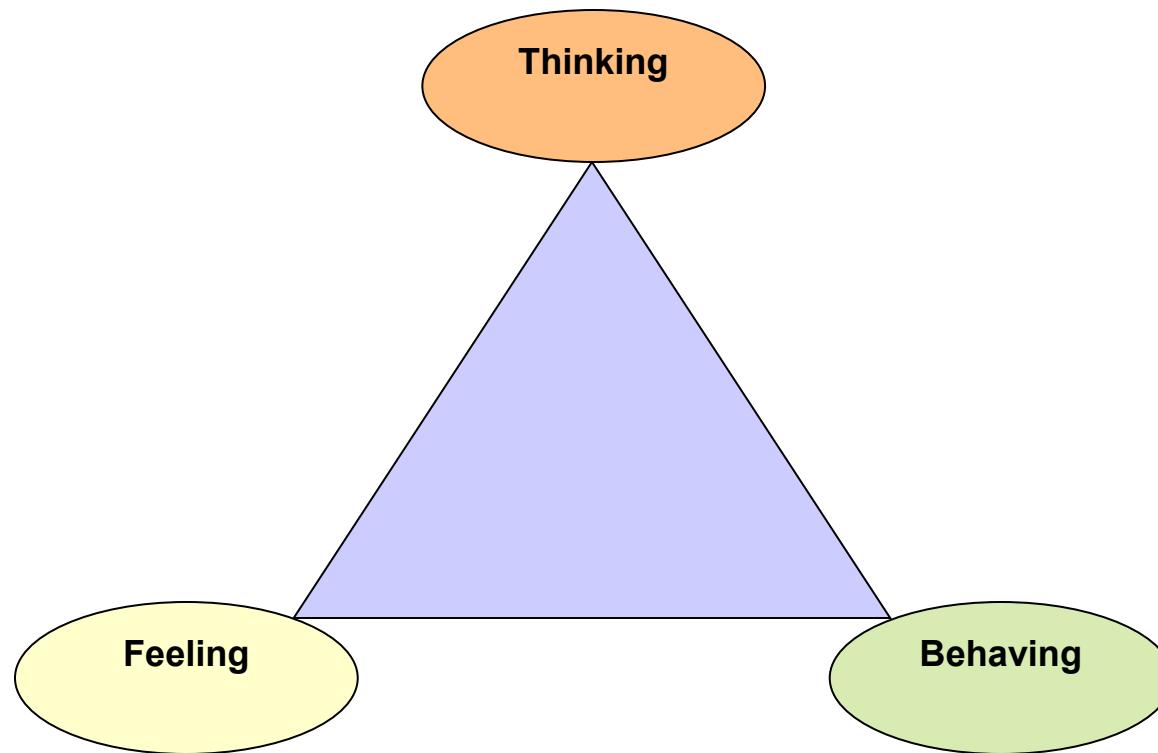
## Take Care of Yourself





# Learn Cognitive-Behavioral Skills

## The Best First Line Evidence-based Treatment for Chronic Stress, Depression and Anxiety is CBT



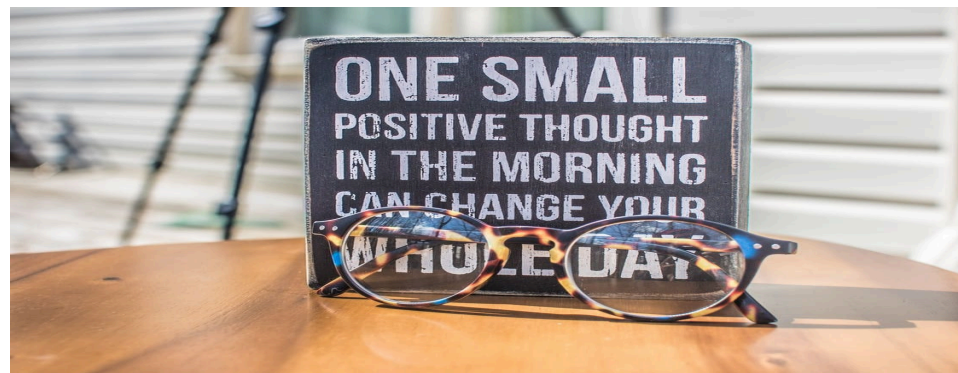
# Catch, Check and Change your Automatic Negative Thoughts

When you notice your mood has changed or intensified, or is going in a negative direction or you are noticing bodily sensations associated with negative emotions, ask:

What was just going through my mind?

