

Health for Hearts United Leadership Institute

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Question #1

What is the #1 cause of death in the US?

- 1. Cancer
- 2. Accidents
- 3. Heart disease
- 4. Lung disease



Answer

■ Heart disease is the #1 killer in the US, causing more deaths than cancer, lung disease, accidents and diabetes combined.



Question #2

Cardiovascular Disease includes what condition?

- 1. Stroke
- 2. Heart Attack
- 3. Congestive Heart Disease
- 4. High Blood Pressure
- 5. All of the above



Cardiovascular Disease

■ ALL OF THE ABOVE:

- Diseases and conditions pertaining to the heart and vascular (blood vessels) system
- Primarily includes heart attack, stroke, high blood pressure, congestive heart failure
- May also include arrhythmias, PVD, ESRD, congenital heart defects

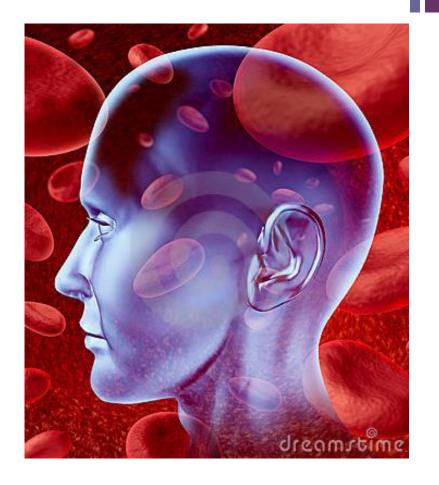
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Statistics Review

- Stroke is the leading cause of serious, long-term disability in the United States.
- 15-30% of stroke survivors are permanently disabled.
- Black have twice the rate of strokes compared to Whites.
- Smoking and high blood pressure both double the risk of stroke.



*Question #3

Name a risk factor for CV disease.....

.....Is it modifiable or non-modifiable?



Heart Disease – Risk Factors (Can't be changed)

■Age



■Family History



■Race



Heart Disease – Risk factors Modifiable (Can be changed)

- Obesity or overweight
- Diabetes
- Physical inactivity



- Smoking
- High blood pressure
- High blood cholesterol



Multipler Effect: Risk Factors for Heart Disease



*Question #4

What can we do to reduce our risk factors?



What you can do

■ Don't smoke and avoid second hand smoke

- 35% of deaths from smoking related to CVD
- Nonsmokers exposed to secondhand smoke have 25-30% increase risk of heart disease

■ Get regular exercise

- Aim to get at least 150 minutes of cardio per week (30 minutes 5 times a week)
- 10,000 steps daily
- Add activity to everyday life

■ Know your numbers

- Blood pressure, cholesterol, blood glucose
- Know your family history
 - Discuss medical history at family gatherings

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What you can do

■ Eat a heart healthy diet

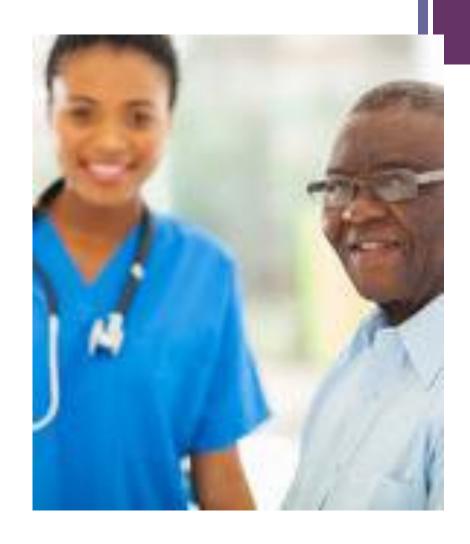
- Low in saturated fats, trans fats, sodium, cholesterol
- Include whole grains, vegetables, fruit, healthy fats

■ Maintain a healthy weight

- Know your BMI (Body Mass Index)
- Ask your doctor about your ideal weight
- 5-10% loss of body weight produces risk reduction

See your doctor for regular exams

Take medication as prescribed



Final Question(s)

What change will you make

- ■In your person life?
- ■In your family?
- ■In your church?
- ■In your community?



+ Finally....

Above all else, guard your heart, for it is the wellspring of life

Proverbs 4:23

