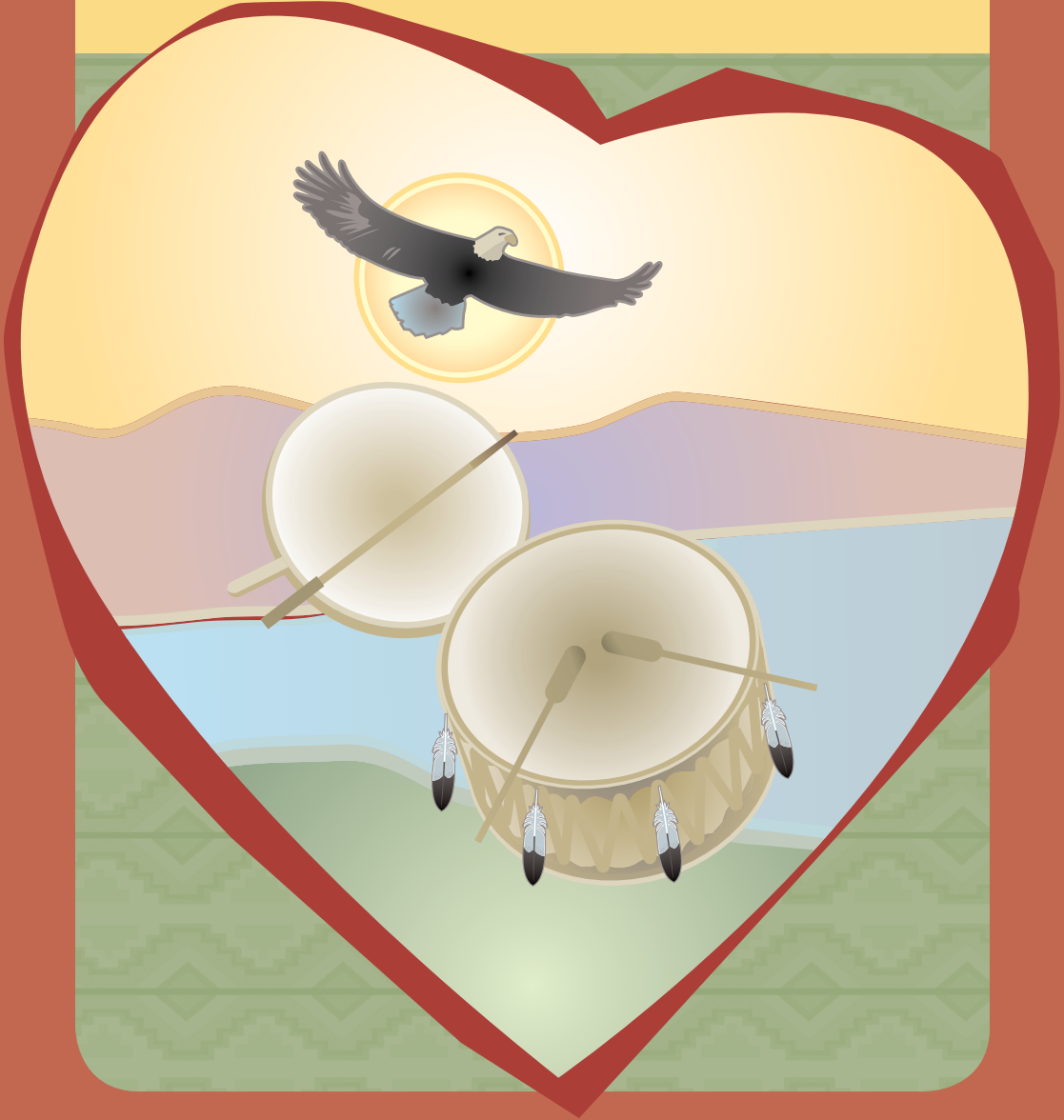


Your Choice for Change!

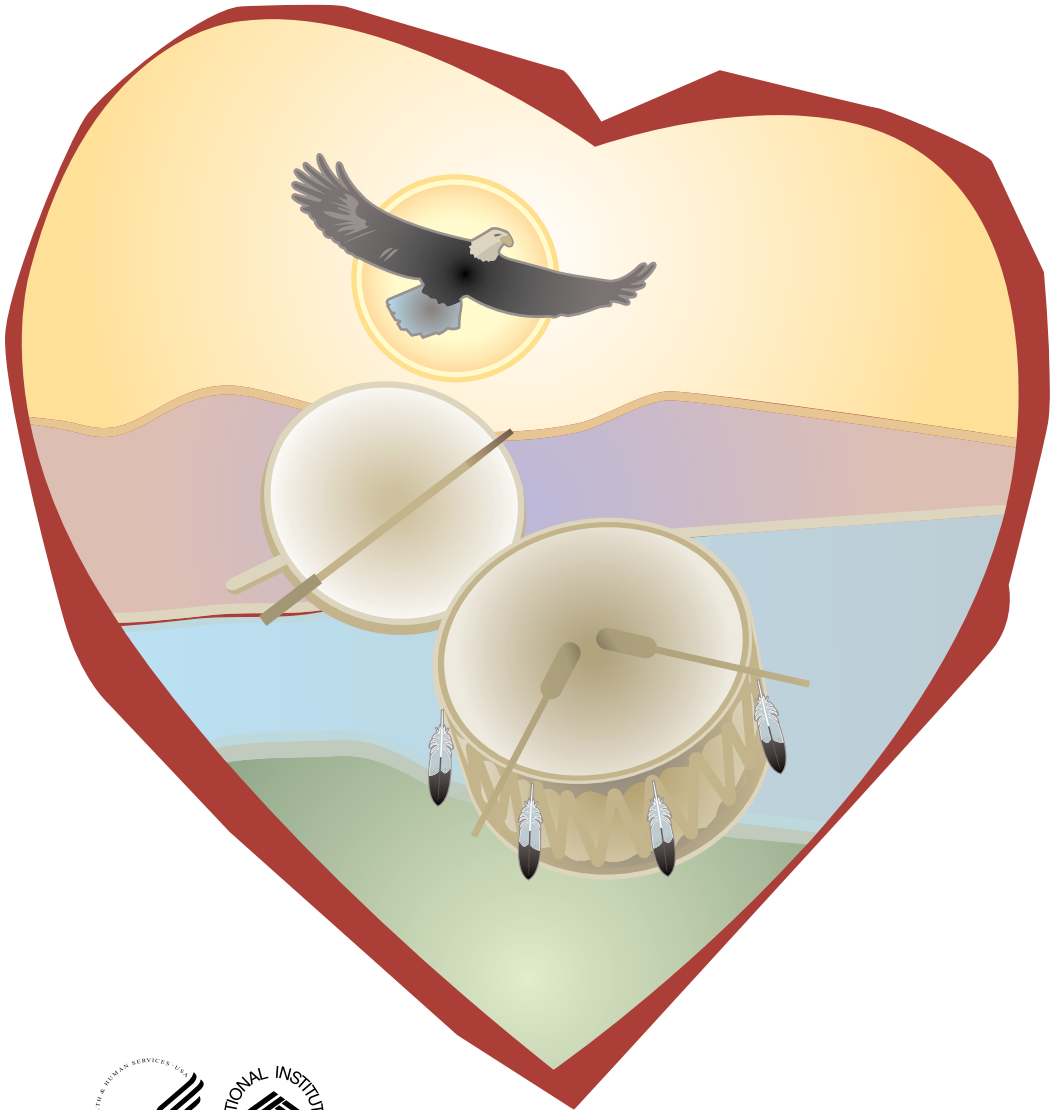
Honoring the Gift of Heart Health for American Indians



U.S. Department of Health and Human Services
National Institutes of Health
National Heart, Lung, and Blood Institute

Your Choice for Change!

Honoring the Gift of Heart Health for American Indians



U.S. Department of Health and Human Services
National Institutes of Health

NIH Publication No. 08-6340
July 2008



**National Heart
Lung and Blood Institute**
People Science Health

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Introduction

American Indians and Heart Disease

Heart disease is a serious health problem for all Americans, including American Indians and Alaska Natives (AI/AN). Although it is the #1 killer of Americans, including AI/AN, most people are not aware that they are at risk for heart disease. Most people believe that a heart attack or stroke happens suddenly because of a scary experience, getting bad news, or having strong feelings like anger. A heart attack or stroke may seem sudden, but the truth is that these conditions develop over many years. It often starts at a very young age.

