

Action Steps for Heart Health

There are certain risk factors for heart disease you can't control, such as family history, age, race and sex. However, many risk factors for heart disease can be controlled by living a healthy lifestyle. Whether it's managing your weight, controlling your blood pressure, or quitting smoking, there are several things you *can* do to reduce your risk.

Be physically active: Increasing your physical activity can lower cholesterol, improve blood pressure, help you lose weight, and improve your mood. Walking, dancing, stretching and even doing housework—anything that gets your body moving—is helpful! However, be sure to check with your doctor before beginning an exercise program.



Aim for a healthy diet: There are many ways to achieve a healthy diet. Here are some helpful dietary tips for reducing your heart disease risk:



Limit saturated fat, trans fat, and dietary cholesterol. These types of fats can raise your total cholesterol and lower your HDL cholesterol. Saturated fat and cholesterol are often found in foods that come from animals, such as meat and dairy products. *Trans* fat are often found in processed foods, such as french fries, cookies and crackers. Try low-fat or fat-free milk and dairy products, eat lean meats, and choosing healthy snack foods, such as granola, nuts and dried fruits in place of processed snack foods.

Replace saturated and trans fat with unsaturated fat. Unsaturated fat helps increase HDL, or “good” cholesterol. Plant oils, like canola or olive oil, as well as nuts, seeds, avocado and fish are all good sources.

Eat a variety of fruits and vegetables. If fresh fruits and vegetables are not the best option for your situation, dried or frozen fruits and vegetables are great alternatives.



Increase your fiber intake. Fiber can help lower your cholesterol. Whole grain breads, pastas, cereals, beans, and many fruits and vegetables are good sources of fiber.

Limit sodium (salt) intake. Foods that are high in salt can raise your blood pressure. Choose foods that are low in sodium, and limit the amount of salt you add to your food. Try spices to flavor your food in place of salt.

Reduce stress: Stress is a part of life, but too much can increase your risk for heart disease. Try to find ways to reduce stress, such as making time for your favorite activities or asking family and friends for help when you need it.

Heart Health Action Plan. Think of steps you can take to improve your heart health. We've given you some ideas above, or feel free to come up with your own. Remember, no step is too small when making a change!

Choose goals that seem like they'd be the easiest for you to start with, and think about how you would accomplish them. When writing your goals and action steps, be as specific as possible. An example is provided below.



My goal is to eat less salt. I will use spices instead of salt to season my food.



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Detroit Hispanic
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Heart Health Report for Jand Doe

HEP COMMUNITY SURVEY 2008

August 13, 2009

Dear Jane Doe,

On 5/18/2009 you participated in the Healthy Environments Partnership (HEP) Community Survey. We would like to take this opportunity to express our appreciation for taking the time to complete this survey. The information you shared will help us learn important information about the risk for heart disease in your Detroit community.

HEP is providing you with a personalized Heart Health Report with **your particular risk factors and protective factors for heart disease based on information gathered by the survey.** The information in this report is a snapshot of your health on the day of the survey, and may not be reflective of your overall health status. Please be sure to discuss the information provided in this report with your health care provider.

The report includes results from the **health screening** and nutrition intakes based on the **dietary self report** included as part of the survey.

Your Screening Results: On the inside of this report (in yellow), you will find your personalized results and recommendations for your blood pressure and non-fasting cholesterol, as well as your weight, height and body mass index (BMI).

Your Nutritional Intake: On the inside of this report (in orange), you will find personalized results and recommendations based on the foods you reported eating. Your total fat and saturated fat, sodium, fiber, fruit & vegetable intake are shown.

Action Steps for Heart Health: On the back page of this report, we have provided important information you can use to reduce your risk for heart disease. We encourage you to think of one or more goals you might take on in order to improve your heart health. Whether you choose to make one change or several changes, you will be reducing your future risk for heart disease.

On behalf of the Healthy Environments Partnership, we thank you again for being a part of this important survey. We invite you to visit our website, www.hepdetroit.org, to learn more about our work and about heart health. We hope the information provided to you in this personalized Heart Health Report will be helpful.

