With Every Heartbeat Is Life

Picture Cards for Community Health Workers

National Heart, Lung, and Blood Institute

THE heart TRUTH®

Dear Community Health Worker:

Among African Americans, heart disease is the leading cause of death. Risk factors such as overweight and obesity, physical inactivity, high blood pressure, and high cholesterol increase the risk for heart disease. The good news is that people can lower their risk by making lifestyle changes, and community health workers like you can help.

These picture cards are part of the With Every Heartbeat Is Life course on heart disease prevention created especially for African American communities by the National Heart, Lung, and Blood Institute (NHLBI) at the National Institutes of Health (NIH). The course helps people build skills to make practical, lasting changes to improve their health and fight heart disease.

These picture cards will help you present many of the ideas in the course. Each picture shows a different aspect of heart health, from controlling high blood pressure to being physically active and aiming for a healthy weight. On the back of each picture card are messages that will help you to explain the illustration and related information. Use these picture cards with the *With Every Heartbeat Is Life: A Community Health Worker's Manual on Heart Disease for African Americans*. The picture cards correspond with the sessions in the manual. The image (to the right) will appear in the manual to tell you when to show a picture card.

The course has 12 sessions. The first 11 sessions have step-by-step instructions on how to teach the sessions, handouts, and more. The 12th session is only for community health workers. It's about how to use the manual and do a project evaluation.

The *With Every Heartbeat Is Life* manual and picture cards are part of the With Every Heartbeat Is Life community health worker's toolkit on heart disease prevention for African Americans. Additional resources and updated guidelines can be found on NHLBI's *The Heart Truth*® website at **www.hearttruth.gov**.

For more information on diseases, conditions, and procedures related to heart disease, visit the NHLBI website at **www.nhlbi.nih.gov** or call the NHLBI Center for Health Information at 1-877-NHLBI4U (1-877-645-2448). For TRS, call 7-1-1.

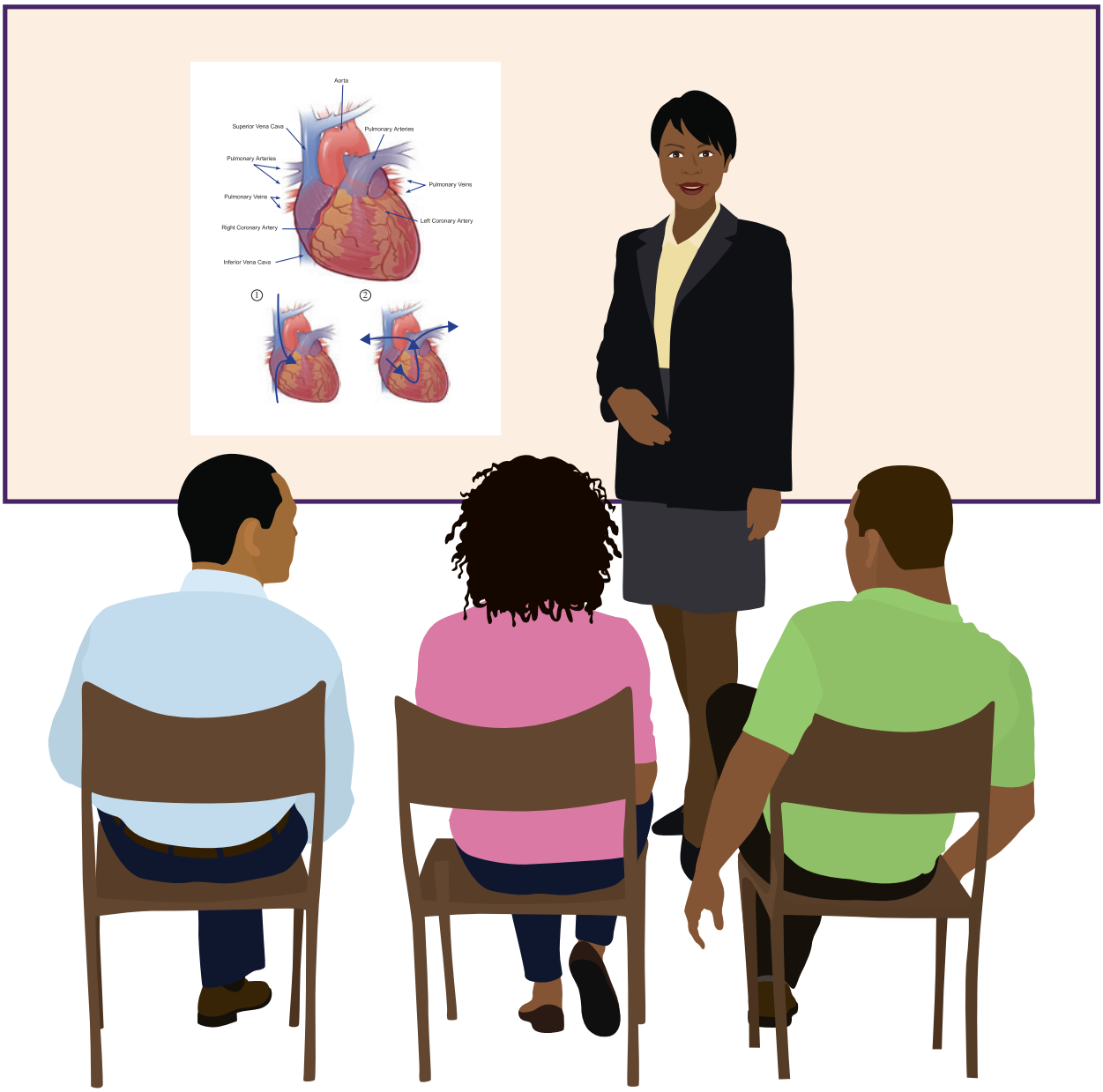
Congratulations on making this commitment to help others improve their health and live longer!

