



## How Healthy is your HEART?



It's **National Heart Month** and HealthSTAT wants to help you get heart healthy! Cardiovascular (Heart) Disease is the **No. 1** killer of men and women in the United States. In 2003, more than 23 MILLION Americans were diagnosed with heart disease, though many more are at risk for developing heart-related problems.

So what can you do to reduce your risk and have a healthy heart?

**1<sup>st</sup>** Take a moment, put your hand on your heart. Think about the power of your life in your hands — how important your heart is. Appreciate your health.



Now make a promise to do something for yourself, for your heart, TODAY:

- Get Physical
- Learn Your Numbers
- Eat Smart
- Kick Butts
- Kiss Someone

1     3     **Learn your numbers**     4     6  
2     5

Knowing your numbers is an important part of keeping your heart healthy. These numbers can help you and a clinician determine your risks and mark the progress you're making toward a healthier heart.

### GET PHYSICAL

No time to exercise? That's OK! Don't think exercise — think action. Standing is better than sitting; walking is better than standing. Increase your physical activity to at least 30 minutes a day on most days of the week, even if you do it 10 minutes at a time.

#### Try including some of these activities in your daily life:

- Use the stairs, up and down, instead of the elevator. Start with one flight of stairs and gradually build up to more.
- Sweep the floor, wash windows or vacuum the carpet.
- Take your children to the park and play with them. Don't sit on the bench and watch.
- Write physical activity "appointments" into your daily planner or computer schedule.
- Take a walk after dinner instead of watching TV.
- Park a few blocks from the office or store and walk the rest of the way.
- Take an activity break. Get up, stretch and walk around.
- Hide your remote control and get up to change channels on your TV.

Factor	Goal
Total Cholesterol	Less than 200 mg/dL
LDL ("Bad") Cholesterol	If at low risk for heart disease: <160 mg/dL If at intermediate risk: <130 mg/dL If at high risk: <100 mg/dL
HDL ("Good") Cholesterol	50 mg/dL or higher (see page 3 for details!)
Triglycerides	<150 mg/dL
Blood Pressure	<120/80 mmHg
Waist Circumference	<35 inches
Exercise	Minimum of 30 minutes most days.

# Eat Smart

Healthy food habits can help you reduce three risk factors for **heart attack and stroke**, **high blood cholesterol**, **high blood pressure**, and **excess body weight**.

## SET THE STAGE FOR SUCCESS BY:

- Eating a **balanced diet** with plenty of fruits, vegetables, cereal and grain products, fat-free and low-fat dairy products, legumes, nuts, fish, poultry and lean meats.
- Mixing one-half regular soda with one-half diet soda until you get used to the taste of diet soda.
- Eating foods **low in saturated fat, trans fat and cholesterol**.
- Enjoying a large glass of **ice water, hot tea or another calorie-free beverage**. Garnish with a twist of lemon or lime and sip slowly.
- **Dividing the extra portions** of recipes that serve a large number of people into containers to eat throughout the rest of the week.
- **Eating with other people**. You'll eat less than if you eat alone.
- **Knowing your snack "triggers"** and **planning ahead**. Be ready with healthy snacks to fight the urge for high calorie/high-saturated-fat foods and trans fat foods. Grab pre-cut vegetables such as carrots and celery when you're on the run.



**KICK  
BUTTS!**



Smoking is the single most **preventable** cause of death in the United States.

If you smoke cigarettes (or cigars), you have a higher risk of illness and death from heart attack, stroke and other diseases. These include lung, mouth and throat cancers; chronic lung diseases and infections; congestive heart failure; and peripheral vascular disease (in the legs and arms).



Did you know?

A one-minute kiss burns about 26 calories!

**Pucker UP!**

**Kiss Someone...**

**It'll remind you that you are not only staying healthy for yourself, but also those you love!**



# Why should YOU care about your cholesterol level?

High cholesterol is a **leading risk factor** for heart disease.

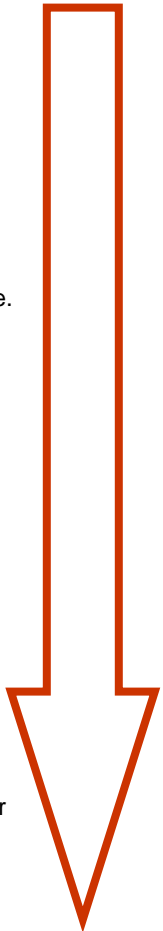
When there is **too much cholesterol** (a fat-like substance) in your blood, cholesterol and other substances **build up** in the walls of your arteries. This build up is called **plaque**. Over time, it causes "**hardening of the arteries**" so that arteries become narrowed and blood flow to the heart is slowed down. The blood carries oxygen to the heart, and if enough blood and oxygen cannot reach your heart, you may **suffer chest pain**. If the blood supply to a portion of the heart is completely cut off by a blockage, the result is a **heart attack**.

Heart attacks most commonly occur when plaques become fragile and rupture. Then blood clots are formed and can completely cut off blood supply to a portion of the heart.