Is it helpful? Is it true?

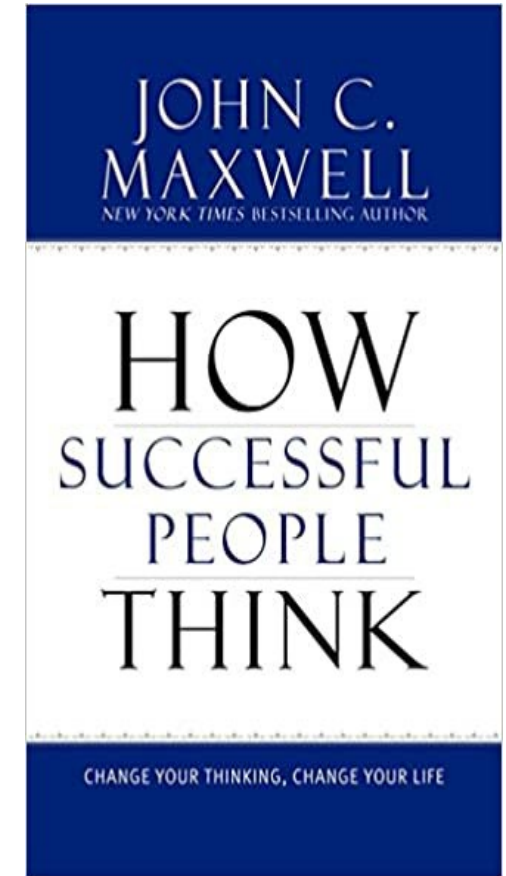
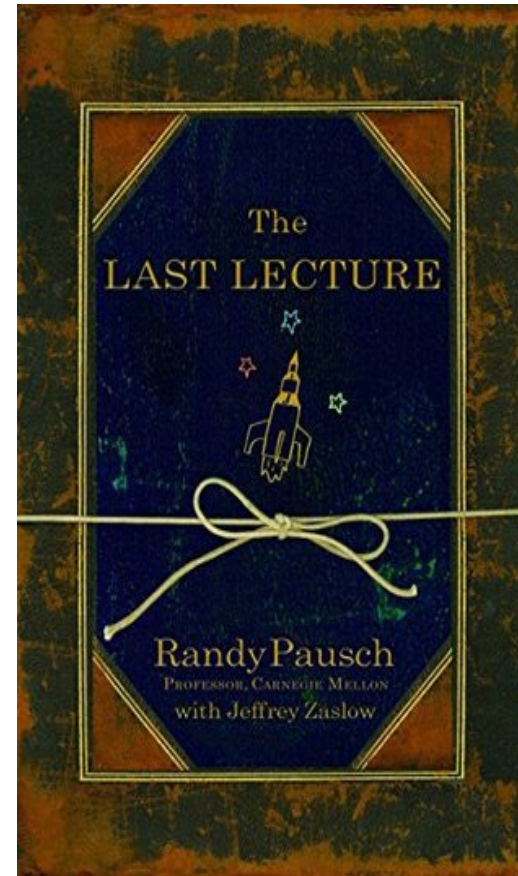
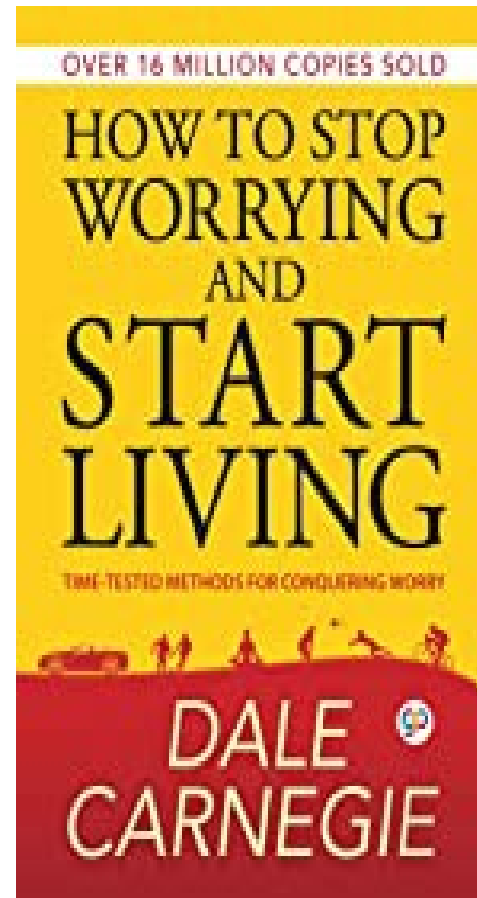
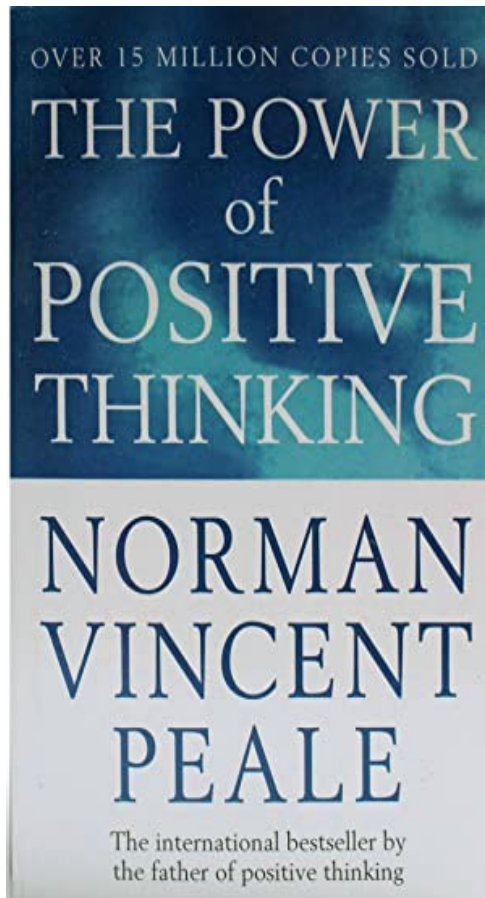
Do I have the evidence to back it up