Sincerely,

The Heart Truth® Program Team
National Heart, Lung, and Blood Institute

With Every Heartbeat Is Life

Picture Cards



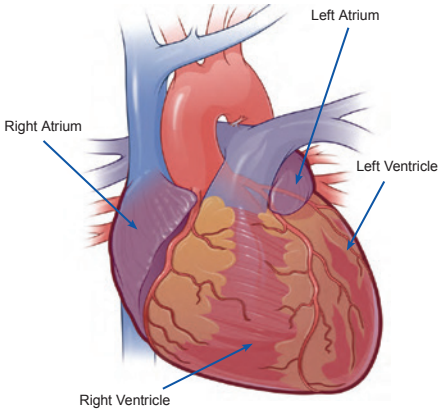
Picture Card 1.1

SAY We'll be talking about the Harris family and friends throughout this course to learn how to adopt healthy habits together.

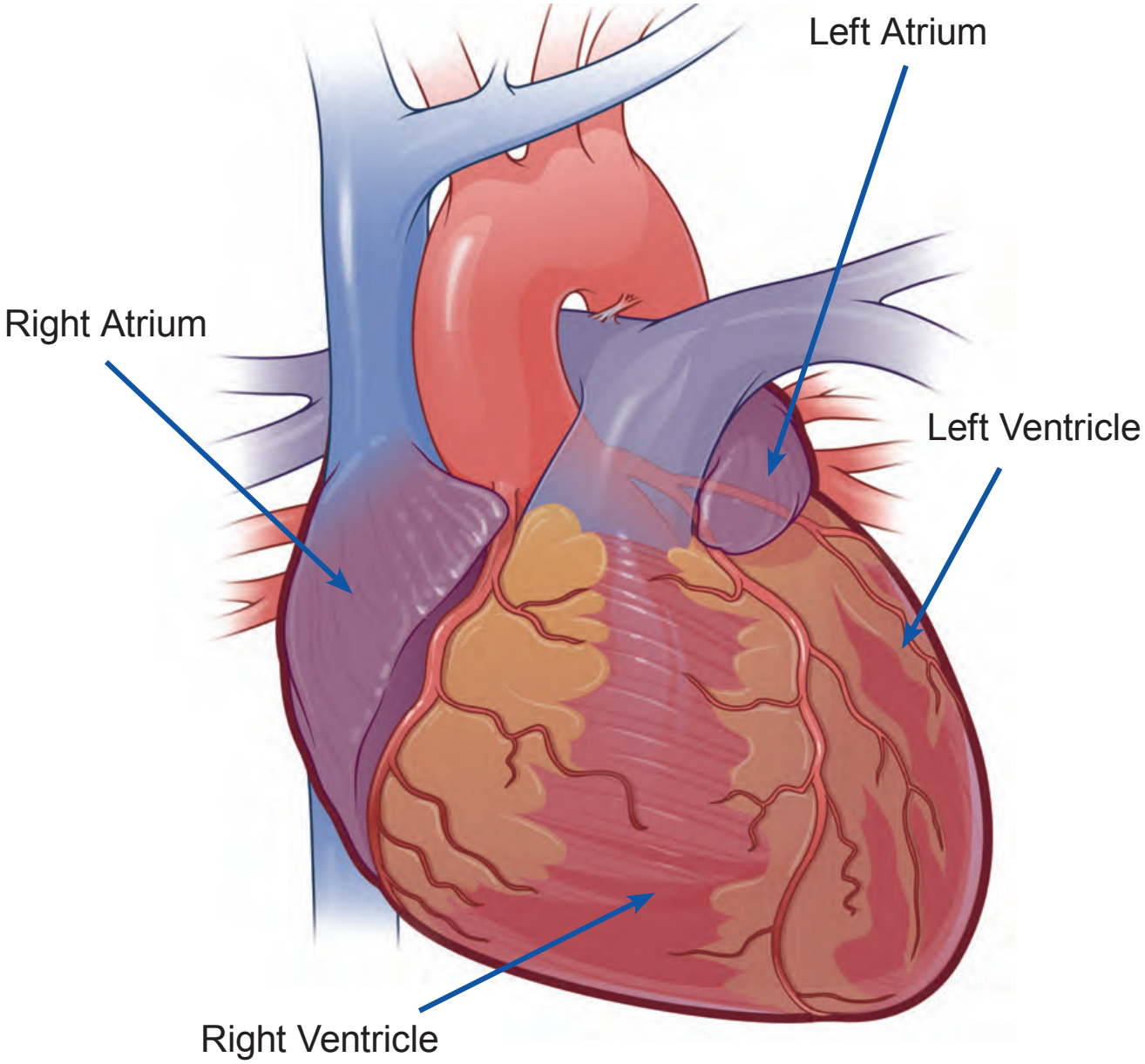
The Harris Family and Friends

Picture Card 1.2

SAY	The heart is a muscular, cone-shaped organ about the size of a fist.
DO	**Hold** up your fist for everyone to see.
DO	**Point** to each part of the heart on the picture card.
SAY	The septum divides the heart into two sides. Each side has an upper chamber, called an atrium, and a lower