## What Can Lower High Cholesterol?

Start with what you EAT...

- **Less Saturated Fats, More Healthy Oils.** Use canola or olive oil, which help you to control your total cholesterol much better than butter, shortening and stick margarine.
- **More Fiber.** Eat whole-grain breads like wheat. And eat whole-grain cereals. Try to eat five servings of fruit and vegetables a day.
- **Variety of Fruits and Vegetables.** They are sources of important vitamins and minerals. For veggies, eat the brightly colored ones, steamed or raw.
- **Less Meat.** Select lean cuts of red meat. Cut or drain fat from ground meat and remove skin from chicken.
- **More Exercise.** Go for a walk. Take the stairs. Dance. Do it a minimum of 30 minutes a day, most days of the week.
- **Medication.** Medication can help you control your cholesterol. Ask your doctor or onsite clinic provider if you need to take medication to help lower your numbers.



So, you're **committed to eating healthfully**. You know it's **good for you and your heart**.

But what do you do in social situations when it might be viewed as '**rude**' to decline *unhealthy* foods?

We've all been there. Offered something unhealthy to eat. Declining results in an awkward situation, or someone taking offense. As a culture closely tied to social norms around food, it's important to know how to handle these situations – thinking of a plan in advance can help you navigate these potentially uncomfortable situations with grace.

**1** First and foremost, remember that **YOU** are the one who makes the choices about what to eat and drink. If you do not want a particular food item or beverage, you should not feel obligated to eat. An awkward exchange or two is worth your health and happiness!

**2** It is important **not** to imply that what the person is offering is 'unhealthy' or to seem as if you are passing judgment upon someone. So instead of saying 'Oh, I'm trying to stay away from fattening cookies,' say 'Thank you, the cookies look delicious, but I think I'll pass' or 'The meal was so delicious I can't eat another bite!' Always make sure your comments lean to the positive side, rather than the negative side.

**3** If you are with a friend, partner, or spouse, say that you would like to share a plate or split a dessert –you'll have more flexibility to choose what you eat without having to decline totally.

**4** Take the blame! Gush about how good something looks but concede, 'I would love some, unfortunately it (e.g., cheese) doesn't agree with me!'

**5** Bring your own 'healthier' dessert or dish to parties so you'll be assured you have something you can/want to eat and it won't appear like you are abstaining.

**6**

If you just can't say no, try asking to get it 'to go' instead. You can always give it to someone else if you aren't going to eat it.



# TRY A HEART HEALTHY RECIPE



## CRISPY OVEN-FRIED CHICKEN

½ cup skim milk or buttermilk  
1 tsp poultry seasoning  
1 cup cornflakes, crumbled  
1½ Tbsps onion powder  
1 ½ Tbsps garlic powder  
2 tsps black pepper  
2 tsps dried hot pepper, crushed  
1 tsp ginger, ground  
8 pieces chicken, skinless (4 breasts, 4 drumsticks)  
1 tsp vegetable oil (use to grease baking pan)  
a few shakes paprika

Preheat oven to 350° F.

Add 1/2 teaspoon of poultry seasoning to milk.

Combine all other spices with cornflake crumbs and place in a plastic bag.

Wash chicken and pat dry. Dip chicken into milk, shake to remove excess, then quickly shake in bag with seasoning and crumbs.

Refrigerate for 1 hour.

Remove from refrigerator and sprinkle lightly with paprika for color.

Evenly space chicken on greased baking pan.

Cover with aluminum foil and bake 40 minutes. Remove foil and continue baking for an additional 30 to 40 minutes or until the meat can be easily pulled away from the bone with a fork. The drumsticks may require less baking time than the breasts. Crumbs will form a crispy “skin.” (Do not turn chicken during baking.)

Makes 6 servings--Serving size: 1/2 breast or 2 small drumsticks

Calories (per serving): 256  
Fat: 5 g  
Saturated fat: 1 g  
Cholesterol: 82 mg  
Sodium: 286 mg



## APPLE COFFEE CAKE

Apples and raisins provide the moistness, which means less oil can be used in this low saturated fat, low cholesterol, and low sodium coffee cake.

5 cup tart apples, cored, peeled, chopped  
1 cup sugar  
1 cup dark raisins  
1/2 cup pecans, chopped  
1/4 cup vegetable oil  
2 tsp vanilla  
1 egg, beaten  
2-1/2 cup sifted all-purpose flour  
1-1/2 tsp baking soda  
2 tsp ground cinnamon

Preheat oven to 350° F.

Lightly oil a 13x9x2-inch pan.

In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes.

Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon; stir into apple mixture about 1/3 at a time just enough to moisten dry ingredients.

Turn batter into pan. Bake 35 to 40 minutes. Cool cake slightly before serving.

Yield: 20 servings--Serving Size: 3-1/2-inch x 2-1/2-inch piece

Calories (per serving): 188  
Total fat: 5 g  
Saturated fat: less than 1 g  
Cholesterol: 11 mg  
Sodium: 68 mg