Risk Factors

High blood pressure, high blood cholesterol, obesity, smoking, physical inactivity, and diabetes can increase the risk for heart disease.

You can reduce your risk by making lifestyle changes. All you need is a little information, a few skills, and a bit of motivation.



Easy-To-Read Booklet

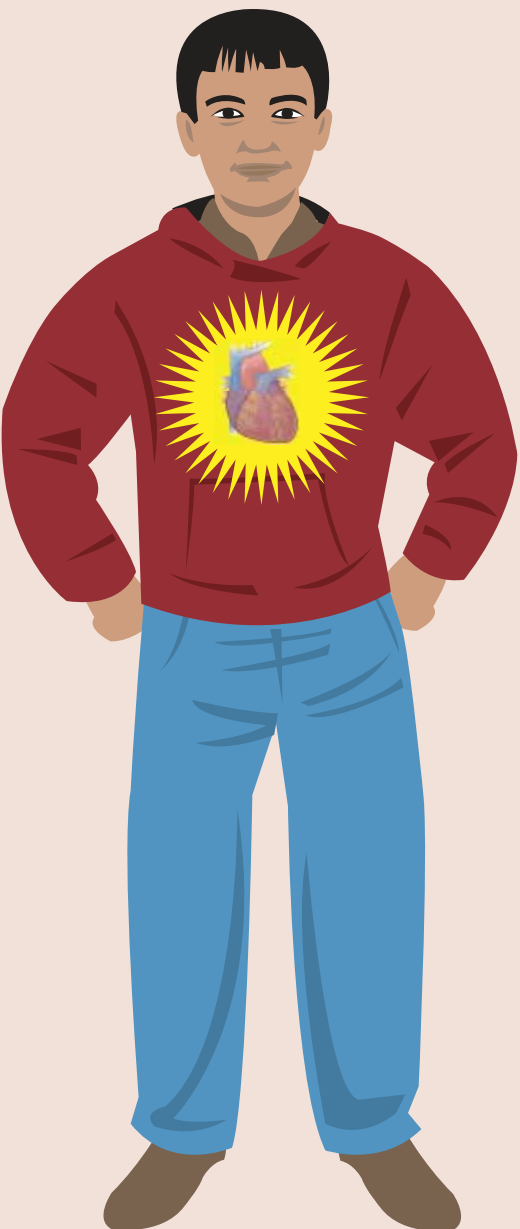
This easy-to-read booklet is filled with practical information that can help you reduce your risk for heart disease. You will be introduced to the Wisdom family, who will share what they did to prevent and control their risk factors. Join them and take steps to prevent heart disease in your family.

Hope for a Healthy Future

Taking steps to prevent heart disease at any age is important. Caring for your heart is one of the most important things you can do for your health and the health of your family. When you choose an apple instead of pie, or take a walk instead of watching TV, you are being a role model for others. Here is more good news! There are many healthy things you can do to become healthier. Being healthier means lessening your chances of having heart problems. Future generations are counting on you.



Section 1: Knowledge Is Power: Know Your Risk for Heart Disease



You Have the Power To Protect and Improve Your Heart Health!

The Amazing Heart

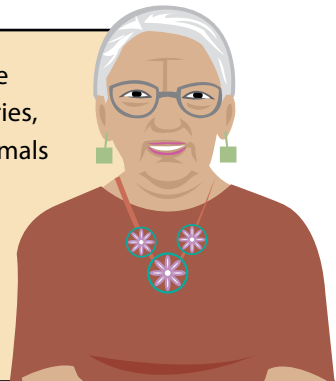
Your heart is one of your strongest muscles. It pumps blood through miles of blood vessels to all parts of your body. The heart is so important, you want to keep it healthy. When the heart stops, life stops.



Heart Disease Is a Growing Problem Among American Indians and Alaska Natives.

Grandma Mary of the Wisdom family will show you how she and her family take care of their hearts.

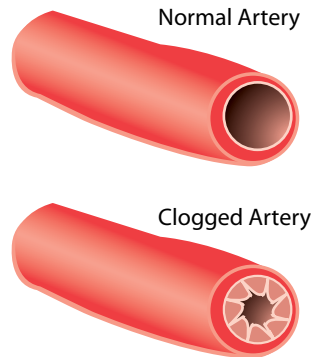
Mary Wisdom: “A long time ago, our ancestors were very active—walking, running, hunting, picking berries, hauling wood and water. They took care of their animals and had to do other things just to survive. Our ancestors did not smoke commercial cigarettes. Today, we have more demands and are less active. This change in lifestyle has caused our people to have an increased chance of getting heart disease.”



What You Need To Know About Heart Disease

What Is Heart Disease?

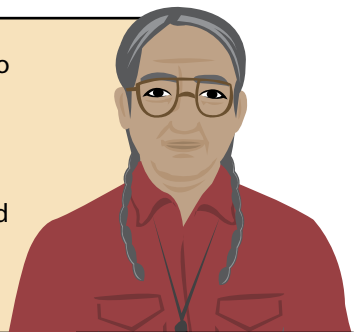
Heart disease develops over many years. It happens when the blood vessels going to the heart become narrow and clogged. Clogged arteries increase the risk of developing heart disease.



What Are Risk Factors?

Risk factors are traits and habits that make you more likely to develop heart disease. There are some risk factors that you can do something about and others you cannot change. The more risk factors you have, the greater your chance of developing heart disease.

Will: "My doctor told me that I was overweight. I also have diabetes and high blood pressure. He said that being overweight, diabetic, and having high blood pressure increase my risk for heart disease. Also, my father died of a stroke because of high blood pressure. Now that I know my risk factors, I take steps to lower my risk."



Are You at Risk for Heart Disease?

Look at the list of risk factors below. Check all the risk factors you have.

Risk factors that you can do something about:

- | | |
|--|-----------------------------------|
| <input type="checkbox"/> Overweight | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> High blood cholesterol | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Not sure |
| <input type="checkbox"/> Lack of physical activity | |
| <input type="checkbox"/> Cigarette smoking | |

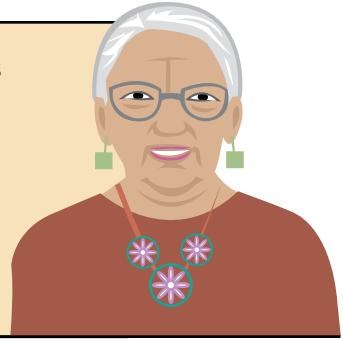
Risk factors you cannot change:

- Family History:
 - Father or brother with heart disease before age 55
 - Mother or sister with heart disease before age 65
- Age (45 years or older for men, 55 years or older for women)

The more risk factors you have, the greater your chances of developing heart disease.

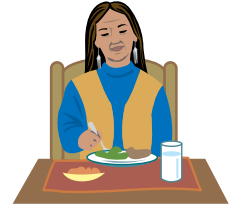
Lower Your Risk for Heart Disease.

Mary: “The good news is that there are many things my family and I can do to lower our risk for heart disease. We have agreed to take the path of heart health. Working together as a family strengthens our chances of staying healthy. I am changing my habits because I want to be at my grandchildren’s graduations and weddings.”



Mary’s Family Takes the Path to Heart Health

- **Lose weight.** “We eat smaller portions. If we are still hungry, we have salad.”
- **Get 30 to 60 minutes of moderate physical activity a day.** “We walk together after dinner every night.”
- **Eat less saturated fat and sodium.** “I bake chicken instead of frying. I use herbs instead of salt to season our food.”
- **Eat more fruits and vegetables.** “We enjoy them with meals, as a snack, or for dessert.”



- **Limit beverages and foods with sugar.** “We limit sweets, such as doughnuts, cookies, and soda.”

- **Quit smoking.** “Our home is smoke free.”

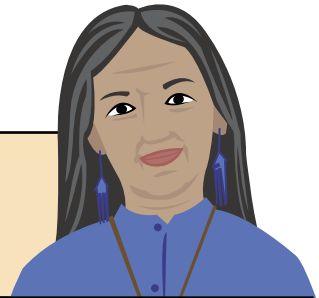


- **Have regular checkups.** “We use our heart health cards to track our weight, waist measurement, blood pressure, blood cholesterol, and blood sugar (to check for diabetes).”



