

Office of Prevention,
Education, and Control

Honoring the Gift of Heart Health

A Heart Health
Educator's Manual
For American Indians
and Alaska Natives



U.S. DEPARTMENT OF
HEALTH AND
HUMAN SERVICES
National Institutes of Health
and
Indian Health Service

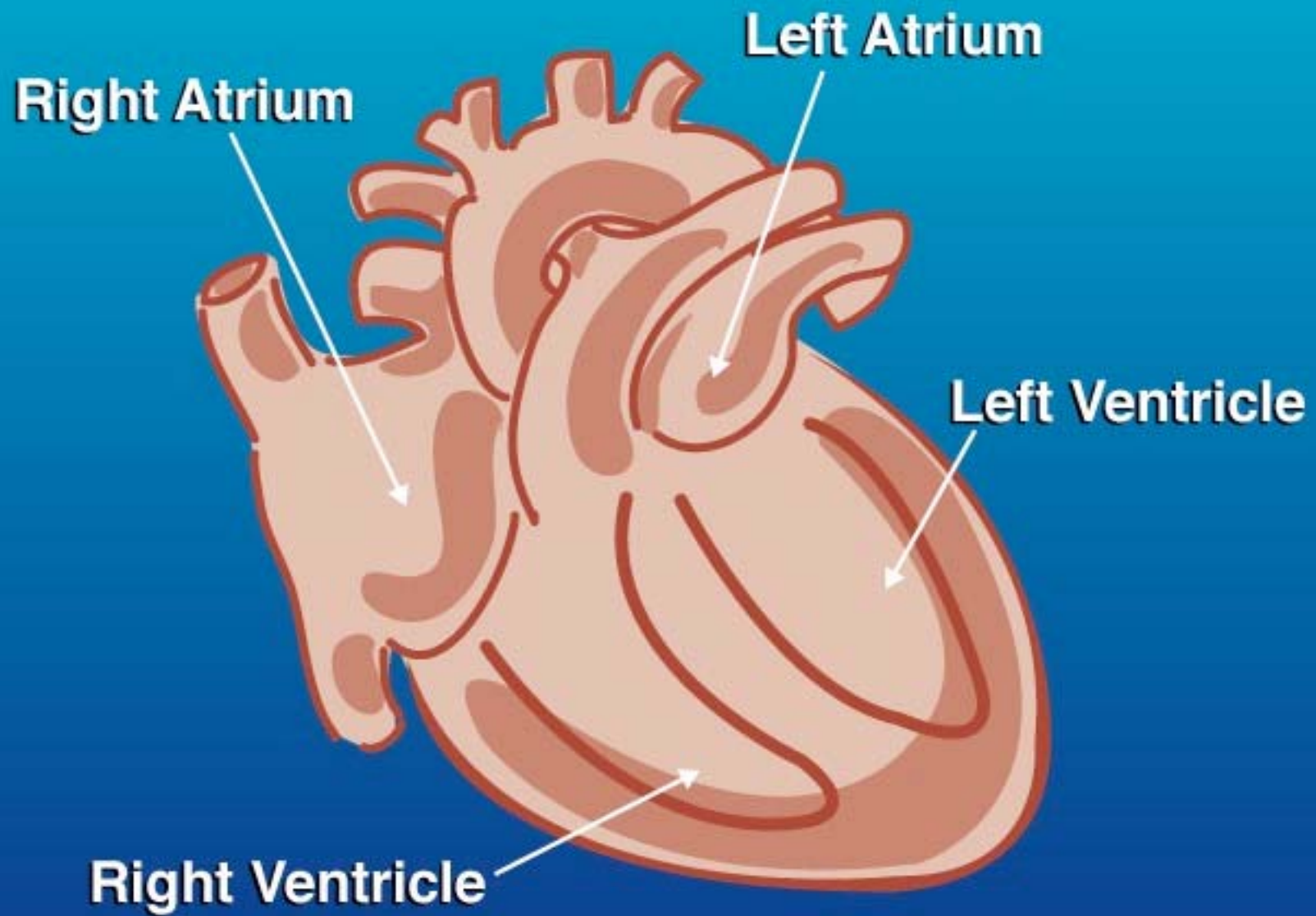


Visuals

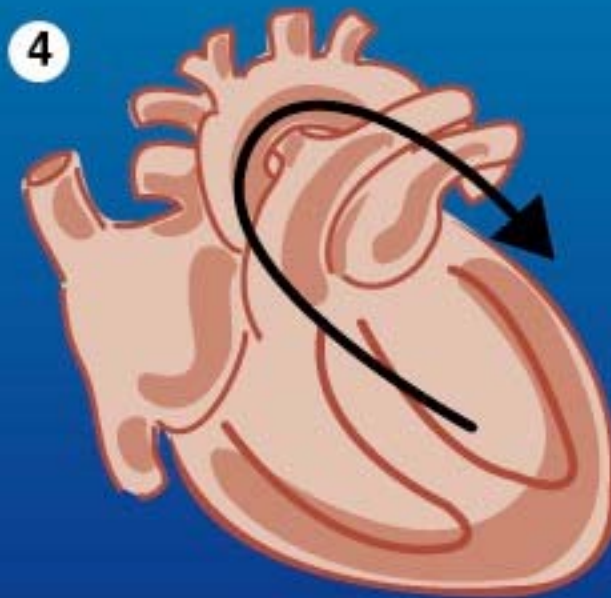
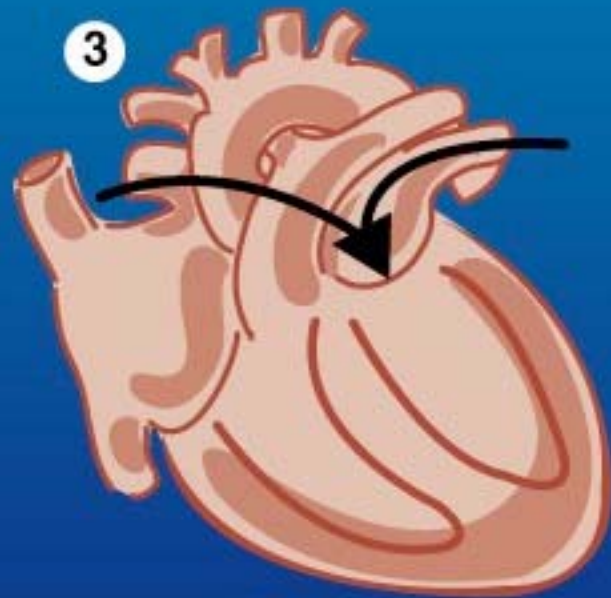
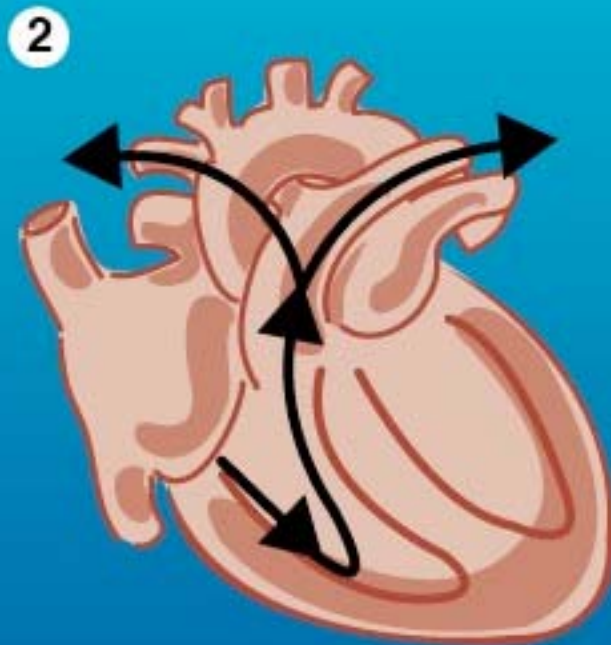
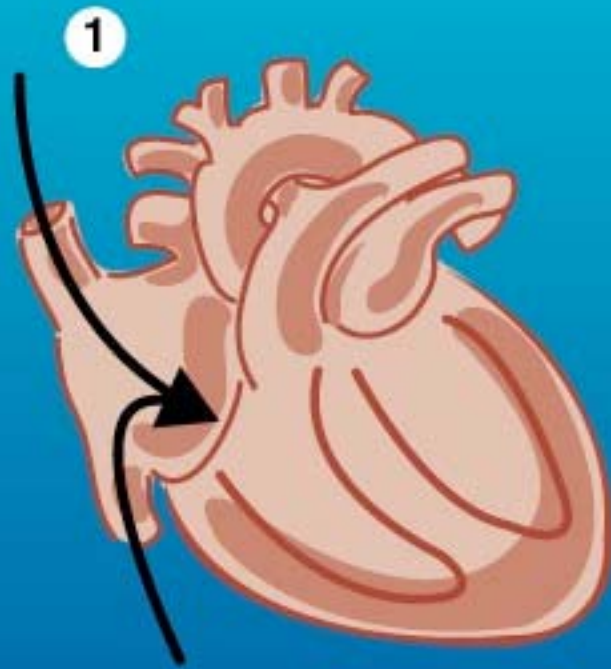