chamber, called a ventricle. Blood that has moved through your body and is low in oxygen enters the right atrium. Your heart pumps that blood to the right ventricle, then to your lungs for a refill on oxygen. That oxygen-rich blood goes into the left atrium, on to the left ventricle, and out to the rest of your body.



Heart Diagram



Picture Card 1.3

SAY

The heart is located in the middle of the chest, near your lungs. Did you place your felt or paper heart in the correct spot?

Your heart and blood vessels make up your blood circulatory system. The circulatory system keeps you alive.

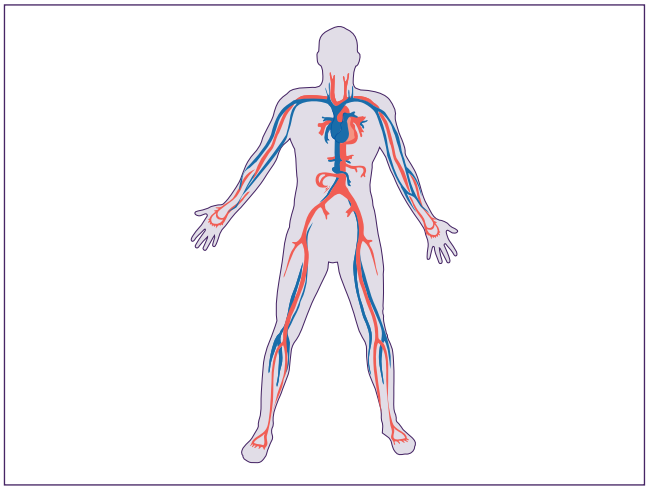
Blood vessels are long, hollow tubes of tissue, much like drinking straws.