You can lower your risk, too. When you change your lifestyle behaviors by doing some of these things, you **will** live longer.

Sally: “Changing old habits is no easy chore, but as a family, we will help each other. We are more active and eat healthier meals now.”



Section 2: Act in Time to Heart Attack Signs!



Act in Time to Heart Attack Signs!

Did you know that healthy choices can reduce your risk factors for heart disease and protect your heart?

Sometimes, even if we try our best, heart disease can result in a heart attack. That is why it is important to know the warning signs of a heart attack and what to do if you experience them. Quick action can help save your life or the life of someone else.

Heart Attack Warning Signs

The most common heart attack warning sign for men and women is chest pain or discomfort. Sometimes, the pain or discomfort is mild, and the warning signs may come and go. Most people have more than one warning sign. Some signs can occur at the same time.

Anyone with heart attack signs needs to get medical care as soon as possible. Even if you're not sure it's a heart attack, have it checked out. If you feel any of the signs on the next page, call 9-1-1* right away. Every minute counts!

Be prepared. Keep a heart attack survival plan and emergency card handy.

*If you do not have a 9-1-1 system, use your local emergency number.



Will: "Since I have several risk factors for heart disease, it is important for me to know the heart attack signs and symptoms. I will be ready to act quickly if the symptoms occur. My doctor told me that it is best to call 9-1-1* immediately if I have any of the symptoms."

Call 9-1-1 if You Feel Any of These Symptoms of a Heart Attack.

Your chest hurts or feels squeezed.



One or both arms, your back, or stomach may hurt.



You may feel pain in the neck or jaw.



You feel like you can't breathe.



You may feel light-headed or break out in a cold sweat.



You may feel sick to your stomach.

My Heart Attack Survival Plan

Follow the steps below to be prepared for a possible heart attack:

- Learn the heart attack warning signs.
- Think about what to do in case of a heart attack.
- Talk with family and friends about the heart attack warning signs and the importance of calling 9-1-1 (or other local emergency number).
- Talk to the doctor about my risk for a heart attack.
- Talk to the doctor about what to do if I experience any of the heart attack warning signs.
- Fill out the “My Emergency Card” and share it with my family.



Do it for yourself; do it for your family.

My Emergency Card

Cut along dotted lines. Fold card in half and paste with a glue stick (Fold 1). Fold in half again to make your own personal wallet card (Fold 2).

My Emergency Card

Name: _____

Date of Birth: _____ Home Phone: _____

Emergency Contacts:

Name	Relationship	Phone

(FOLD 2)

(FOLD 1)

Emergency Numbers

Family Doctor: _____

Phone: _____

Local Clinic/Hospital: _____

Phone: _____

Fire Department: _____

Local Police Department: _____

Front

Do you have any of the following conditions?

- Heart disease _____ Yes No
- Previous heart attack _____ Yes No
- High Blood Pressure _____ Yes No
- High Blood Cholesterol _____ Yes No
- Diabetes _____ Yes No
- Other _____

List current medications, known allergies, and any other information.

Current medications: _____

Known allergies: _____

Other information: _____

Back

Section 3: Help Your Heart! Control Your High Blood Pressure

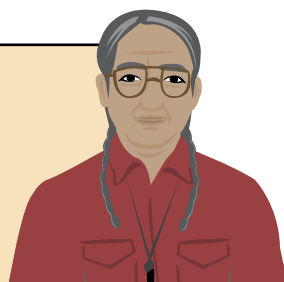


Help Your Heart! Control Your High Blood Pressure

Did you know that controlling your blood pressure can lower your chances of a heart attack or stroke? This section will show you how to prevent or control high blood pressure.

Will Learns Important Facts About Blood Pressure.

Will: “When I was diagnosed with high blood pressure, the doctor told me that I had to change my habits now if I wanted to be around to enjoy my family. By making small changes, I will start to feel better.”



What Is Blood Pressure?

Blood pressure is the force of blood against the walls of your arteries. Blood pressure is needed to move the blood through your body so that blood can get to all parts of the body's organs.

Why Is High Blood Pressure Dangerous?

High blood pressure—also called hypertension—puts you at risk for heart disease. When your blood pressure is high, your heart has to work harder. High blood pressure is known as the “silent killer” because it has no symptoms.

If not treated, high blood pressure increases your chances of:

- Stroke
- Heart attack
- Kidney problems
- Eye problems
- Death

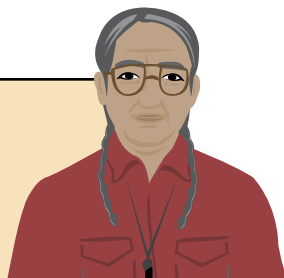


Blood Pressure Numbers

Blood pressure is given as two numbers. The systolic number (as the heart beats) is on top. The diastolic number (as the heart relaxes between beats) is on the bottom. For example, 120/80 is expressed verbally as “120 over 80.”



Will: “Getting my blood pressure checked was easy and didn’t hurt. The numbers were my only warning that I had high blood pressure. My heart health card helps me to keep track of my numbers.”



Know Your Blood Pressure Numbers.

- Have your blood pressure checked by a health care provider at least once a year. It is quick, easy, and painless.
- If you have high blood pressure, it should be checked more often at your doctor’s office, neighborhood clinic, or at a health fair.
- Keep track of your numbers using the “My Heart Health Card” on page 73.



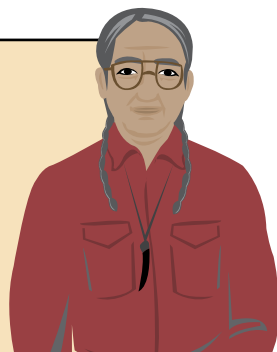
The chart below shows normal, prehypertension, and high blood pressure numbers. Look at the chart below to see where you fit in.

Level	Blood Pressure Numbers	Results
Normal	Below 120/80	Good for you! Check your blood pressure once a year.
Prehypertension	120/80 to 139/89	You are more likely to end up with high blood pressure. Take action to prevent it.
High	140/90 and above	Ask your doctor how to lower it. Check your blood pressure often.

The Wisdom Family Takes Five Steps To Prevent or Control Blood Pressure.

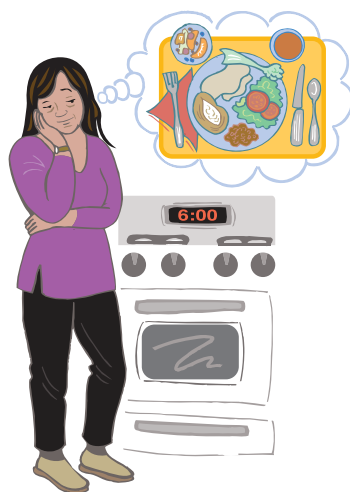
This family plan can help you prevent high blood pressure. If you already have high blood pressure, it can help you lower it.

Will: “High blood pressure runs in my family. My mother has high blood pressure; she takes medication to lower it. My wife Sally has prehypertension and is now taking steps to prevent high blood pressure. My whole family follows a heart healthy eating plan and has a more active lifestyle to keep our blood pressures normal. I want to be a good role model for my children.”



1. Cut down on sodium.

- Buy fruits and vegetables for snacks instead of salty chips and crackers.
- Buy fresh, frozen, or no-salt-added canned vegetables.
- Choose fewer canned and processed foods like bacon, hotdogs, sausage, meat jerky, bologna, pepperoni, salami, ham, canned or potted meat, dried and packaged soups and noodles, pickles, and olives.



- Read the Nutrition Facts labels to compare the amount of sodium in food.

Tips on using the Nutrition Facts label to compare sodium in foods:

- Choose foods that have 5 percent or less of the Daily Value for sodium.
- Limit foods with 20 percent or more of the Daily Value for sodium.
- Limit your sodium intake to 2,300 milligrams (mg) or less per day.

Compare these Nutrition Facts labels on regular soup and reduced-sodium soup.