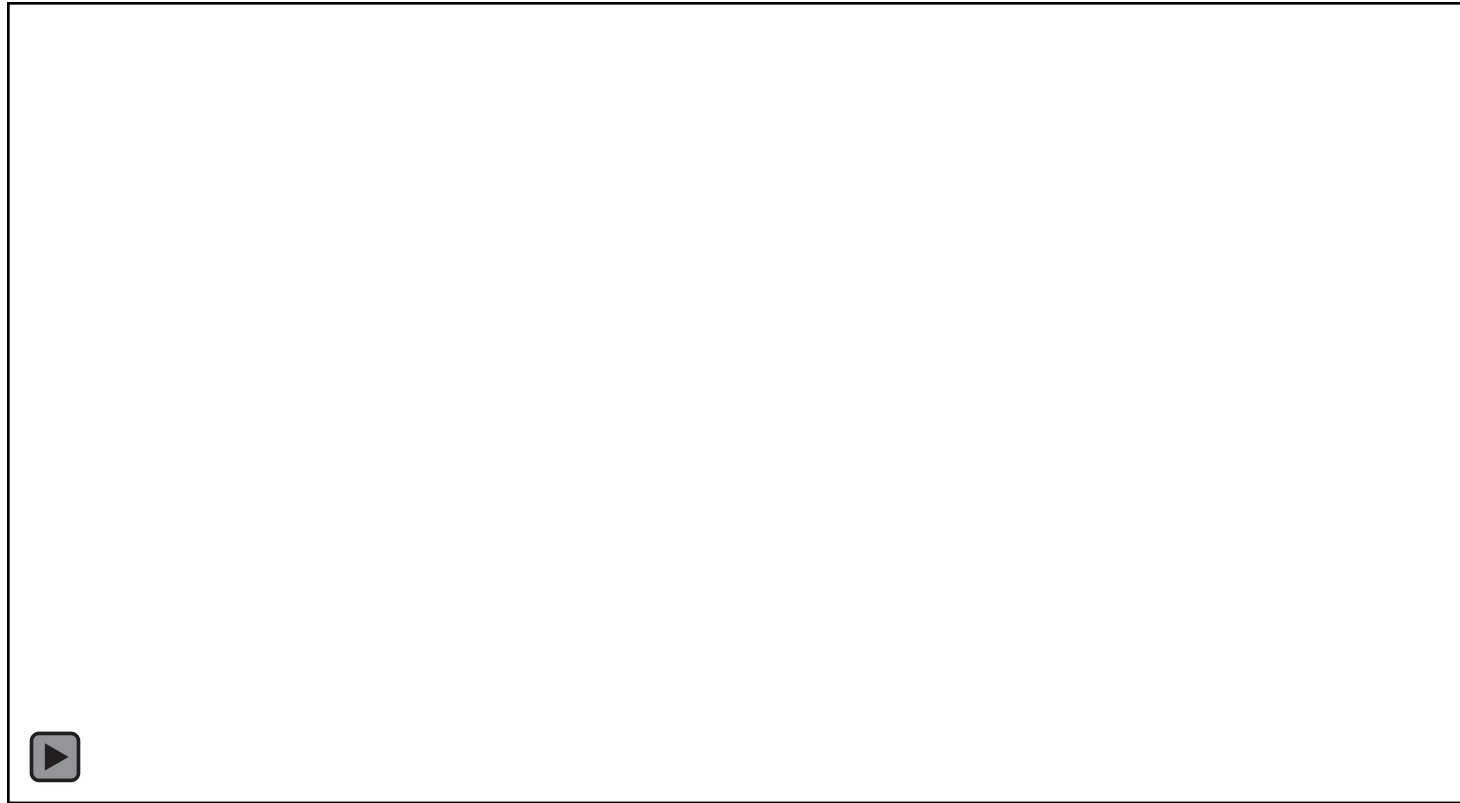
# Program your Brain with Positive Thoughts