Sincerely,

Amy Schulz, Ph.D.
Principal Investigator

Causandra Gaines, MSW
Brightmoor Community Center

Your screening results and nutrition intake results are for informational purposes only. Because the information in this report was gathered from you at the time of the survey, your non-fasting cholesterol, blood pressure, or other information may have changed. This screening is not meant to diagnose any conditions or provide advice about medical treatment. If you have questions or concerns about your results, be sure to contact your doctor.

Your Screening Results from 5/18/2009

Understanding Your Non-fasting Cholesterol Results

Total Cholesterol
253 mg/dL

Cholesterol is a fat-like substance found in the blood. Your risk for heart disease rises as total blood cholesterol rises

Your total cholesterol was high. It would be good to talk to a health care professional, increase your physical activity and replace foods high in saturated or trans fats with unsaturated fats.

HDL Cholesterol
49 mg/dL

HDL is often called the "good cholesterol" because it removes more harmful cholesterol from the blood. The higher HDL is, the lower the risk of heart disease. Levels above 60 mg/dL are optimal.

Your HDL was good, but higher levels are better. Increase your physical activity and replace foods high in saturated or trans fat with unsaturated fats.

Cholesterol Ratio
5.2 to 1

Cholesterol ratio is the total cholesterol level divided by the HDL cholesterol level. A high level raises the risk of heart disease. Levels less than 3.5 to 1 are optimal.

Your cholesterol ratio did not meet the goal (between 5:1 and 3.5:1). Increase your physical activity and limit consumption of foods like red meat and dairy, which are high in cholesterol.

Understanding Your Blood Pressure Results

Blood Pressure
136

91 mmHg

Blood pressure is the force of blood against the walls of the arteries. A normal blood pressure is less than 120/80 mmHg. A higher blood pressure increases the risk of heart disease by making the heart work harder than normal, causing it to weaken over time.

Your blood pressure was hypertensive, which means that it was high. If you have not had it checked again by your doctor, you should do so within two months.

Understanding Your Weight

Body Mass Index (BMI)

38

Height

5ft7 in

Weight

243 lbs

The Body Mass Index (BMI) looks at a person's body weight compared to their height. It is highly related to body fat in most people.

If your BMI is above 25, you might want to talk to your health care provider about weight loss strategies, even a small weight loss may help to lower the risk of disease.

See additional heart health tips under "Action Steps for Heart Health" on the back page.

Understanding Your Nutrition Survey Results as of **5/18/2009

Total Fat
108 g/day

Fats and oils are important parts of a healthy diet. The type as well as the amount of fat you eat can affect heart health. Total fat intake day should be no more than 25-35% of your total calories. For a 2,000 calorie per day diet, that would be no more than 65 grams of total fat per day.

Unsaturated Fat
49 g/day

Eating foods high in unsaturated fat can reduce the risk of heart disease. Unsaturated fat intake should be between 18-25% of your total calories. For a 2,000 calorie per day diet, that would be about 45 grams of unsaturated fat per day.

Saturated Fat
25 g/day

Eating foods high in saturated or hydrogenated fat can increase the risk of heart disease. Saturated fat intake should be no more than 7-10% of your total calories. For a 2,000 calorie per day diet, that would be no more than 20 grams of fat per day.

Sodium
2482 mg/day

Sodium (salt) in your food increases your blood pressure, which can add to your risk of heart disease.

Fiber
15 g/day

Fiber is important for the health of the digestive system and it also helps lower cholesterol. Including whole grain and fiber-rich foods in your diet can lower your risk of heart disease. You should aim for 25 g/day or more.

Fruit & Vegetable Intake
4 servings/day

Fruits and vegetables are good for your body and are generally low in calories, fat and sodium. Eating them in place of high-calorie or high-fat foods can help reduce the risk of heart disease. For most people 5-9 servings a day is recommended.

** Results are based on your self reported dietary intake as part of the HEP Survey