Heart Healthy Habits

WEST ORANGE TOWN COUNCIL MEETING 2/7/23
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ASSOCIATE PROFESSOR
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...

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

- Heart disease
- Cancer
- COVID-19
- Unintentional injuries
- Stroke
- Chronic lower respiratory diseases
- Alzheimer disease
- Diabetes
- Influenza and pneumonia
- Kidney disease

* 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#. SOURCE: National Center for Health Statistics, National Vital Statistics System, Mortality.
Numbers to know for heart health

200
130
40
120/80
150
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.
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.
The goal for HDL is greater than 40 mg/dL.

HDL aka “good” cholesterol

This protects the heart.

Can be increased with exercise.
<table>
<thead>
<tr>
<th>National Cholesterol Education Program Cholesterol Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Cholesterol</strong></td>
</tr>
<tr>
<td>Less than 200</td>
</tr>
<tr>
<td>200 - 239</td>
</tr>
<tr>
<td>240 and higher</td>
</tr>
<tr>
<td><strong>LDL Cholesterol</strong></td>
</tr>
<tr>
<td>(the &quot;bad&quot; cholesterol)</td>
</tr>
<tr>
<td>Less than 130</td>
</tr>
<tr>
<td>130 - 159</td>
</tr>
<tr>
<td>160 and higher</td>
</tr>
<tr>
<td><strong>HDL Cholesterol</strong></td>
</tr>
<tr>
<td>(the &quot;good&quot; cholesterol)</td>
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<tr>
<td>50 and higher</td>
</tr>
<tr>
<td>40 - 49</td>
</tr>
<tr>
<td>Less than 40</td>
</tr>
<tr>
<td><strong>Triglycerides</strong></td>
</tr>
<tr>
<td>Less than 200</td>
</tr>
<tr>
<td>200 - 399</td>
</tr>
<tr>
<td>400 and higher</td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Blood Pressure Category</th>
<th>Systolic mm Hg (upper number)</th>
<th>Diastolic mm Hg (lower number)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>Less than 120</td>
<td>Less than 80</td>
</tr>
<tr>
<td>Elevated</td>
<td>120 – 129</td>
<td>Less than 80</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 1</td>
<td>130 – 139</td>
<td>80 – 89</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 2</td>
<td>140 or higher</td>
<td>90 or higher</td>
</tr>
<tr>
<td>Hypertensive Crisis (consult your doctor immediately)</td>
<td>Higher than 180</td>
<td>Higher than 120</td>
</tr>
<tr>
<td>BLOOD PRESSURE CATEGORY</td>
<td>SYSTOLIC MM HG (UPPER NUMBER)</td>
<td>DIASTOLIC MM HG (LOWER NUMBER)</td>
</tr>
<tr>
<td>-------------------------</td>
<td>-------------------------------</td>
<td>-------------------------------</td>
</tr>
<tr>
<td>NORMAL</td>
<td>&lt; 120</td>
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</tr>
<tr>
<td>ELEVATED</td>
<td>120-129</td>
<td>&lt; 80</td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</td>
<td>130-139</td>
<td>&lt; 80</td>
</tr>
<tr>
<td></td>
<td>OR 80-89</td>
<td></td>
</tr>
<tr>
<td>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</td>
<td>140 OR HIGHER</td>
<td>90 OR HIGHER</td>
</tr>
<tr>
<td></td>
<td>OR 90-90</td>
<td></td>
</tr>
<tr>
<td>HYPERTENSIVE CRISIS (CONTACT DOCTOR IMMEDIATELY)</td>
<td>HIGHER THAN 180</td>
<td>HIGHER THAN 120</td>
</tr>
</tbody>
</table>

DATA COURTESY OF THE AMERICAN HEART ASSOCIATION
HEART.ORG/BPLEVELS
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

ACTIVE AND MINDFUL LIVING

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

- Brisk Walking
- Dancing
- Gardening
- Household chores such as vacuuming

How you can REDUCE STRESS

- Breathing Exercises
- Meditation
- Progressive Muscle Relaxation
- Soothing Music
- Yoga

For more information, visit CardioSmart.org/HealthyLiving

School of Nursing
Additional tips for heart health

Stop smoking, don’t start

Get adequate sleep

Manage stress

Eat a healthy diet
  - Mediterranean diet
  - DASH diet
Heart Attack and Stroke Signs & Symptoms

SPOT A STROKE

MEN
- Nausea or vomiting
- Jaw, neck or back pain
- Squeezing chest pressure or pain
- Shortness of breath

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

Heart Disease & Stroke Prevention

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.
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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