Which one is the better choice? _____

Reduced-Sodium Soup

Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%

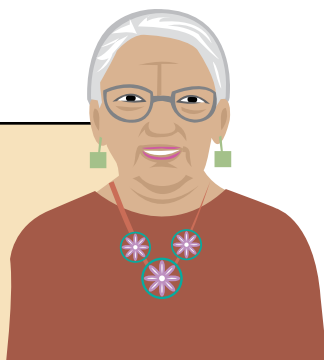
Regular Soup

Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 820mg	34%

The regular soup has almost four times more sodium than the reduced-sodium soup.

Mary Has Learned Ways To Eat Less Sodium.

Mary: “To make food taste good without salt, I use cilantro, cumin, fresh garlic, parsley, onion, green pepper, oregano, and even a dash of chili powder when I cook. Everyone in my family has gotten used to the taste of food with less salt.”



Mary's Seasoning Recipe

Fill the saltshaker with this combination of herbs and spices, and use it, instead of salt, to flavor foods:

½ cup paprika

2 tablespoons oregano

2 teaspoons dried chili peppers

1 teaspoon garlic powder

1 teaspoon black pepper

½ teaspoon red pepper

- Cut back a little each day on the amount of salt.
- Use reduced-sodium bouillon cubes, soy sauce, and ketchup.
- Take the saltshaker off the table.
- Use a mixture of herbs, spices, and chili powder instead of salt.



2. Eat heart healthy foods.

- Cook with more fruits, vegetables, and whole grains.
- Choose low-fat or fat-free milk products.
- Cook with lean meats, wild game, chicken without the skin, and fish.*
- Choose unsalted nuts, seeds, and cooked dry beans.
- Cook with small amounts of fats and oils.



3. Limit alcohol.

- Men who drink should have no more than two drinks a day.
- Women who drink should have no more than one drink a day.
- Pregnant and breastfeeding women should **not** drink any alcohol.



4. Watch your weight.

- Take steps to lose weight if you are overweight.
- Eat smaller portions and do not go back for a second serving.

* Pregnant and breastfeeding mothers: Talk to your health care provider to find out what types of fish are lower in mercury. Mercury may be harmful for your baby.

- Be active for at least 30 minutes a day, and slowly increase to 60 minutes.

5. Take your medicines.

- If you have high blood pressure, take your medicine(s) the way your doctor tells you.
- Do not share medicines with friends or family.
- If you cannot afford your medicine, let your doctor know. There may be programs to help you buy your medicine.
- Use notes and other reminders to take your medicine. Ask your family to help you with reminder phone calls.
- When you go to the doctor, take all of your medicine bottles with you.



My Plan To Prevent or Control High Blood Pressure

Check two or three things you will do. Add more things over time.

1. Add Spice—Not Salt—to Your Life

- Season foods with herbs and spices like garlic, cilantro, pepper, oregano, and onion instead of salt.
- Eat more fruits and vegetables instead of salty snacks.

2. Take Heart. Try to:

- Lose weight if you are overweight.
- Eat smaller portions—do not go back for a second serving.
- Get 30 to 60 minutes of moderate physical activity on most days.
- Limit alcohol.

3. If You Have High Blood Pressure:

- Have your blood pressure checked often.
- Take your medicines the way your doctor tells you.

Your health and your family's health are priceless.

Make an investment in it!

Questions to ask the doctor about high blood pressure medicine:

Name of medicine(s): _____

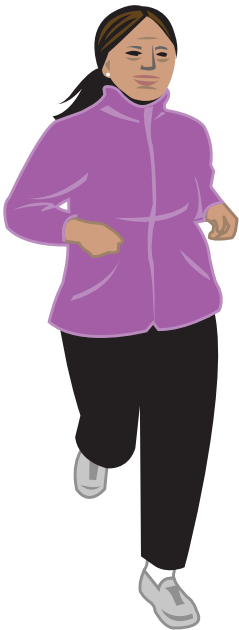
Amount of medicine to take: _____

When to take it: _____

What to eat or drink with it: _____

If you can take other medicines safely at the same time: yes no

If problems occur,
call this number immediately: _____



Session 4: Be Heart Healthy! Learn Ways To Lower Your Blood Cholesterol



Be Heart Healthy! Learn Ways To Lower Your Blood Cholesterol.

Knowing your cholesterol numbers may help you lower your risk of getting heart disease. This section will help you learn how to lower or maintain your blood cholesterol levels.

Mary Learns About Blood Cholesterol.

Mary: “My LDL cholesterol level was 130! I needed to bring it down to less than 100. The doctor told me I need to adopt a heart healthy way of life that includes eating healthy, losing weight, and being physically active.”



What Is Cholesterol?

Cholesterol is a waxy, fat-like substance found in your body.

Why Is High Blood Cholesterol Bad for Your Heart?

Your body makes all the cholesterol you need to keep you healthy. When you eat foods high in saturated fat, *trans* fat, and cholesterol, your body can make too much cholesterol.

Over time, this extra cholesterol can clog your arteries. The higher your blood cholesterol, the greater your chances of having a heart attack or stroke.

What Is Good and Bad Cholesterol?

HDL is “good cholesterol.” It helps clean fat and cholesterol from your blood vessels. Remember the **H** in **HDL** is for **H**ealthy, and the **H**igher it is, the better.

LDL is “bad cholesterol.” It carries cholesterol to your blood vessels, clogging them like rust in a pipe. Remember the **L** in **LDL** is for **L**ousy, and the **L**ower it is, the better.



Have Your Blood Cholesterol Checked.

The blood test to measure the cholesterol levels is called a lipid profile. You can have this test done at your doctor’s office. If you are 20 years of age or older, check your cholesterol at least every 5 years. Your doctor may test you more often if your cholesterol levels are high.



Learn What Your Cholesterol Levels Mean.

Total cholesterol:

- Less than 200—Ideal. Good for you!
- 200 to 239—Borderline. Be alert!
- 240 or more—High. Danger!

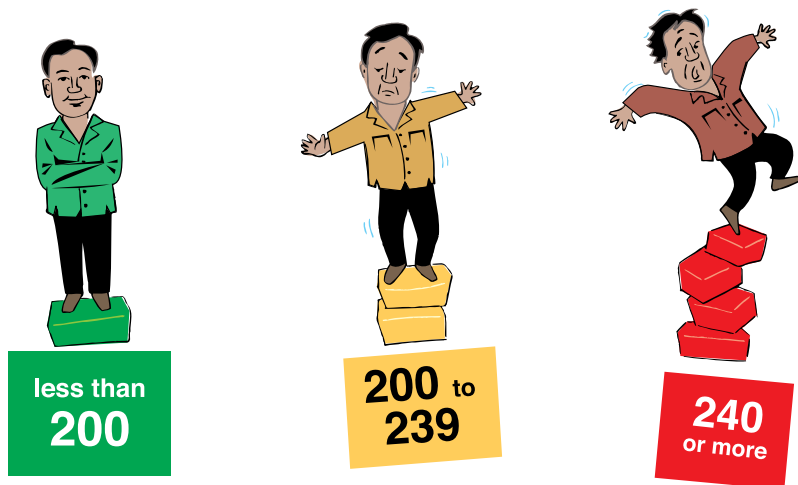
LDL (Bad) Cholesterol:

- Keep it low!
- Less than 100 mg/dL is ideal.

HDL (Good) Cholesterol:

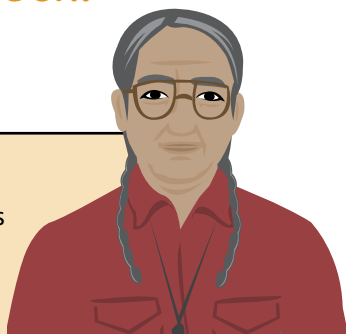
- The higher, the better!
- Keep it 40 mg/dL or higher.

You can make changes in what you eat. This may help you lower your blood cholesterol level.



The Wisdom Family Takes Four Steps To Keep Their Cholesterol in Check.

Will: “Sally and I have lost weight, and our cholesterol levels are approaching normal. We feel good! The kids are eating healthy, too. We are healthy lifestyle role models for our children.”



1. Cut back on foods high in saturated fat, *trans* fat, and cholesterol.



Be Heart Smart: Watch for These Fats

Danger

Saturated fat and *trans* fat are fats that raise blood cholesterol levels the most.

Saturated fat is found in foods such as high-fat meat, cheese, milk, and butter.

***Trans* fat** is found in foods such as vegetable shortening, stick margarine, fried foods, and baked products (cookies, crackers, pies, and pastries).