Honoring the Gift of Heart Health Program









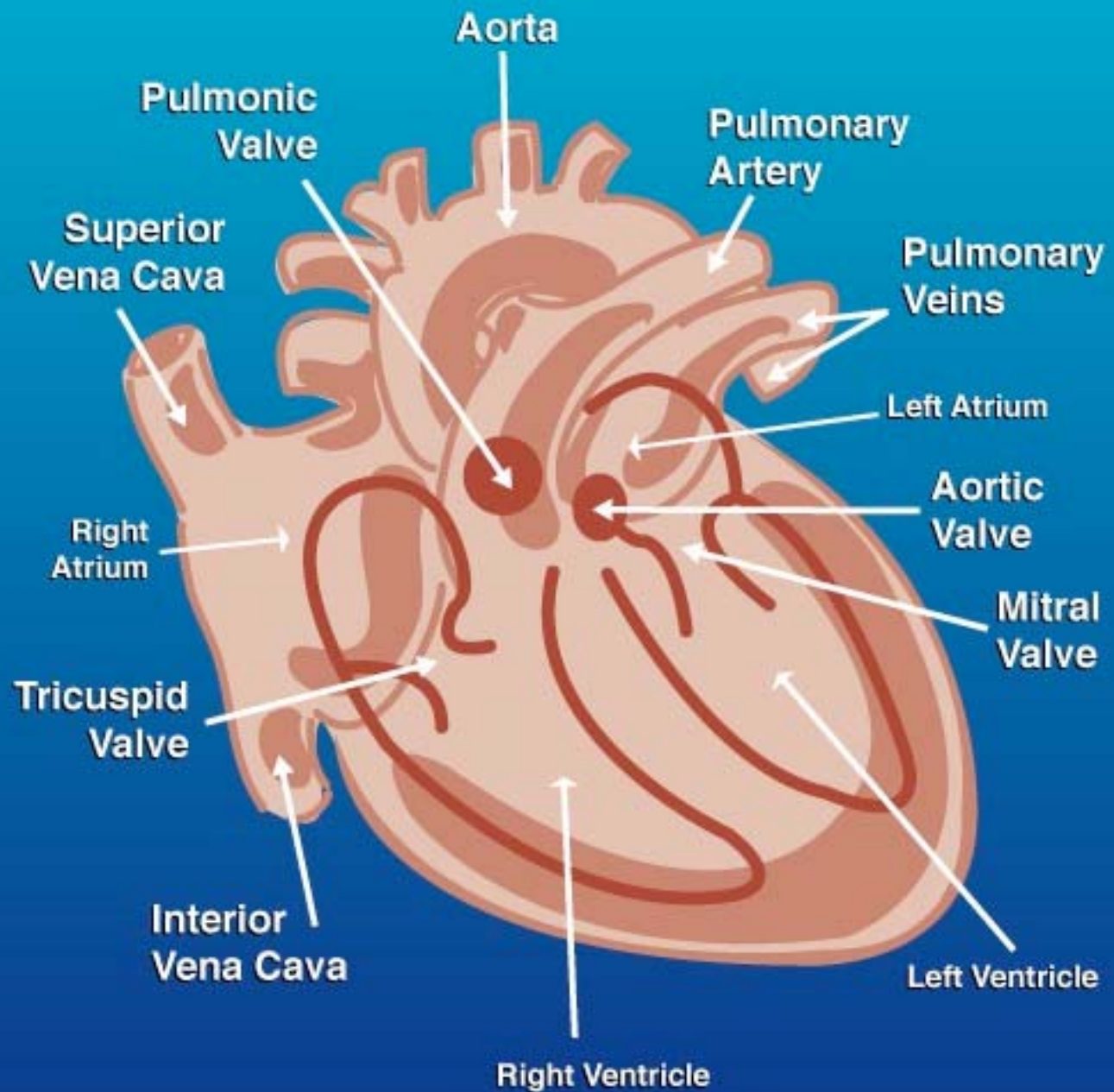


Risk Factors for Diabetes

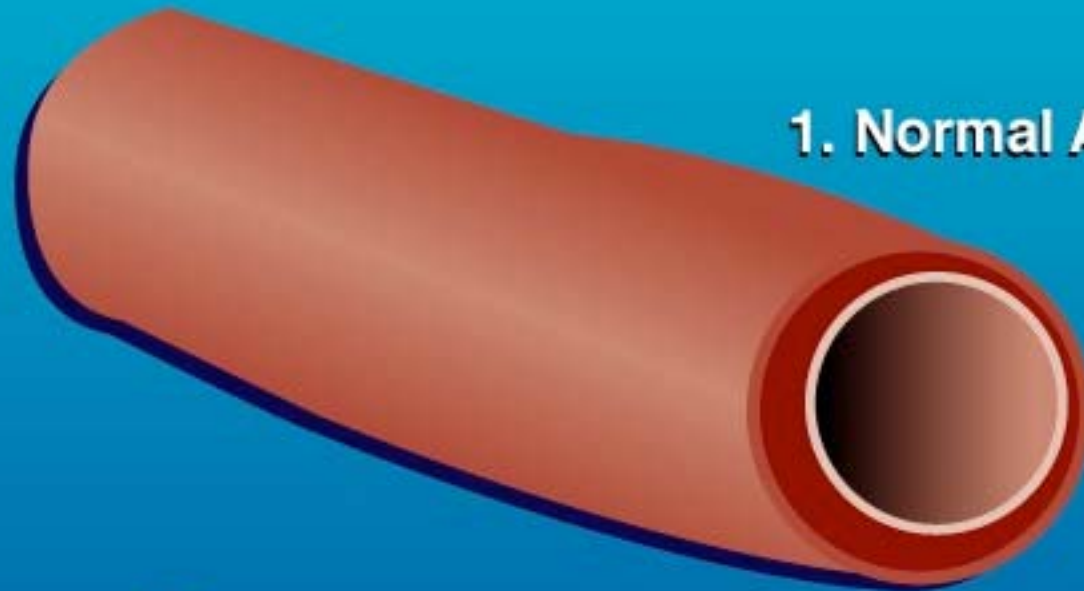


1. **Overweight**, especially if you have extra weight around the waist
2. **Physically inactive**
3. **Family member with diabetes**
4. **Diabetes during pregnancy (gestational diabetes)**
5. **High blood pressure (140/90 mmHg or higher)**
6. **Your cholesterol levels are not normal**