# Read 5 Minutes in a Positive Thinking Book Every Morning and Night



# Daily Positive Self-Affirmations Can Help with Positive Thinking!

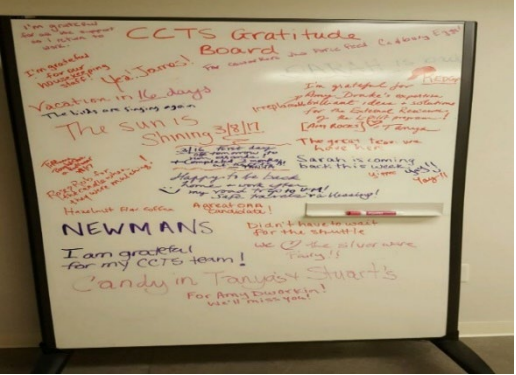


# Take and Give a Dose of Vitamin G Every Day

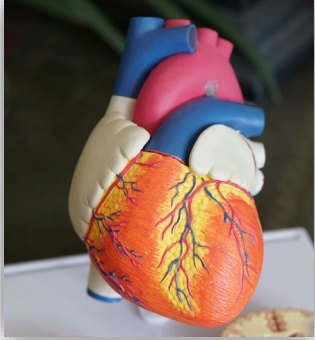
## Improved Mood



## Positive Effects of Gratitude



## Improved Heart Health



## Increased Optimism



## Improved Sleep



## Improved blood pressure

# Strategies for Preventing and Dealing with Stress, Anxiety & Depression

- Engage in physical activity (at least 30 minutes 5 days a week, but even 11 minutes a day helps)
- Break your routine if rutted
- Eat healthy: light and often; avoid “junk food”
- Manage your energy: build in frequent recovery breaks throughout the day; sit less; stand more; decrease 60 minute meetings to 50 minutes
- **Stay in the present moment** (*The Present* by Spencer Johnson is a great book to help)
- Get enough sleep (evidence supports at least 7 hours)
- Build cognitive-behavioral skills: Think positive because how you think affects how you feel and how you behave
- Practice guided imagery



# Strategies for Preventing and Dealing with Stress, Anxiety & Depression

- Balance work and personal life: take time to enjoy things you like to do and take micro-recovery breaks during the day
- Read 5 to 10 minutes every morning in a positive book
- Check and monitor Vitamin D level
- Socialize regularly with family/friends
- Have an attitude of gratitude- write your blessings down
- Laugh more often
- Take 5 deep breaths when feeling early symptoms of stress using the 4-7-8 method
- Make a plan for how to deal with what is causing stress
- Talk to someone you trust about how you feel