Stay away from these fats. Know where they hide. Read the Nutrition Facts labels.

Start making healthy changes a few at a time.

Eat more of these foods:

- Fat-free milk, cheese, and yogurt
- Fruits, vegetables, and whole grains
- Corn (instead of flour) tortillas
- Fish*
- Turkey and chicken without skin
- Lean cuts of meat
- Beans and lentils

Cut back on these foods:

- Whole milk, regular cheese, and ice cream
- Fatty cuts of meat and refried beans
- Bacon, sausage, hotdogs, bologna, and canned meat
- Liver, kidney, and other organ meats
- Egg yolks (no more than four per week)
- Lard and shortening
- Butter and stick margarine
- Fried foods, such as fried chicken and french fries
- Fry bread
- Doughnuts and pastries



* Pregnant and breastfeeding mothers: Talk to your health care provider to find out what types of fish are lower in mercury. Mercury may be harmful for your baby.

2. Read the Nutrition Facts label to choose foods lower in saturated fat, *trans* fat, and cholesterol.

Compare the Nutrition Facts labels for an English muffin and a doughnut.

- Choose foods that have 5 percent or less of the Daily Value for saturated fat and cholesterol.
- Limit foods with 20 percent or more of the Daily Value for saturated fat and sodium.
- Limit *trans* fat intake.

Which would you choose? _____

English Muffin

Nutrition Facts	
Serving Size 1 muffin (57g) Servings Per Container 6	
Amount Per Serving	
Calories 130	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 15%	Iron 8%

Doughnut

Nutrition Facts	
Serving Size 1 doughnut (85g) Servings 1	
Amount Per Serving	
Calories 300	Calories from Fat 140
% Daily Value*	
Total Fat 16g	24%
Saturated Fat 4g	20%
<i>Trans</i> Fat 5g	
Cholesterol 5mg	2%
Sodium 130mg	5%
Total Carbohydrate 38g	13%
Dietary Fiber 0g	0%
Sugars 22g	
Protein 3g	
Vitamin A 0%	Vitamin C 2%
Calcium 8%	Iron 8%

Answer: The English muffin is the better choice. The doughnut is higher in saturated fat, *trans* fat, and cholesterol.

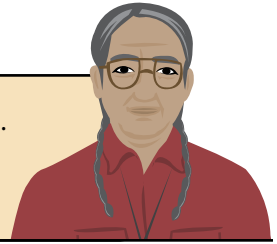
3. Be physically active for 30 to 60 minutes on most days.
4. Aim for a healthy weight. Lose weight if you are overweight.

What Are Triglycerides?

Triglycerides are another type of fat in the blood. When your triglycerides are high, it can raise your risk of heart disease.

A healthy triglyceride level is less than 150 mg/dL.

Will: "The doctor told me my triglyceride level is 300 mg/dL. This is twice as high as the normal value. I cut back on sweets and soda. I drink less alcohol."



These steps can help you control your triglyceride level:

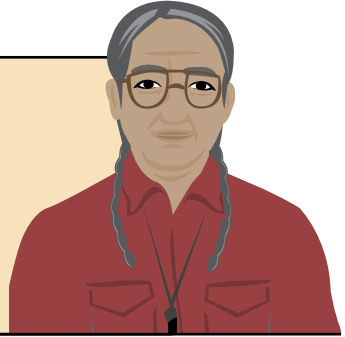
- Quit smoking.
- Limit foods and beverages that are high in sugar.
- Limit alcohol.
- Aim for a healthy weight and lose weight if overweight.
- Be physically active.



What Is the Metabolic Syndrome?

The metabolic syndrome is a group of factors that increase your chances of developing heart disease or stroke. The metabolic syndrome also increases your risk for diabetes.

Will: "I have the metabolic syndrome. Five risk factors make up this syndrome and can cause trouble for your heart. My doctor said you only need three of the five risk factors to have the metabolic syndrome. I am working with my doctor to decrease these factors."



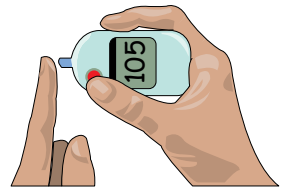
Do You Have the Metabolic Syndrome?

Having three or more of these risk factors means you have the metabolic syndrome.

Take Action Against the Metabolic Syndrome.

Check the risk factors you have:

- High waist measurement
 - ❑ Greater than 35 inches for women
 - ❑ Greater than 40 inches for men
- High triglyceride level of 150 mg/dL or more
- Low HDL (good) cholesterol level
 - ❑ Less than 50 mg/dL for women
 - ❑ Less than 40 mg/dL for men
- Blood pressure of 130/85 mmHg or more
- High fasting blood sugar of 100 mg/dL or more



If you have three or more of these risk factors, talk to your doctor about the metabolic syndrome.

Follow the Wisdom family's four-step plan on pages 31–34 if you have the metabolic syndrome.

My Family Plan To Lower Blood Cholesterol Levels

Check the steps you plan to take to lower your blood cholesterol and keep it low. Start with a few changes and add more over time.

- Get my cholesterol level checked.
- Talk to my doctor about what my cholesterol numbers mean.
- Read the Nutrition Facts labels to choose healthier foods.
- Bake, boil, or broil foods instead of frying.
- Eat more fruits, vegetables, and whole grains.
- Choose water or sugar-free beverages instead of soda and juice.
- Aim for a healthy weight. Lose weight if overweight.
- Do 30 to 60 minutes of moderate physical activity on most days.

Healthy arteries allow the blood to flow like a river. Take steps to control your blood cholesterol levels.

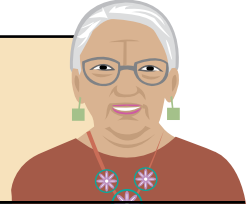
Section 5: Maintain a Healthy Weight! Stay Active and Feel Better!



Maintain a Healthy Weight! Stay Active and Feel Better!

Did you know that losing even a small amount of weight can lessen health problems that result from being overweight? This section will discuss healthy ways to lose weight or maintain a healthy weight.

Mary's problem: Mary and her family like to have snacks while they watch television. Recently, she has noticed that her family has gained a little too much weight.

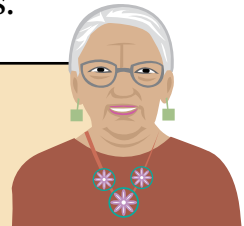


Mary says she and her family gained weight because:

- “Our family sits in front of the TV for hours. We snack even after having a large dinner.”
- “The kids no longer play outside like they used to. They watch TV, play video games, and use the computer.”
- “I don’t have time or energy to go for a walk.”
- “We eat at places where the food is cheaper. We order large hamburgers, french fries, and sodas.”



Mary: “The doctor told me that being overweight affects my heart and my health. My family and I have started walking to lose the extra pounds.”



Does Mary’s family situation sound like yours? If so, it is time to make some healthy changes!

Do You Know if You Need To Lose Weight?

Your body mass index (BMI) and waist measurement can tell you if you need to lose weight. Follow the steps below to find your BMI and waist measurement.

1. Find out if your weight is healthy.

In the BMI chart below, mark the square where your height and weight cross. The color of the square will show you if you are a healthy weight, overweight, or obese.

Body Mass Index (BMI) Chart

	Healthy Weight					Overweight					Obese										
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	
Height	Weight (in pounds)																				
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	256	265	272	279	
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	

Guide to a Healthy Weight

Your BMI can be used to indicate if you are overweight or obese. Height and weight are used to find your BMI on this chart.

- You have a healthy weight if your BMI is 18.5 to 24.9.
- You are overweight if your BMI is 25 or higher.
- You are obese if your BMI is 30 or higher.

My weight is:

- Healthy:** I will keep this weight.
- Overweight:** I will take steps to lose weight.
- Obese:** I will ask my doctor or a registered dietitian for help losing weight.



2. Measure Your Waist.

Measure your waist by placing a measuring tape snugly around your waist.

Write down your waist measurement: _____

Your waist measurement is high if:

- Your waist measurement is greater than 35 inches, for women.
- Your waist measurement is greater than 40 inches, for men.



