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# Knowledge Is Power: Know Your Risk for Heart Disease

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## Objectives

By the end of this session, group members will:

- Know about the With Every Heartbeat Is Life project.
- Know how the heart works and its importance.
- Know that heart disease can be prevented.
- Be able to name six risk factors for heart disease that can be prevented.
- Know their family risk of heart disease.
- Know other group members.

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## Materials and Supplies

To conduct this session, you will need:

- “With Every Heartbeat Is Life” manual and picture cards
- Name tags
- Hearts cut from red felt (Try to get the kind that has a sticky backing.) or red construction paper (Use the shape on page xxiii to cut out the heart.)
- Safety pins (if not using felt with sticky backing)

- Blackboard and chalk or several large pieces of paper, a marker, and tape
  - Clear container that is filled with 4 cups of water
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## **Handouts**

### **Give each group member these handouts during this session:**

- “Introducing the Harris Family of the ‘With Every Heartbeat Is Life’ Manual” (page 20)
  - “Are You at Risk for Heart Disease?” (page 21)
  - “Harris Family Health History” (page 22)
  - “My Family Health History” (page 23–24)
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## **Session Outline**

### **Introducing the Session**

1. Welcome
2. Project Overview
3. Project Rules

### **Conducting the Session**

1. Getting To Know Each Other
2. Getting To Know the Secrets of the Heart
  - A. How the Heart Works
  - B. The Heart’s Structure
3. Facts About Heart Disease

4. Risk Factor Activity
5. Family Health History Activity

## Review of Today's Key Points

### Closing



**Note:** Read the “More Information” chart on pages 13–14 to be ready to answer questions from group members.

## Introducing the Session

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### 1. Welcome

- **Introduce** yourself as people walk in.
- **Ask** each person his or her name. **Write** it on a name tag. **Give** each person a name tag and a felt or paper heart.
- **Ask** group members to wear the name tags on their shirts. **Ask** them to place the felt or paper hearts where their own hearts are found.
- **Welcome** group members to the session. **Tell** them that you are very happy to see them.

- **Say:**

I want to start today's discussion with a quote from Rev. Jesse Jackson. He said, “If my mind can conceive it, and my heart can believe it, I know I can achieve it.”

- **Ask:**

What does this quote mean to you?



**Note:** Allow 2 or 3 minutes for group members to respond.

■ **Say:**

These classes will prepare you to live heart healthy today and into your future—your tomorrow! I congratulate you on taking this step for your health!

## 2. Project Overview

■ **Say:**

Heart disease is the #1 reason why people die in this country. The National Heart, Lung, and Blood Institute (NHLBI), part of the NIH, created the With Every Heartbeat Is Life project to help African Americans prevent heart disease.

■ **Say:**

We know that knowledge is power. Knowing whether you are at risk for heart disease can empower you with the ability to do something about it. Together, we will empower ourselves by learning about the risk factors for heart disease. We also will learn things you and your family can do to have healthy hearts.

■ **Say:**

This heart health education program has 12 sessions and an optional grocery store tour. Session 12 explains evaluation and is only for community health workers. The sessions cover these topics.

■ **Show** the names of the sessions on the blackboard or on a large piece of paper taped to the wall.

1. “Knowledge Is Power: Know Your Risk for Heart Disease”
2. “Act in Time to Heart Attack Signs”
3. “Get Energized! Say YES to Physical Activity”
4. “Help Your Heart: Control Your High Blood Pressure”
5. “Be Heart Smart: Keep Your Cholesterol in Check”
6. “Embrace Your Health! Aim for a Healthy Weight”