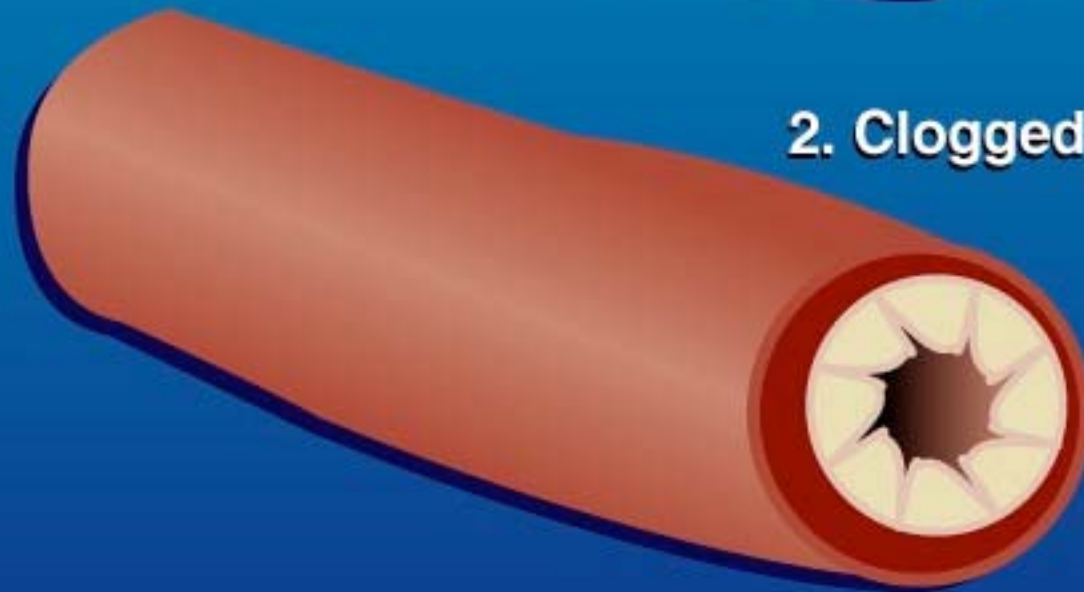
Heart and Coronary Arteries



**Coronary
Artery
With
Fatty
Deposits**

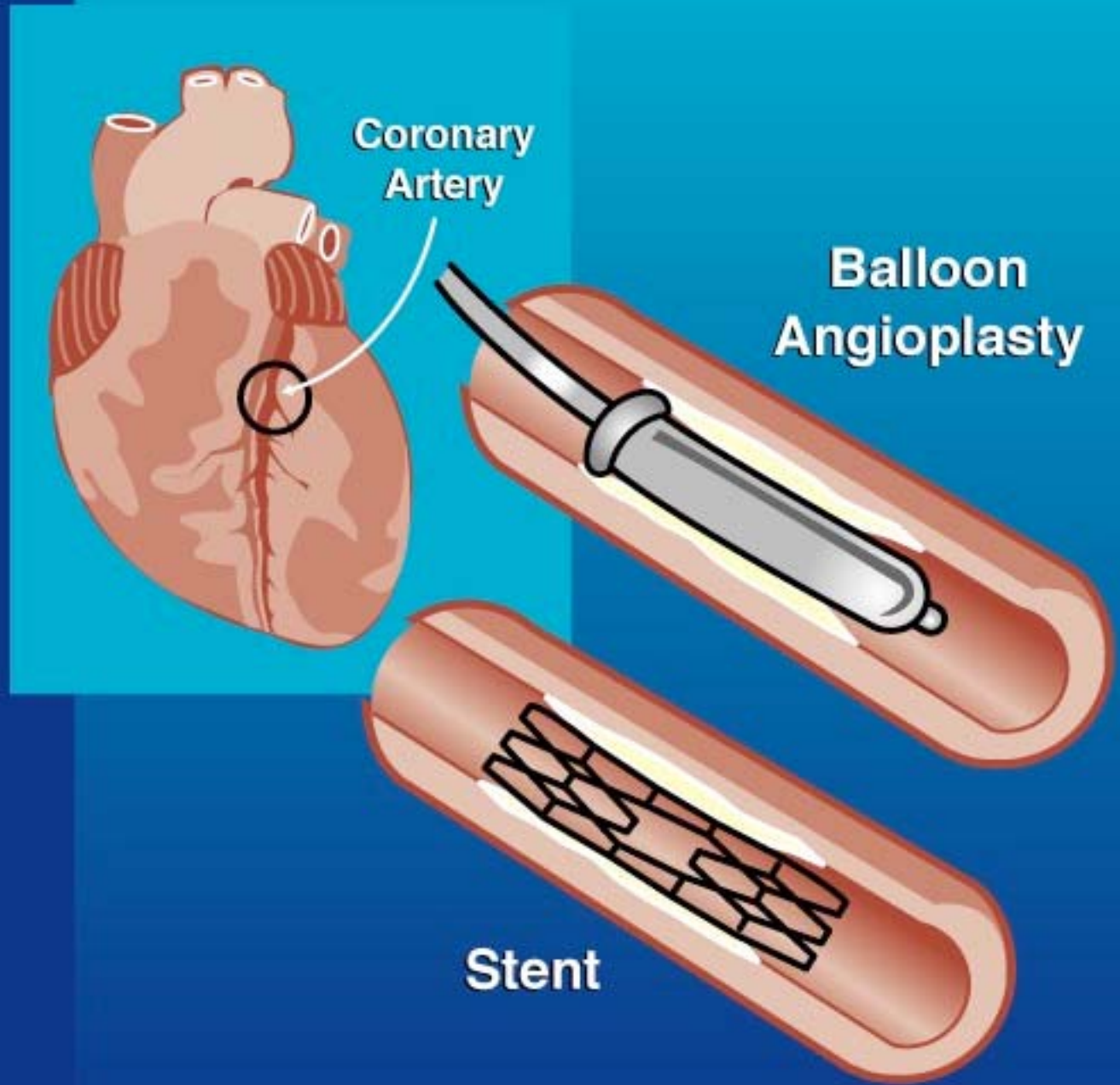


1. Normal Artery

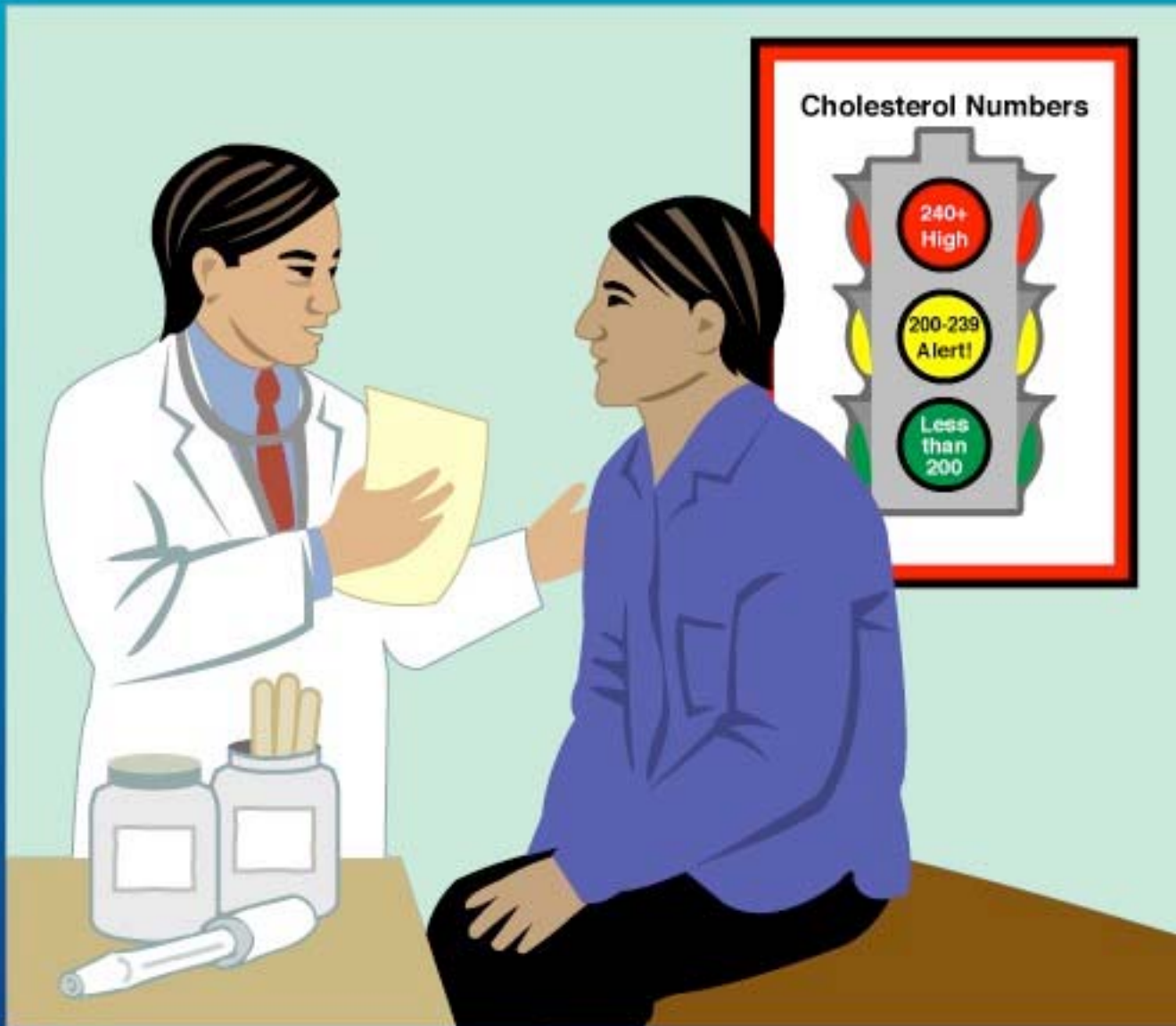


2. Clogged Artery