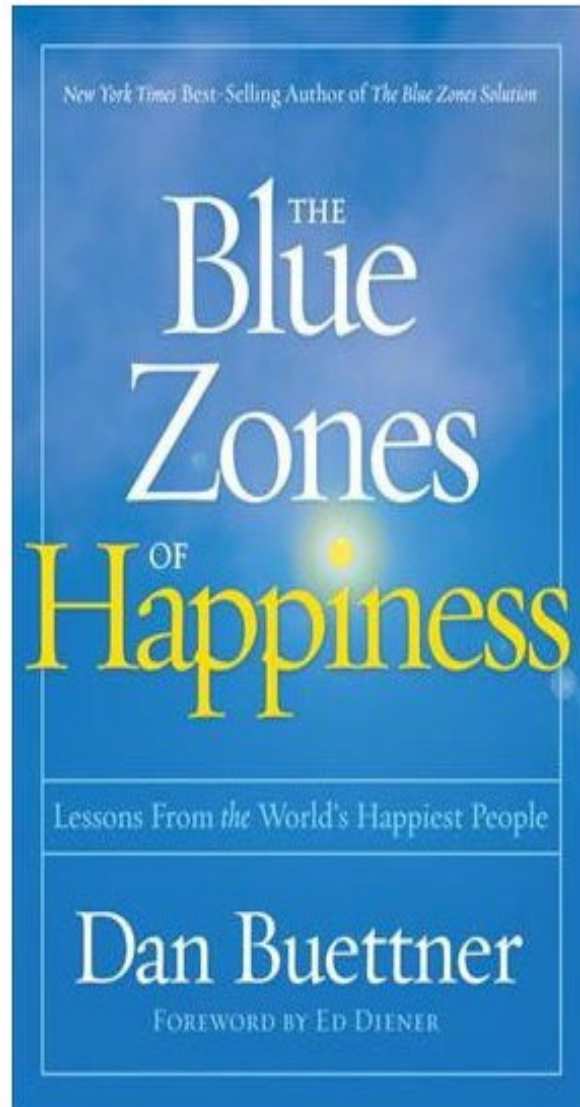
# Strategies for Preventing and Dealing with Stress, Anxiety & Depression

- See the cup half full instead of half empty
- Take one bite of the chocolate elephant or bundle of carrots at a time
- Know your limits; do not feel guilty about saying “no!”
- Stay aligned with and pursue your dreams and passions!
- Seek help if symptoms persist more than 2 weeks and interfere with functioning; *There is hope; depression and anxiety are very treatable and everyone has these issues at some time in their lives*



# The Happiness Blue Zones

## Costa Rica, Denmark, Singapore, and Boulder, Colorado



# Three Keys for Happiness

## *Purpose, Passion and Pride*

- To enhance pleasure, look for ways to add fun and joy to your daily routines (e.g., socialize often)
- To enhance purpose, increase opportunities to use your strengths to achieve meaningful goals

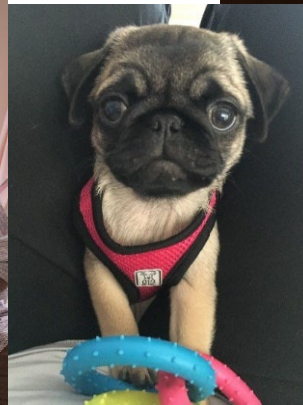
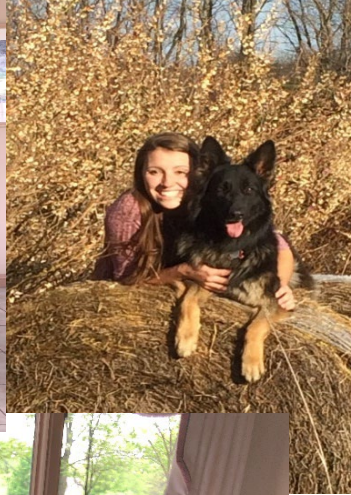
**Knowing your sense of purpose is worth up to 7 years of extra life expectancy!**

- To enhance pride, look for ways to align your job with your passions; reflect upon your accomplishments (none are too small!)