My waist measurement is: Healthy High

A high waist measurement increases your risk of heart disease. **If your waist measurement is high, take steps to lose weight.**

How To Start Your Family Plan To Lose Weight

Remember:

- If you are overweight or obese, losing a small amount of weight can help you lower your risk of heart disease.
- Lose weight slowly, about 1 to 2 pounds a week.
- Pick a day to begin.
- Change one thing at a time, and stick to each one.
- Be physically active. Walk or dance for 30 to 60 minutes on most days.

Try These Steps To Lose Weight.

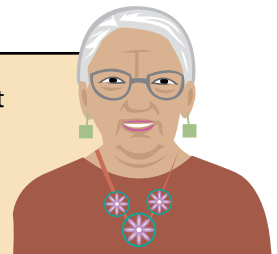
1. Choose heart healthy foods.

- Choose fat-free or low-fat (1%) milk and cheese.
- Eat fruit and vegetables with your meals.
- Drink water or other calorie-free drinks instead of regular soda.
- Eat lean cuts of meat and fish.*



* Pregnant and breastfeeding mothers: Talk to your health care provider to find out what types of fish are lower in mercury. Mercury may be harmful for your baby.

Mary: "We took steps to lose weight slowly. We are now at a healthy weight. My cousin followed a diet that offered a fast and easy way to lose weight. She lost weight initially, but she gained it all back."



2. Prepare foods the heart healthy way.

- Bake, boil, or broil foods instead of frying.
- Cook beans and rice without lard or bacon.
- Use fat-free or low-fat dressing on your salad.

3. Read the nutrition facts on the food labels to choose foods lower in calories and sugar.

Compare the nutrition facts for water and regular soda.

Which one is the better choice? _____

Water

Nutrition Facts	
Serving Size 1 bottle (12 fl oz)	
Servings Per Container 1	
Amount Per Serving	
Calories 0	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

Regular Soda

Nutrition Facts	
Serving Size 1 can (12 fl oz)	
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%

Answer: The water is the better choice. Regular soda has 140 calories and 39 grams of sugar. The water has no calories or sugar.

4. Limit your portion size.

- Eat small meals and healthy snacks throughout the day instead of one big meal.

- When eating out:

- Split a main dish with a friend.
- Order two small side orders, such as a half sandwich and salad, instead of a large entree.
- Divide your main dish in half as soon as you get it. Ask the server to wrap the other half “to go.”



Say “Yes” to Physical Activity.

Make physical activity your answer to feeling tired, bored, and out of shape. Physical activity helps you improve your heart health, reduce stress, and feel better. Follow the steps below to get started:

1. Set your goal. Start slowly, and work your way up.
2. Do your favorite moderate physical activity for 30 to 60 minutes on most days.

If you are short on time, divide it up. For example, walk for 20 minutes three times a day.

3. Write down the activities you plan to do.



Mary: “I do not wait until the end of the day. I am active throughout the day. I take the stairs and walk everywhere I can. Now I am up to walking 40 minutes a day with my neighbor. It helps to like what you do and to enjoy it with someone. We are so busy talking, we walk even longer.”



Examples of moderate and vigorous activities

Moderate Activities

You may breathe harder, or your heart may beat faster. You should still be able to talk with a friend.

- Brisk walking
- Dancing
- Playing traditional games
- Lifting weights
- Riding a stationary bike

Vigorous Activities

You may breathe harder, or your heart may beat very fast. It will be hard to talk with a friend at the same time.

- Running
- Aerobics
- Swimming
- Chopping wood
- Jumping rope
- Playing basketball or other sports



Are You Ready To Begin?

- You can start physical activity slowly **if you do not have a health problem.**
- **If you have a health problem,** check with your doctor before starting physical activity.



Celebrate in a Healthy Way With Your Family.

Try Mary's Family Tips for Family Gatherings:

- We encourage each other to eat the right amount of food and not eat too much.
- Don't go to the family gathering hungry. Eat a heart healthy snack before you leave home.
- Bring a heart healthy dish to share. Prepare a dish with lots of vegetables.
- Cut down on calories and high-fat foods. Eat more vegetables and fruits instead of fried food.
- Watch your portions. Go for small portions, and eat slowly.
- Take the focus off food. Dance, take walks, or play sports such as basketball or other ball games. Plan activities for the kids. Encourage the family to get involved.

Mary: “I have a big family, and we get together often. Now, I prepare healthier food to bring to the gatherings. I encourage everyone to share their ideas for being active together, and we celebrate our successes. We older folks like walking or gardening. The young people like basketball and dancing. I want my family to follow a healthy path.”



Check Three Things You Will Do To Help You Lose Weight:

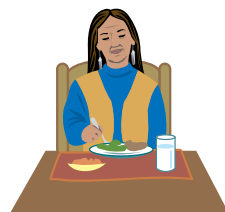
- Get up 15 minutes earlier to eat breakfast at home. Include fruit, whole-grain bread, and fat-free or low-fat (1%) milk.

- Prepare a heart healthy lunch the night before. Include fruits, vegetables, and small portions of leftovers.



- Take a piece of fruit for a snack at work.

- Eat smaller portions at dinner. Eat vegetables every night, or have a salad with low-calorie dressing.



- Drink water instead of soda or other drinks high in calories and sugar.



- Get active at work, at home, and in your spare time. Walk with your family or a friend.

Find Help.

- Ask for help from the doctor and dietitian if you need to lose weight.
- Find out if your community has heart health classes taught by community health educators. If so, join the classes.

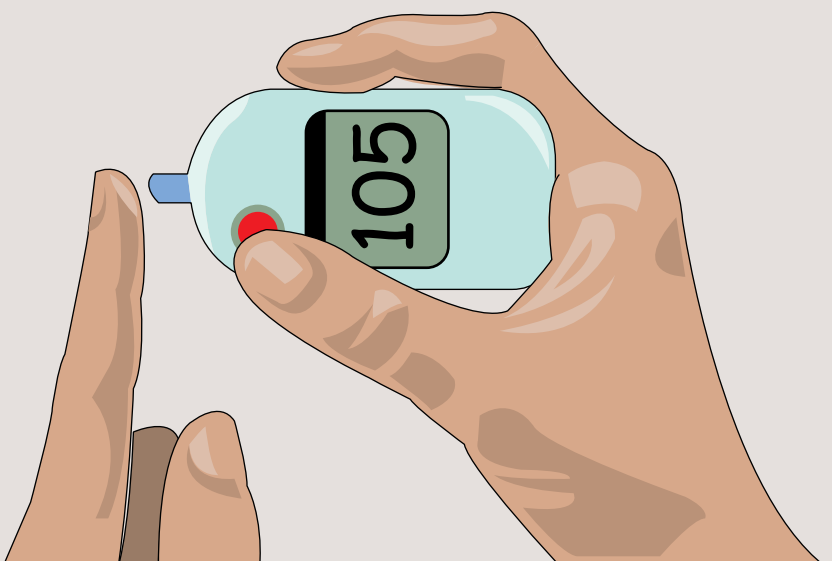


Pass On the Gift of Heart Health.

When you maintain a healthy weight, you are also setting an example of heart healthy living for your children and the youth in your community. Pass on the gift of healthy living and long life to future generations.



Section 6: Protect Your Heart: Take Good Care of Your Diabetes for Life



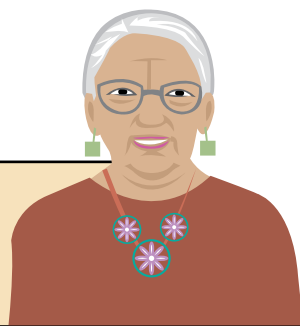
Protect Your Heart: Take Good Care of Your Diabetes for Life.

Did you know that by making simple lifestyle changes, such as being physically active, eating healthy foods, and losing weight if you are overweight, you can do a lot to prevent or control type 2 diabetes?

Mary will show you how she and her family took action to prevent and control diabetes.

Mary Learns About Type 2 Diabetes.

Mary: “Diabetes runs in my family. I need to know more about diabetes. I want to be a role model for my children and grandchildren.”



What Is Diabetes?

Diabetes results when the body does not make enough insulin or cannot use it well. This causes high levels of blood glucose (blood sugar) to build up in your blood. Diabetes is a serious disease.

Types of diabetes:

There are two main types of diabetes: type 1 and type 2. Type 1 diabetes happens when the body stops making insulin. Type 2 diabetes occurs when some insulin is made, but the body cannot use it well. Type 2 diabetes is more common.