Balloon Angioplasty and Stent







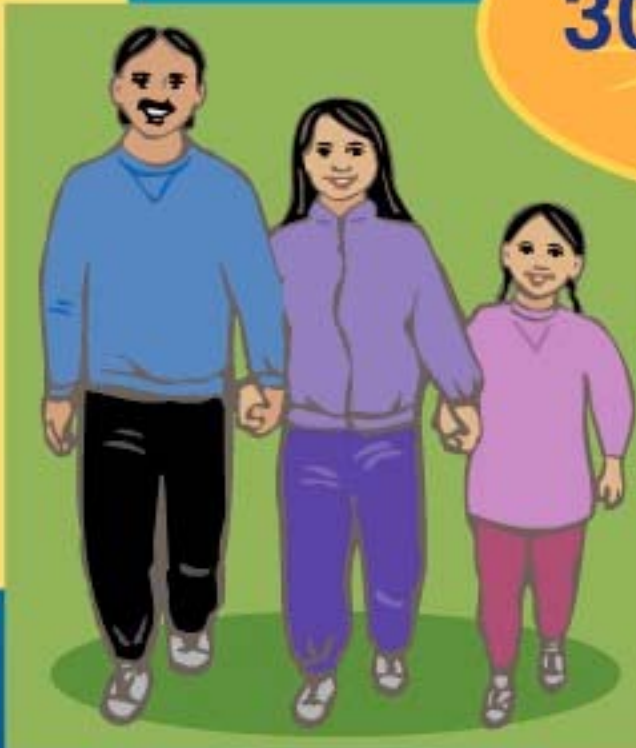








10 minutes

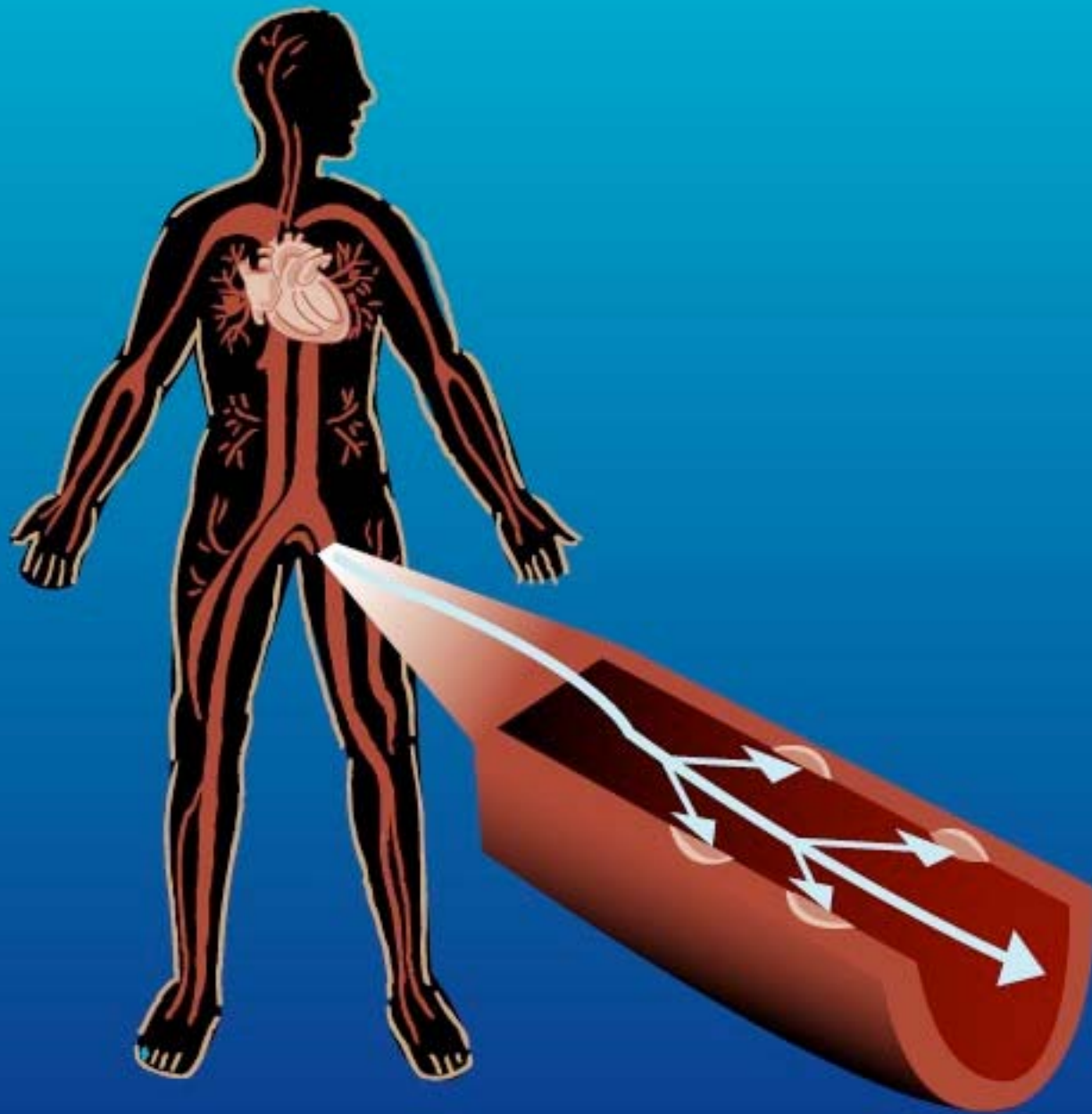


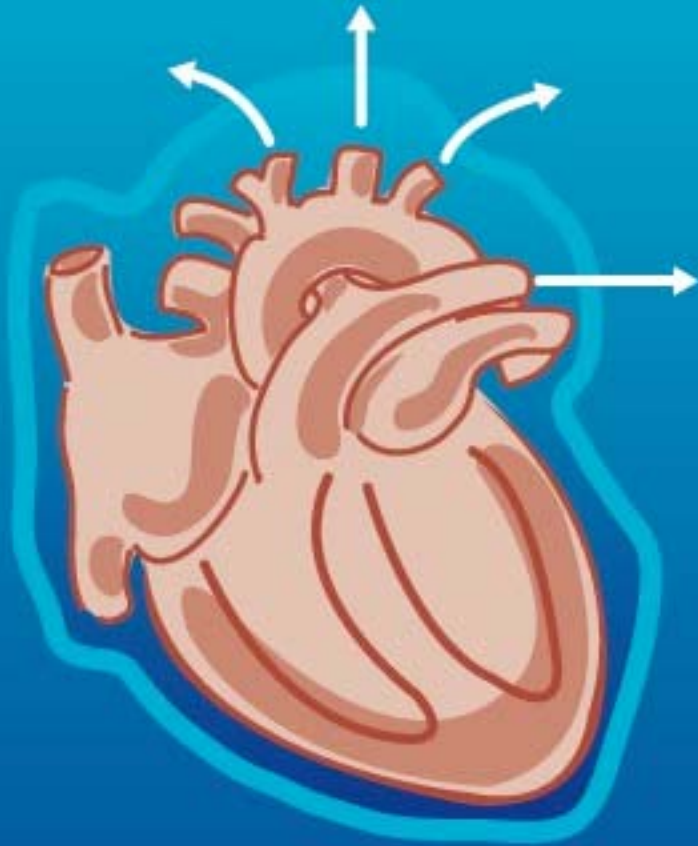
+ 10 minutes

30 minutes

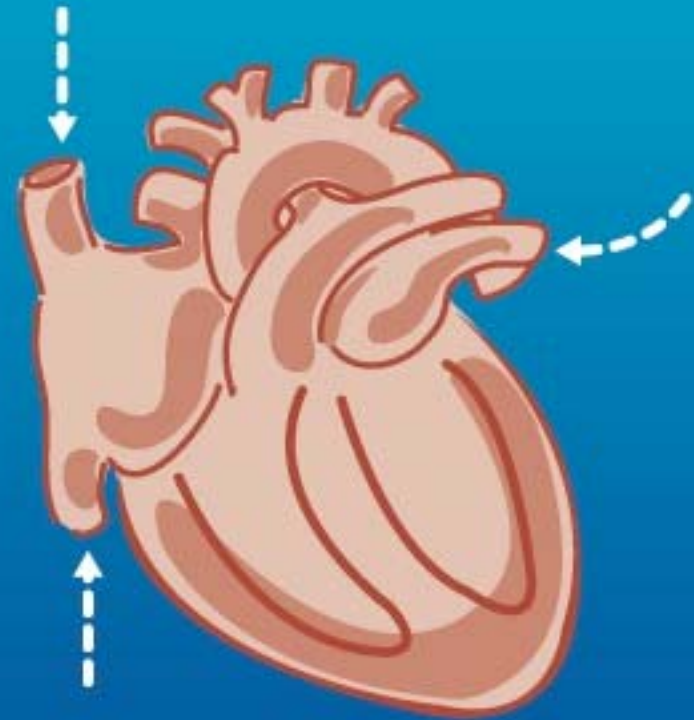


+ 10 minutes





120



80

120/80 mmHg









Nutrition Facts	
Serving Size _ cup (64g)	
Servings Per Container 5	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 100%	• Vitamin C 2%
Calcium 2%	• Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric need.