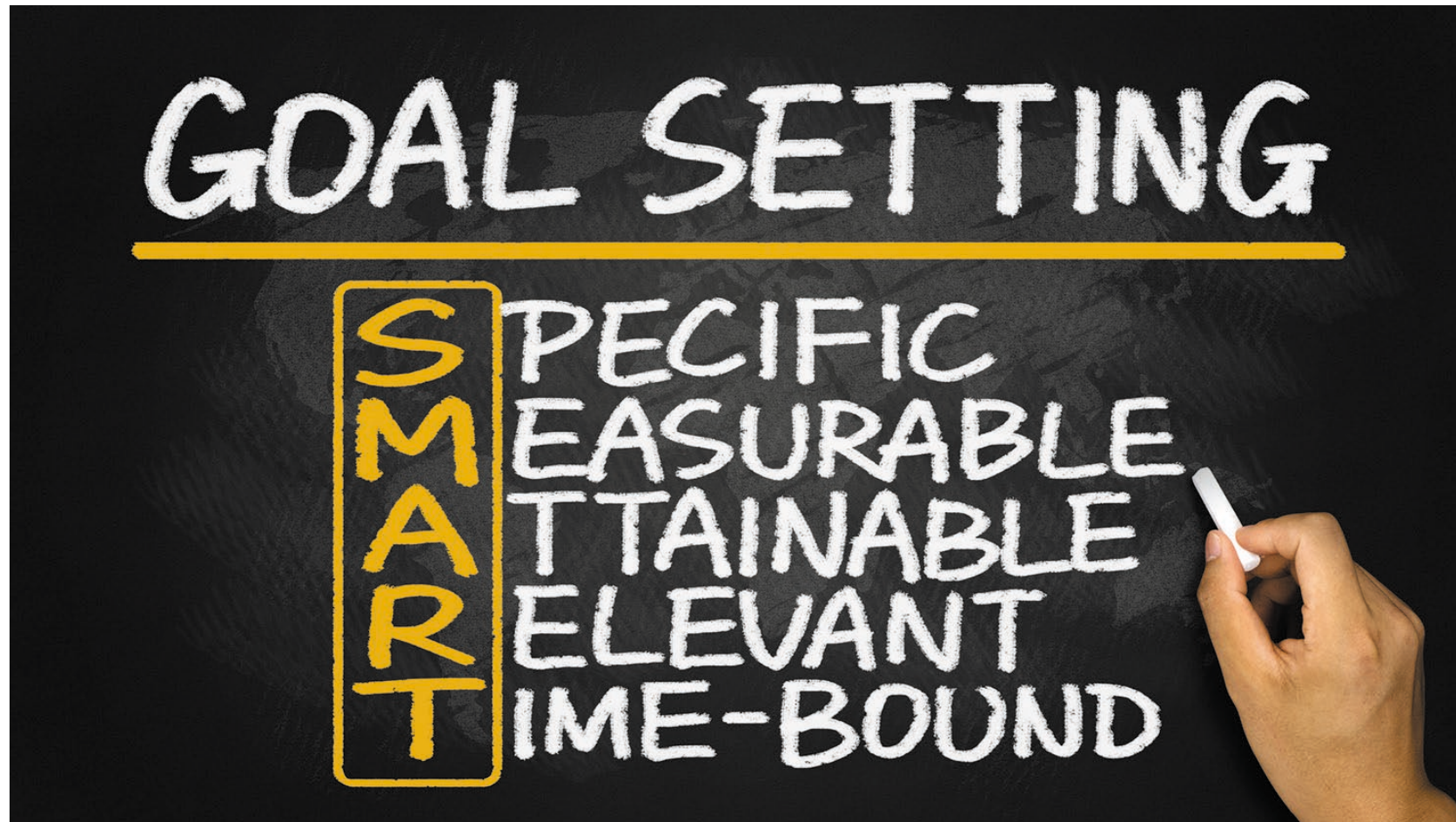
# We are Never Too Mature to Pursue our Dreams and Passions



# My Main Reasons for Engaging in Healthy Lifestyle Behaviors: Who are Yours?



# Set a 30 Day Healthy Lifestyle Goal & Stick to It!



It's Time to  
Move for Energy!



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