

Heart Healthy Habits

WEST ORANGE TOWN COUNCIL MEETING 2/7/23

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Objectives

Provide background on risk associated with heart disease.

Identify key numbers to be aware of related to heart health.

Discuss lifestyle behaviors to promote heart health.

Review important signs of cardiovascular emergency.

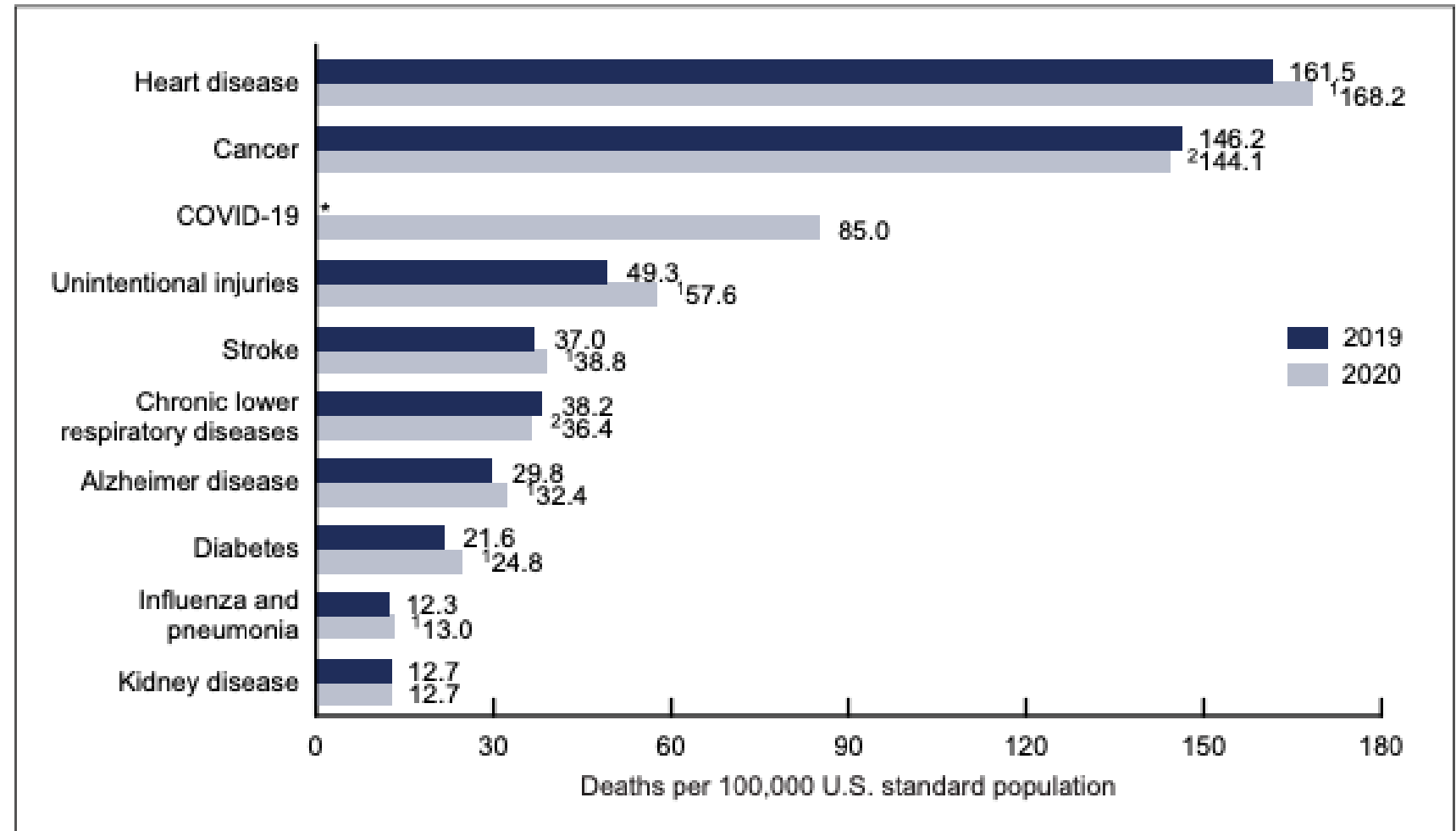
How much do you know about heart health / heart disease?

Let's find out together with this 6 item quiz...

https://www.riddle.com/view/471795?qzr=1&CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fheartdisease%2Fquiz.htm

Leading Causes of Death in United States 2019 / 2020

Figure 4. Age-adjusted death rates for the 10 leading causes of death in 2020: United States, 2019 and 2020



* COVID-19 became an official cause of death in 2020; rates for 2019 are not applicable.