Cholesterol and Fat

Cholesterol Numbers

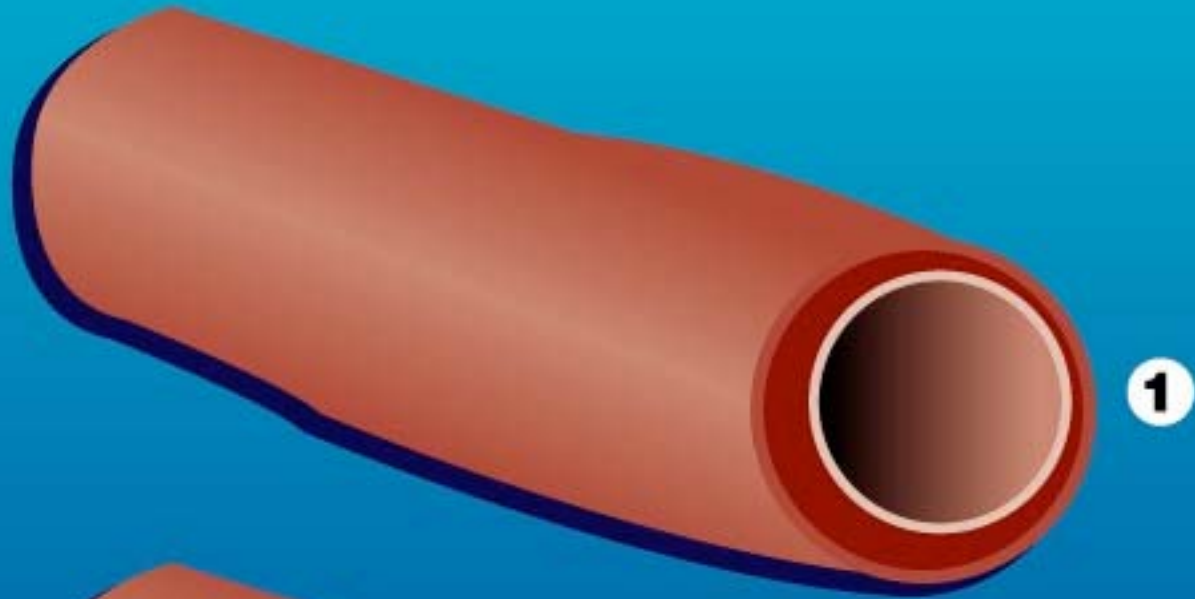




less than
200

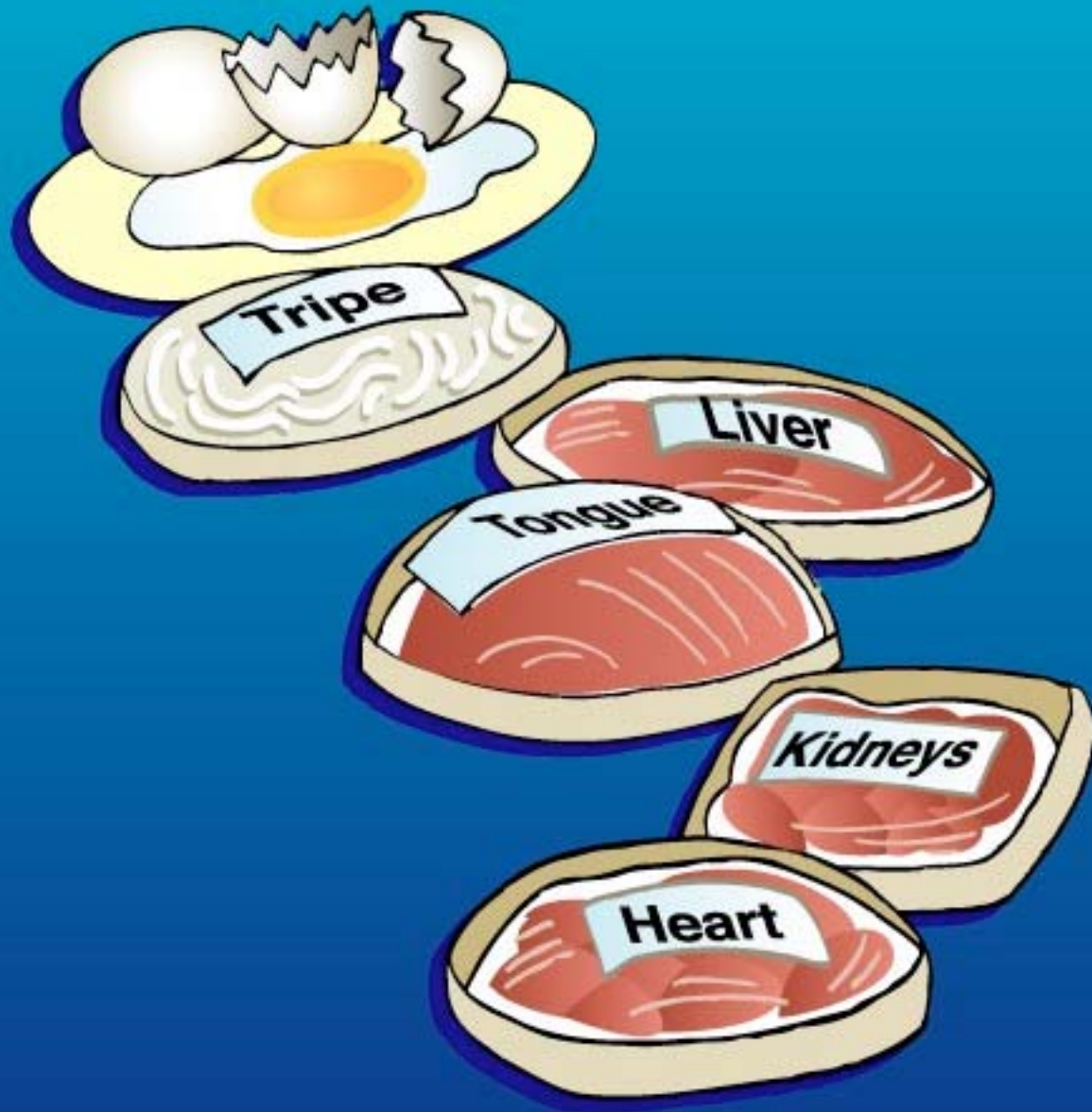
200 to
239

240
or more













Canned PORK

Nutrition Facts

Serving Size 2 oz (56g)

Servings Per Container 6

Amount Per Serving

Calories 190 Calories from Fat 155

% Daily Value*

Total Fat 17g **26%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 35mg **11%**

Sodium 730mg **30%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **0%**

Sugars 0g

Protein 7g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric need.

Body Mass Index

	HEALTHY WEIGHT						OVERWEIGHT					OBESE					
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height	Weight (in pounds)																