Why Is Diabetes Dangerous?

Diabetes is a major risk factor for heart attack and stroke. Over time, high blood glucose damages the body. Diabetes can lead to blindness, amputation, and kidney problems.


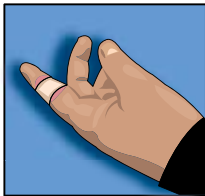





You are more likely to get type 2 diabetes if you:

- Are overweight, especially if you have extra weight around your waist.
- Have a parent, brother, or sister with diabetes.
- Are American Indian, Latino, African American, Asian American, or Pacific Islander.
- Have had diabetes while pregnant (gestational diabetes).
- Have given birth to a baby weighing 9 pounds or more.
- Have high blood pressure.
- Have cholesterol levels that are not normal.
- Are physically active fewer than three times a week.



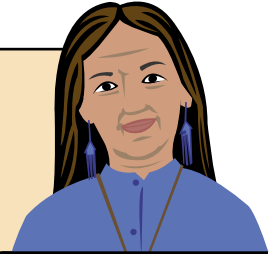
What Are the Symptoms of Diabetes?

People with type 2 diabetes may develop symptoms slowly or may not have symptoms at all.

Feeling tired			Sores that do not heal
Often thirsty			Very dry skin
Having to urinate often			"Pins and needles" feeling in the feet
Increased hunger			Blurry vision
Unexplained weight loss			Feeling irritable

What Is Prediabetes?

Sally: “The doctor told me that I have prediabetes. My fasting blood sugar was 120 mg/dL. I am also overweight. The news made me change my habits. I do not want to develop diabetes.”



Prediabetes is a condition in which blood glucose levels are higher than normal, but not high enough to have diabetes. People with prediabetes are likely to develop diabetes. If you have prediabetes, you can take these steps to prevent diabetes:

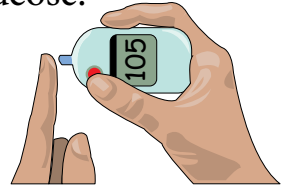
- Eat foods lower in fat and calories.
- Aim for a healthy weight, and lose weight if you are overweight.
- Be physically active on most days.



Have Your Blood Glucose Checked.

Your doctor can test your fasting blood glucose.

Check the chart below to see if your blood glucose level is normal.



What Are the ABCs of Diabetes Control?

- **A is for the A1C test.** This test measures how your blood glucose has been for the last 3 months. It lets you know if your blood glucose has been under control. Get this test done at least twice a year.

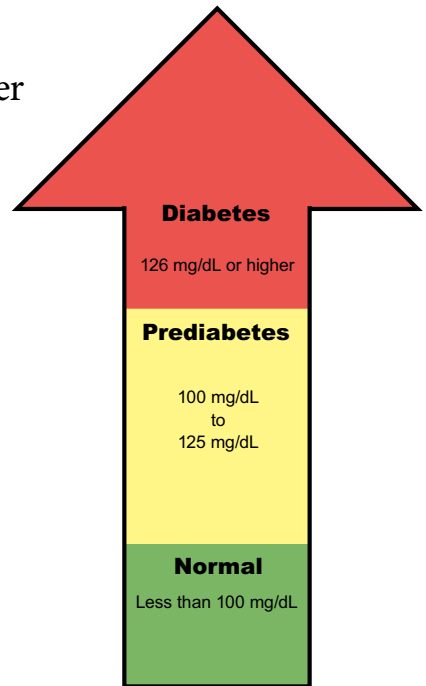
Number to aim for: 7% or lower

- **B is for blood pressure.** The higher your blood pressure, the harder your heart has to work. Get your blood pressure checked at every doctor's visit.

Numbers to aim for: Below 120/80 mmHg

- **C is for cholesterol.** “Bad” cholesterol—or LDL—builds up and clogs your arteries. Get your blood cholesterol tested at least once a year.

Number to aim for: below 100 mg/dL



Be Sure To Ask Your Doctor:

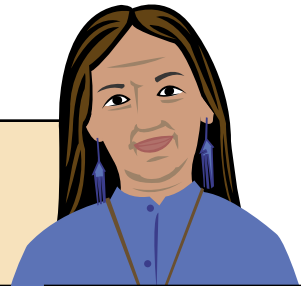
- What are the results of my A1C, blood pressure, and cholesterol tests?
- If my numbers are not normal, what actions should I take to lower my ABC numbers?
- How can I find a local diabetes program for education and support?



If you have prediabetes or diabetes, it is important to work with a team of health care providers, such as a doctor, diabetes educator, and registered dietitian. Learn how to take care of your ABCs and empower yourself.

Lose a Little, Win a Lot.

Sally: “I am not waiting to get diabetes. I am taking steps now to prevent it. I walk every day for 40 minutes, and I eat smaller portions. I have lost 8 pounds.”



Sally's Family Plan To Prevent Diabetes.

- **Get 30 to 60 minutes of moderate physical activity on most days.**

- Walk with family or a friend.
- Play traditional games.



- Dance to your favorite music.
- Lift hand weights, stretch, or ride an exercise bike while you watch TV.
- Chop wood, do housework, garden, or do other yard work.



- **Eat less sodium, saturated fat, *trans* fat, cholesterol, and sugar.**

- Season food with herbs and spices instead of salt.
- Trim the fat off meat and the skin off chicken.
- Bake, broil, boil, or roast instead of frying.
- Use a small amount of vegetable oil instead of lard or butter.



- Cut down on sausage, bacon, and fried pork.
- Drink water and sugar-free beverages.

■ **Eat more fiber.**

- Choose whole grains, fruits, vegetables, and beans.
- Add fruit to your lunch.
- Add vegetables to soups and casseroles.



■ **Stay at a healthy weight. Lose weight if you are overweight.**

- Eat smaller portions—Do not go back for a second serving.
- Drink water or other calorie-free drinks.



■ **If you smoke, stop.**

- Ask your doctor, family, or friends to help you to quit smoking.



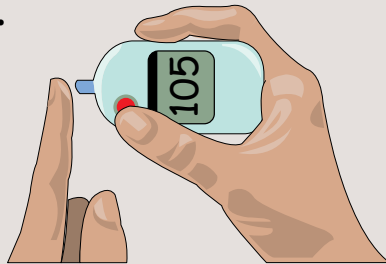
- **If you have diabetes, add these steps to control your diabetes:**
 - Check your blood glucose (blood sugar) levels as the doctor tells you.
 - Take your medicines as the doctor tells you, even when you feel fine.
 - Ask your doctor about taking aspirin to prevent a heart attack.
 - Check your feet every day. Check for cuts, bruises, red areas, or swelling.
 - Brush your teeth and use dental floss every day.
 - See your eye doctor once a year, or more often if you have complications.
 - See your dentist regularly and consult a registered dietitian if you need help with your eating plan.
 - Find support to help you handle stress.



Take Action: Check the Steps You Will Take To Prevent or Control Diabetes.

- Find out if you have diabetes.
- Get your blood glucose level checked.
- Get your blood pressure checked.
- Get your blood cholesterol checked.
- If you have diabetes, get your A1C checked twice a year.
- Lose weight if you are overweight. Losing weight will help your heart.
- Be physically active for 30 to 60 minutes on most days.
- Eat foods lower in fat and calories.
- Take the “My Heart Health Card” to your next doctor’s appointment. Be sure to have it filled out.

You can help yourself, your family, and your community. It all starts with a few simple lifestyle changes.



We are a
smoke-free family.



Enjoy Living Smoke Free. Take the Path to Heart Healthy Living.

For thousands of years, traditional tobacco has had a sacred purpose for many American Indian tribes. It is used for prayer, to show respect, to heal, and to give spiritual protection. Tobacco was never meant to be abused. Sacred use of tobacco does not include the use of commercial tobacco products.

In this section we will be talking about commercial tobacco abuse. Commercial tobacco products include cigarettes, cigars, pipe tobacco, and chewing tobacco. This section focuses on cigarette smoking, because it is the most common way people use tobacco.

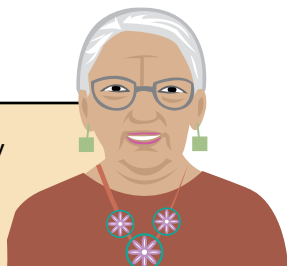
What Are the Harmful Effects of Cigarette Smoking?