¹Statistically significant increase in age-adjusted death rate from 2019 to 2020 ($p < 0.05$).

²Statistically significant decrease in age-adjusted death rate from 2019 to 2020 ($p < 0.05$).

NOTES: A total of 3,383,729 resident deaths were registered in the United States in 2020. The 10 leading causes of death accounted for 74.1% of all deaths in the United States in 2020. Causes of death are ranked according to number of deaths. Rankings for 2019 data are not shown. Data table for Figure 4 includes the number of deaths for leading causes and the percentage of total deaths. Access data table for Figure 4 at:

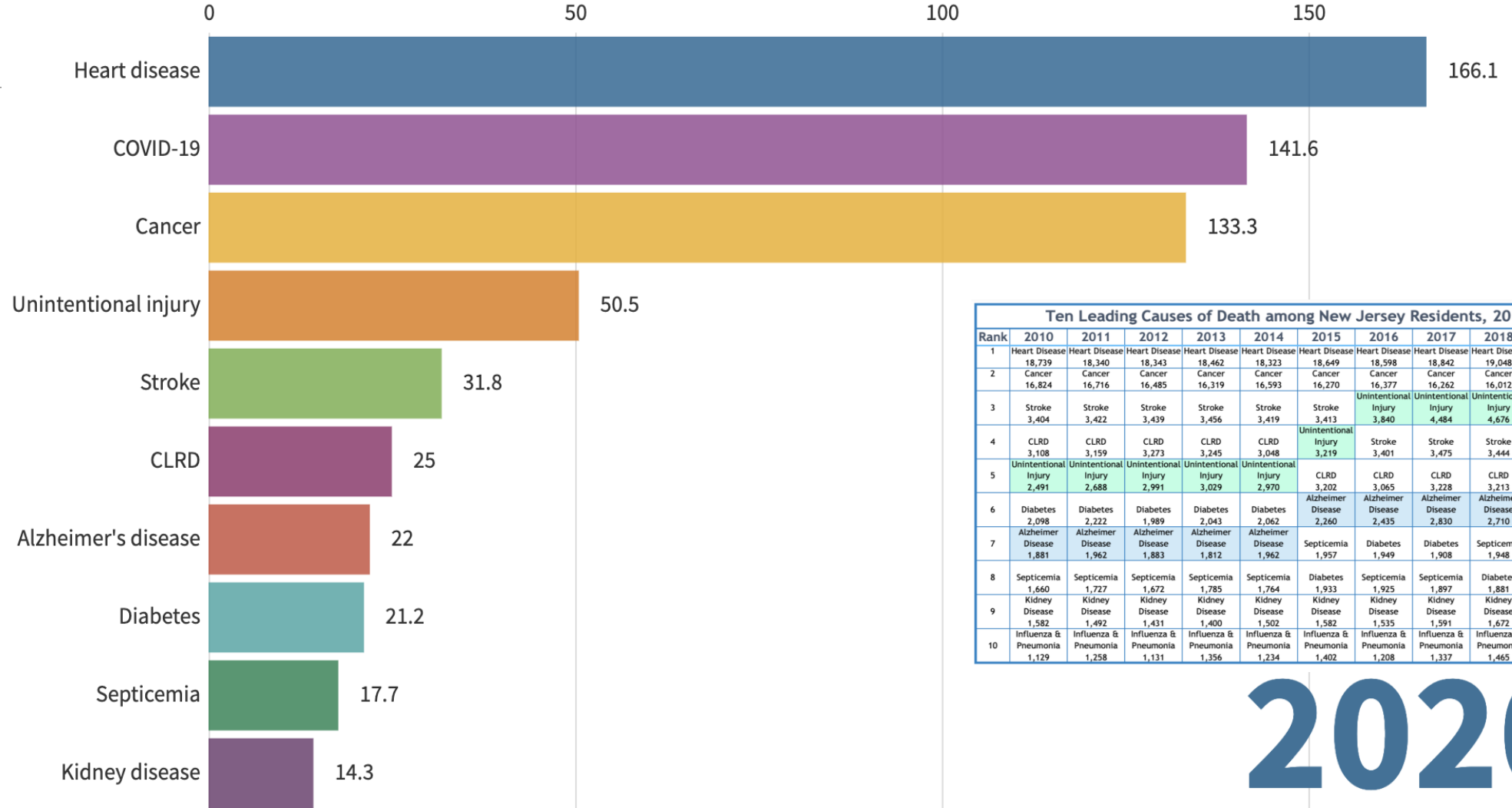
<https://www.cdc.gov/nchs/data/databriefs/db427-tables.pdf#4>.

