

Heart Health Awareness

Total Health Wellness

February 2017

Shelby County Government

Heart Disease and Stroke

The term “heart disease” refers to several types of heart conditions. The most common type in the United States is coronary heart disease (also called coronary artery disease), which occurs when plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause a heart attack, angina, heart failure, and arrhythmias. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year. Heart disease is the leading cause of death for both men and women. Cardiovascular disease, including heart disease and stroke, costs the United States \$312.6 billion each year. This total includes the cost of health care services, medications, and lost productivity. These heart conditions also are leading causes of disability, preventing Americans from working and enjoying family activities. The situation is alarming, but there is good news—heart disease is preventable and controllable. We can start by taking small steps every day to bring our loved ones and ourselves closer to better heart health.

Know Your Risk!

With heart disease being the leading cause of death in the United States and stroke following in third, it is important to understand your risk. Fortunately, they are both preventable. The leading controllable risk factors for heart disease and stroke include the following: high blood pressure, high cholesterol, cigarette smoking, diabetes, poor diet and physical inactivity, and obesity. It is critical to address risk factors early in life to prevent the devastating complications of chronic cardiovascular disease. Controlling these risk factors is important in reducing your risk of heart disease and stroke as you may have some uncontrollable risk factors, such as genetics, race and gender. High blood pressure and cholesterol are still major contributors to the national epidemic of cardiovascular disease. High blood pressure affects approximately 1 in 3 adults in the United States, and more than half of Americans with high blood pressure do not have it under control. Also, 90% of American adults exceed their recommendation for sodium intake, which contributes to high blood pressure and heart disease. Recognizing and reducing your risk for developing cardiovascular disease is very important as the numbers of deaths are rising. We need to take action by improving our diet and physical activity, controlling high blood pressure and cholesterol, cessation of smoking, and taking medication as prescribed.

Healthy Recipe

Heart Healthy Grilled Chicken and Pineapple Sandwich

Calories: 333, Fat: 4g
Saturated fat: 0.9g, Monounsaturated fat: 1g, Polyunsaturated fat: 1.4g,
Protein: 43.4g, Carbohydrate: 30.5g
Fiber: 4.1g, Cholesterol: 99mg, Iron:
2.5mg, Sodium: 608mg, Calcium: 75mg

Ingredients

- *6-ounce skinless, boneless chicken breast half
- *1/2 fresh lime juiced
- *1/2-inch-thick slice pineapple
- *1 whole wheat hamburger bun, toasted
- *1 large basil leaf
- *Pepper to taste

Instructions

Sprinkle chicken evenly with pepper. Place chicken on grill rack coated with cooking spray; grill 5 to 6 minutes on each side or until done. Brush occasionally with lime juice. Grill pineapple 2 to 3 minutes on each side or until browned. Top each bun with half a chicken breast, 1 pineapple slice, and 1 basil leaf. Now chow down on your delicious heart healthy sandwich!

6 Heart Healthy Tips

- 1. Know your numbers:** Keeping your blood pressure, blood sugar, cholesterol, and triglycerides in check are important for good heart health.
- 2. Laugh Out Loud:** Research from the University of Maryland Medical Center shows that laughter helps relieve the stress that damages the endothelium, the tissue that forms the inner lining of blood vessels and helps your blood flow.
- 3. Go fish:** Studies have shown that including fish high in omega-3 fatty acids (i.e. salmon, herring, sardines, and tuna) into your diet can reduce the risk of heart disease by a third or more.
- 4. Focus on the middle:** Your middle, that is. You don't have to be super-thin to reap the benefits of a smaller waistline, but according to the *Journal of the American College of Cardiology*, carrying too much weight around the middle raises blood pressure, affects blood lipids (and not in a good way), and does other damage to the heart.
- 5. Stretch it out:** Practicing yoga makes you more limber and helps you relax, which combats stress. However, according to recent research from the *Journal of Ayurveda and Integrative Medicine*, it also positively affects the heart rate variability (HRV), which is an indicator for heart health.
- 6. Move it, move it, move it:** Sitting for long periods of time could shorten your life regardless of your body weight. It appears that being a couch potato has an unhealthy influence on blood fats and blood sugar. At the office, work in "get up" breaks, and go for a stroll.

Wellness Center Activities

"Pitch a Fit" Program ongoing into February. Class Schedule is as follows:

- Tuesday 2/7: Lift for Lunch** 12p-1p, **Cardio Kickboxing** 5p-6p
- Thursday 2/9: Cardio Kickboxing** 5p-6p
- Tuesday 2/14: Yoga for all levels** 12p-1p, **Dance Aerobics** 5p-6p
- Thursday 2/16: Dance Aerobics** 5p-6p
- Tuesday 2/21: Yoga for all levels** 12p-1p, **Dance Aerobics** 5p-6p
- Thursday 2/23: Dance Aerobics** 5p-6p
- Tuesday 2/28: Yoga for all levels** 12p-1p, **Dance Aerobics** 5p-6p

What's happening at the County?

Lunch and Learns:

"Exercise for a Busy Bodies"

Finding time in a busy schedule to exercise can be challenging. But, including activity and exercise in your regular routine is very important to your health and overall energy level. Even if you do have a packed schedule, here are some tips for fitting exercise into even the busiest of schedules, no matter where you are.

Tuesday, February 14th from 12p-1p on the 4th floor, Wellness Center at 160 N. Main

OR

Tuesday, February 21st from 12p-1p at the Health Department Auditorium at 814 Jefferson Ave

Health Activity:

Blood Pressure Screening Week!

Know your numbers! Come for your free blood pressure screening and receive a giveaway prize!

Dates/Locations:

- **Monday, February 20th from 11a -1p:** Corrections Facility Chapel
- **Tuesday, February 21st from 11a – 1p:** 160 N Main Wellness Center, 4th floor
- **Thursday, February 23rd from 7a – 8a:** Roads and Bridges
- **Friday, February 24th from 11a- 1p:** Assessor's Office

For more information concerning the wellness center or wellness center programs, please contact Deana Taylor, Fitness Specialist, Deana.Taylor@shelbycountytg.gov

For more information concerning all wellness programs please contact Elyse Lovelace, Wellness Coordinator, elyse.lovelace@shelbycountytg.gov