- Cigarettes contain more than 4,000 chemicals, and many of them are poisonous.
- More than one out of every three American Indian and Alaska Native men and women smokes (about 34.1 percent). About one out of every two American Indian and Alaska Native women (44.3 percent) of reproductive age (18 to 44 years) smokes.

Mary Will Show You How She Quit Smoking and Made Her Home Smoke Free.

A Wake-Up Call!

Mary: “The doctor said that my smoking was causing my grandson to have asthma attacks. He did not have to say it twice. This gave me the willpower to quit smoking.”



Why Quit Smoking?

To improve your family’s well-being:

- Enjoy a longer and healthier life with your children and grandchildren.
- Breathe easier.
- Have more energy.
- Save money now spent on cigarettes.
- Set a good example for your family.

Look and smell better:

- Get rid of bad breath.
- Have fresh-smelling clothes and hair.
- Lose yellow stain on teeth and fingers.
- Prevent wrinkles.

How Does Smoking Affect Your Health?

- Smoking can cause:
 - Heart disease
 - Stroke
 - Cancer
 - Lung disease



How Does Smoking Affect the Health of Your Loved Ones?

- Children exposed to cigarette smoke may have more:
 - Asthma attacks
 - Bronchitis
 - Ear infections
- Family members exposed to cigarette smoke may develop:
 - Heart and lung problems
 - Stroke
 - Cancer
- Smoking during pregnancy increases the chances that your baby will be born sick.



What Should You Expect When You Quit Smoking?

Nicotine is a powerful drug that causes addiction. Your body gets used to the nicotine in cigarettes. When you stop smoking, getting rid of the nicotine in your body can make you feel sick. Tell your doctor that you are trying to quit smoking. There are medicines that can help you feel better.



How Does It Feel When You Begin To Quit Smoking?

Some people may have headaches, feel cranky, or tired. This happens when the body tries to get rid of the nicotine.

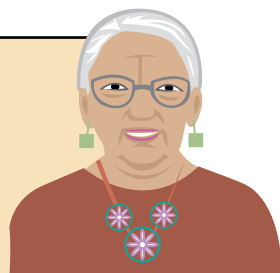


The good news is:

- Most symptoms go away in about 4 weeks.
- Quitting smoking is not easy, but many people are able to quit for good.
- If you smoke again, quit again. It may take many attempts to stay off cigarettes. Just remember you can do it!

Follow Mary's Example To Quit Smoking for Good.

Mary: "I chose my grandson's birthday as my quit date. I got help from my family and friends. The doctor and a health educator also helped me. When I quit, they congratulated me on my hard work and success. I wanted to set a good example for my family to follow."



Tips That Helped Mary Quit Smoking:

1. Get ready.

- Pick a day to quit smoking.
- Write down the reasons you want to quit smoking. Put the list where you will see it every day.
- Throw away all cigarettes, lighters, and ashtrays. Don't buy any more cigarettes.
- Tell your family, friends, and coworkers the day you will quit smoking.
- Make a list of the people who will support you.

2. Make a plan to stay off cigarettes.

- Don't go to places that make you want to smoke.
- At parties, try not to be around people who smoke.
- When someone offers you a cigarette, say, "No, thank you. I don't smoke." You will soon see yourself as a nonsmoker.

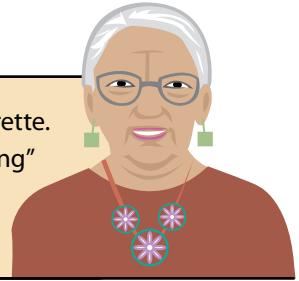


3. Ask for help.

- Buy nicotine gum or skin patches, or ask your doctor for a prescription for medicine that will help you stay off cigarettes.
- Find a local program to help you quit smoking.

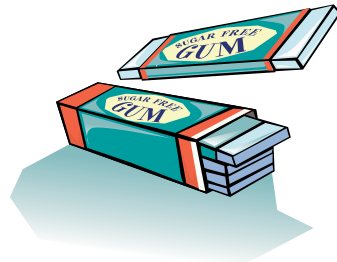
Mary Resists the Urge To Smoke.

Mary: “In the beginning, I was stressed and craved a cigarette. Instead of lighting up a cigarette, I called the “Quit Smoking” help line. They suggested that I chew sugarless gum and listen to music to help decrease the urge. It worked.”



Try These Tips To Resist the Urge To Smoke:

- **Keep your hands busy:**
 - Do arts and crafts.
 - Garden.
 - Start a project around the house.
 - Read.
- **Put something in your mouth that is not a cigarette:**
 - Drink water.
 - Chew sugarless gum.
 - Eat vegetable sticks or apple slices.
 - Chew on a short straw or a toothpick.



■ **If you are stressed, angry, tired, or nervous:**

- Take a slow, deep breath, count to five, and release it. Repeat 10 times.
- Talk with a friend.
- Take a walk.
- Listen to music.



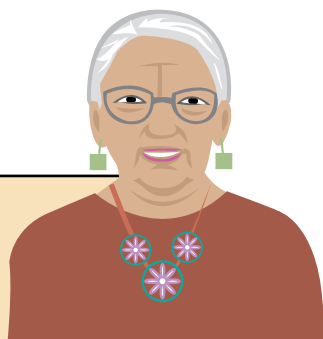
■ **When you get up in the morning:**

- Brush your teeth and use mouthwash instead of smoking.
- If you've always had a cigarette with coffee, switch to tea for a while or drink water.
- Remember to keep tobacco sacred.



Mary's Family Is Living Smoke Free.

Mary: "When friends come to our house and light up, I say politely that our house is smoke free and they need to smoke outside."



Learn From Mary's Family:

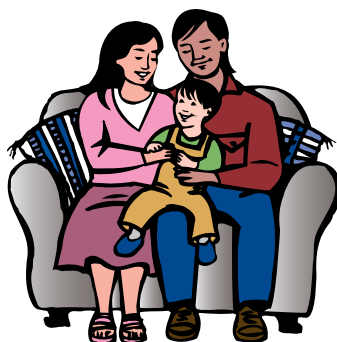
1. Help your children stay smoke free.

- Talk to your children about the harm smoking does to their health.
- Help your children make a sign that says: "We are a smoke-free family."



2. Protect your family and friends from secondhand smoke.

- Put a "We are a smoke-free family" sticker or sign in your house and car.
- Sit in the nonsmoking section in restaurants.



My Plan To Quit Smoking

Write down the reasons you want to quit smoking. Here are some examples:

- To improve my health.
- To protect my family.
- To have more energy.
- To save money.

▪ Reasons I want to quit smoking:

Write down the steps you plan to take to quit smoking.
For example, you might:

▪ Set a quit date.

My quit date is: _____

▪ Ask family and friends to help you.

Names: _____

▪ Find a local program to help you quit smoking.

▪ Make a list of things to do when you get the urge to smoke.

**Save tobacco for ceremonial use. Live healthy, live longer,
and live stronger!**

My Heart Health Card

Use this card to record the results of your tests.
Take action to keep your heart healthy.

♥ = Normal Values

Name: _____

Weight	Date				
	Result				
BMI ♥ 18.5 to 24.9	Date				
	Result				
Waist Measurement ♥ Men—40 inches (102 cm) or less ♥ Women—35 inches (88 cm) or less	Date				
	Result				
Blood Pressure ♥ Less than 120/80 mmHg	Date				
	Result				
Tests to measure “fats” in the blood					
Total Cholesterol ♥ Less than 200 mg/dL	Date				
	Result				
LDL ♥ Less than 100 mg/dL	Date				
	Result				
HDL ♥ 40 mg/dL or more	Date				
	Result				
Triglycerides ♥ Less than 150 mg/dL	Date				
	Result				
Tests to check sugar in the blood for diabetes					
Blood Glucose ♥ Fasting—less than 100 mg/dL	Date				
	Result				
A1C ♥ Less than 7%	Date				
	Result				
Other Tests	Date				
	Result				

For More Information

The NHLBI Information Center is a service of the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health. The Information Center provides information to health professionals, patients, and the public about the treatment, diagnosis, and prevention of heart, lung, and blood diseases. Please contact the Information Center for prices and availability of publications.

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