SOURCE: National Center for Health Statistics, National Vital Statistics System, Mortality.

Leading Causes of Death

Age-adjusted death rate, New Jersey, 2000-2020

Deaths per 100,000 standard population



Rank	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
1	Heart Disease 18,739	Heart Disease 18,340	Heart Disease 18,343	Heart Disease 18,462	Heart Disease 18,323	Heart Disease 18,649	Heart Disease 18,598	Heart Disease 18,842	Heart Disease 19,048	Heart Disease 18,729	Heart Disease 19,716
2	Cancer 16,824	Cancer 16,716	Cancer 16,485	Cancer 16,319	Cancer 16,593	Cancer 16,270	Cancer 16,377	Cancer 16,262	Cancer 16,012	Cancer 15,705	COVID-19 16,495
3	Stroke 3,404	Stroke 3,422	Stroke 3,439	Stroke 3,456	Stroke 3,419	Stroke 3,413	Unintentional Injury 3,840	Unintentional Injury 4,484	Unintentional Injury 4,676	Unintentional Injury 4,658	Cancer 15,564
4	CLRD 3,108	CLRD 3,159	CLRD 3,273	CLRD 3,245	CLRD 3,048	Unintentional Injury 3,219	Stroke 3,401	Stroke 3,475	Stroke 3,444	Stroke 3,553	Unintentional Injury 4,777
5	Unintentional Injury 2,491	Unintentional Injury 2,688	Unintentional Injury 2,991	Unintentional Injury 3,029	Unintentional Injury 2,970	CLRD 3,202	CLRD 3,065	CLRD 3,228	CLRD 3,213	CLRD 3,055	Stroke 3,726
6	Diabetes 2,098	Diabetes 2,222	Diabetes 1,989	Diabetes 2,043	Diabetes 2,062	Alzheimer Disease 2,260	Alzheimer Disease 2,435	Alzheimer Disease 2,830	Alzheimer Disease 2,710	Alzheimer Disease 2,633	CLRD 2,942
7	Alzheimer Disease 1,881	Alzheimer Disease 1,962	Alzheimer Disease 1,883	Alzheimer Disease 1,812	Alzheimer Disease 1,962	Septicemia 1,957	Diabetes 1,949	Diabetes 1,908	Septicemia 1,948	Septicemia 1,983	Alzheimer Disease 2,673
8	Septicemia 1,660	Septicemia 1,727	Septicemia 1,672	Septicemia 1,785	Septicemia 1,764	Diabetes 1,933	Septicemia 1,925	Septicemia 1,897	Diabetes 1,881	Diabetes 1,934	Diabetes 2,442
9	Kidney Disease 1,582	Kidney Disease 1,492	Kidney Disease 1,431	Kidney Disease 1,400	Kidney Disease 1,502	Kidney Disease 1,582	Kidney Disease 1,535	Kidney Disease 1,591	Kidney Disease 1,672	Kidney Disease 1,622	Septicemia 2,060
10	Influenza & Pneumonia 1,129	Influenza & Pneumonia 1,258	Influenza & Pneumonia 1,131	Influenza & Pneumonia 1,356	Influenza & Pneumonia 1,234	Influenza & Pneumonia 1,402	Influenza & Pneumonia 1,208	Influenza & Pneumonia 1,337	Influenza & Pneumonia 1,465	Influenza & Pneumonia 1,270	Kidney Disease 1,670

2020

Numbers to know for heart health

200

130

40

120/80

150



200

The goal for total cholesterol for those with average risk for heart disease is <200 mg/dL.

If you have known risk factors or known cardiovascular disease, this number may be lower.

Numbers can be improved with diet, exercise, & medications if needed.

130

The goal for LDL cholesterol is less than 130 mg/dL

LDL aka “bad” cholesterol

If you have known risk factors or known cardiovascular disease, this number may be recommended to be lower than 130.

Numbers can be improved with diet, exercise, & medications if needed.

40

The goal for HDL is greater than 40 mg/dL.

HDL aka “good” cholesterol

This protects the heart.

Can be increased with exercise.

National Cholesterol Education Program Cholesterol Guidelines

	Desirable	Borderline High	High
Total Cholesterol	Less than 200	200 - 239	240 and higher
LDL Cholesterol (the "bad" cholesterol)	Less than 130	130 - 159	160 and higher
HDL Cholesterol (the "good" cholesterol)	50 and higher	40 - 49	Less than 40
Triglycerides	Less than 200	200 - 399	400 and higher

120/80

The goal for blood pressure is less than 120/80 mm Hg.