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287







30 Pounds

30 Days

\$30

1-800-FRAUD

A Guide to Daily Food Choices

KEY

These symbols show fats, oils, and added sugars in foods:

● FAT (naturally occurring and added)

▼ SUGAR (added)



A Guide to Daily Food Choices





Nutrition Facts

Serving Size 1 can (340mL)

Servings Per Container 1

Amount Per Serving

Calories 140 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 39g **13%**

Dietary Fiber 0g **0%**

Sugars 39g

Protein 0g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric need.

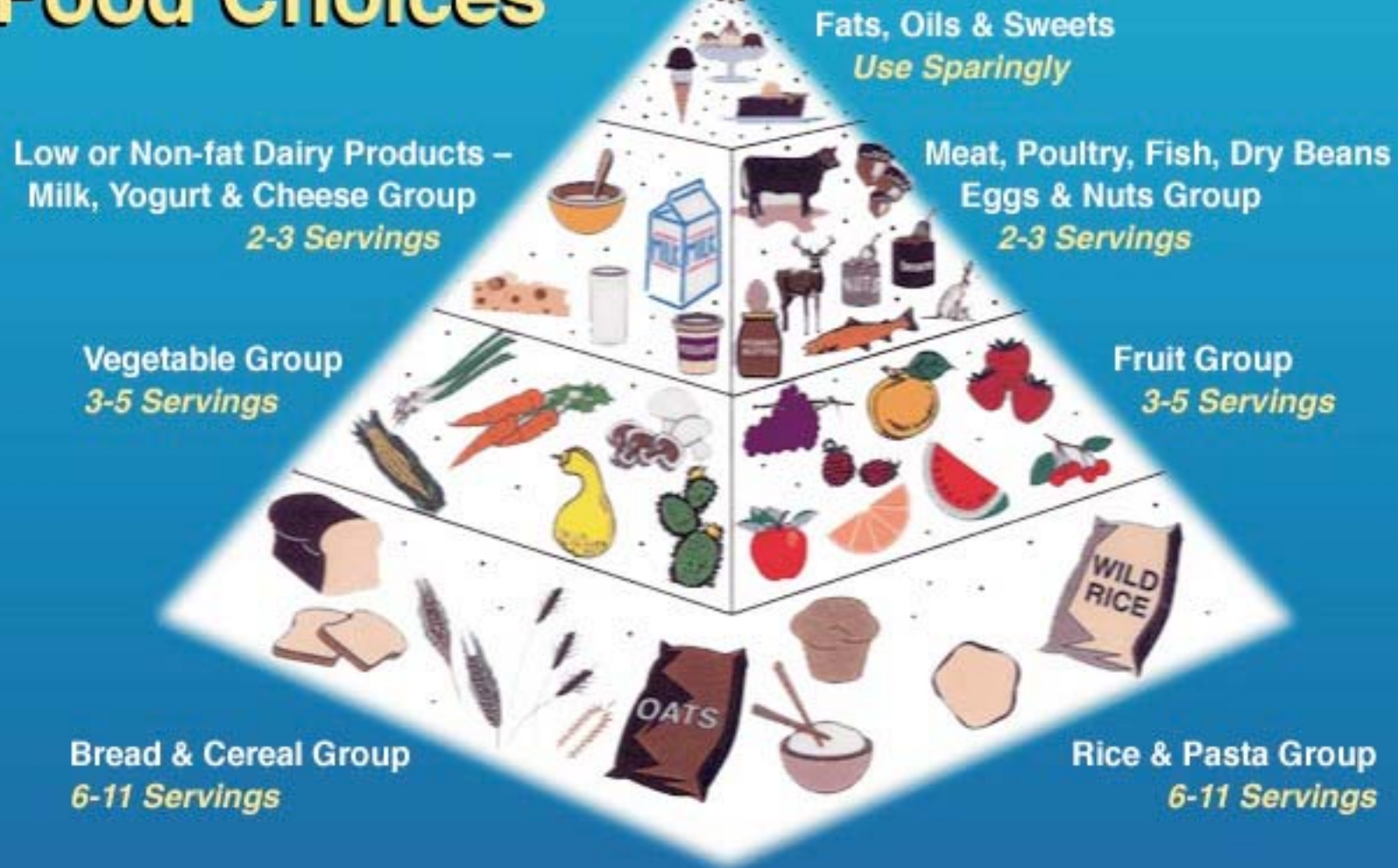
A Guide to Daily Food Choices



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A Guide to Daily Food Choices