Numbers greater than 120/80 need to be evaluated by your medical provider.

Numbers greater than 180/120 require immediate medical attention.

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

American Heart Association



BLOOD PRESSURE CATEGORY	SYSTOLIC MM HG (UPPER NUMBER)	DIASTOLIC MM HG (LOWER NUMBER)
NORMAL	< 120	AND < 80
ELEVATED	120-129	AND < 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	OR 80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	OR 90 OR HIGHER
HYPERTENSIVE CRISIS (CONTACT DOCTOR IMMEDIATELY)	HIGHER THAN 180	HIGHER THAN 120 AND/OR

DATA COURTESY OF THE AMERICAN HEART ASSOCIATION
[HEART.ORG/BPLEVELS](https://heart.org/bplevels)

150

150 minutes/week (2.5hrs) is the recommended amount of exercise for adults.

Types of exercise that benefit the heart include:

- Brisk walking
- Swimming
- Jogging
- Cycling
- Anything you like that increases your heart rate for at least 30 minutes per session

Weight training is important for bone health & balance, but does not contribute to CV health.

Be Active



Physical activity & stress reduction can help prevent or manage heart disease.

WHY
you should get moving...

- Supports a stronger heart
- Improves circulation
- Lifts mood & self-esteem
- Promotes sleep
- Lowers blood cholesterol, pressure & sugar
- Decreases the need for medications in some cases
- Helps manage weight
- Reduces stress

MODERATE EXERCISE
can be as simple as



How you can **REDUCE STRESS**



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

For more information, visit CardioSmart.org/HealthyLiving

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Additional tips for heart health

Stop smoking, don't start

Get adequate sleep

Manage stress

Eat a healthy diet

- Mediterranean diet
- DASH diet

To **PROTECT YOUR HEART**, eat more...



MEDITERRANEAN

- ↓ Light on dairy, meats and sweets
- ✓ Fish
- ✓ Olive oil
- ✓ Wine (in moderation)

VEGETARIAN

- ✗ Cuts out meat
- ✓ Vegetable proteins (soy products, legumes)

VEGAN goes further with no meat, fish, eggs or dairy products

WHOLE FOOD PLANT-BASED EATING avoids processed foods

DIETARY APPROACHES TO STOP HYPERTENSION (DASH)

- ↓ Limits salt to less than 1,500 mg/day
- ✓ Lean meat, poultry, fish
- ✓ Fruits and vegetables rich in potassium (bananas and leafy greens)

CUT BACK
on processed meats and saturated fats

AVOID
trans fats

DRINK WATER
instead of sodas or juice!

MORE TIPS

For more information, visit [CardioSmart.org/Nutrition](https://www.CardioSmart.org/Nutrition)

Information provided for educational purposes only. Please talk to your health care professional about your specific health needs. To download or order posters or other topics, visit [CardioSmart.org/Posters](https://www.CardioSmart.org/Posters)

Heart Attack and Stroke Signs & Symptoms

SPOT A STROKE

B **E** **F** **A** **S** **T**

- BALANCE**
Loss of balance or coordination, dizziness, severe headache.
- EYE**
Difficulty in seeing in one or both eyes, blurred vision.
- FACE**
One side of the face is drooping or uneven.
- ARM**
Weakness or numbness in arm/leg or one side of body.
- SPEECH**
Difficulty in speaking, confusion, lack of understanding.
- TIME**
CALL 911 IMMEDIATELY if any of these symptoms are present.

DOH South Dakota

HEART ATTACK SYMPTOMS: MEN VS. WOMEN

By American Heart Association News

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.

MEN	WOMEN
Nausea or vomiting	Nausea or vomiting
Jaw, neck or back pain	Jaw, neck or upper back pain
Squeezing chest pressure or pain	Chest pain, but not always
Shortness of breath	Pain or pressure in the lower chest or upper abdomen
	Shortness of breath
	Fainting
	Indigestion
	Extreme fatigue

Source: American Heart Association's journal, Circulation © 2019 American Heart Association, Inc.

Schedule CV screening for your organization

Montclair State University School of Nursing

Grant funded by the Healthcare Foundation of NJ

Free CV screening for Greater Newark area (Essex county)

Contact Dr. Mary Elizabeth Duffy to learn more & schedule an event

duffym@Montclair.edu

Questions

Thank you

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