SAY

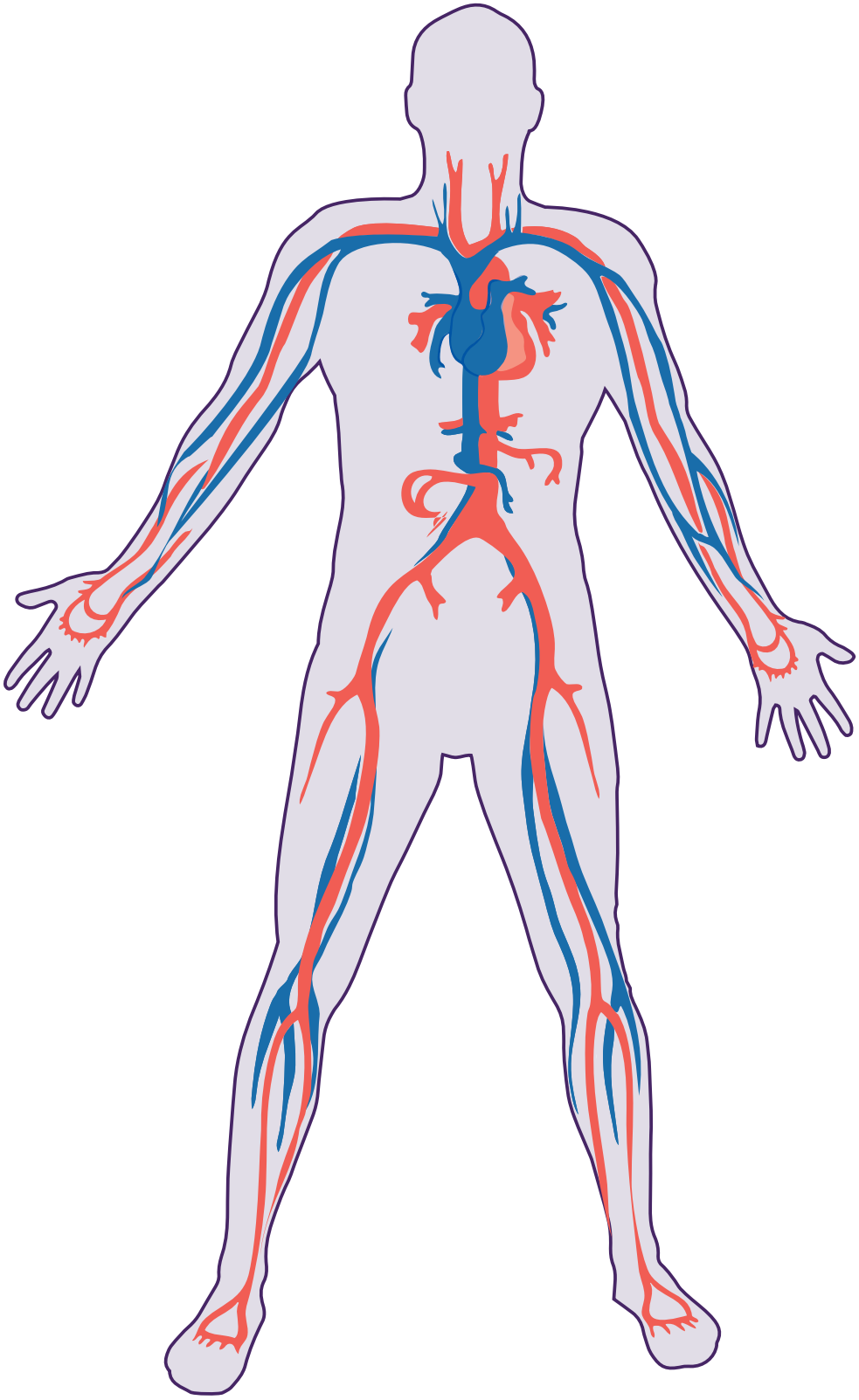
You have many different types of blood vessels. But the main three are arteries (shown in red), veins (shown in blue), and capillaries (not shown).

Arteries carry the oxygen-rich blood from your heart to all parts of your body. The farther the arteries are from your heart the smaller they are.

Capillaries connect your smallest arteries to your smallest veins, which carry blood that is low on oxygen back toward your heart.

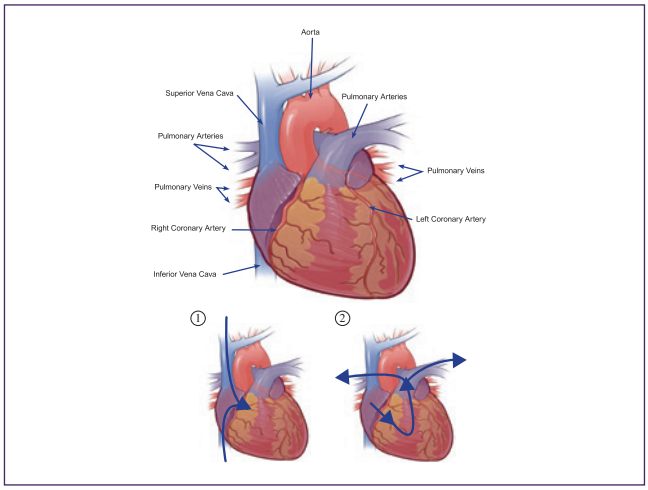


The Circulatory System

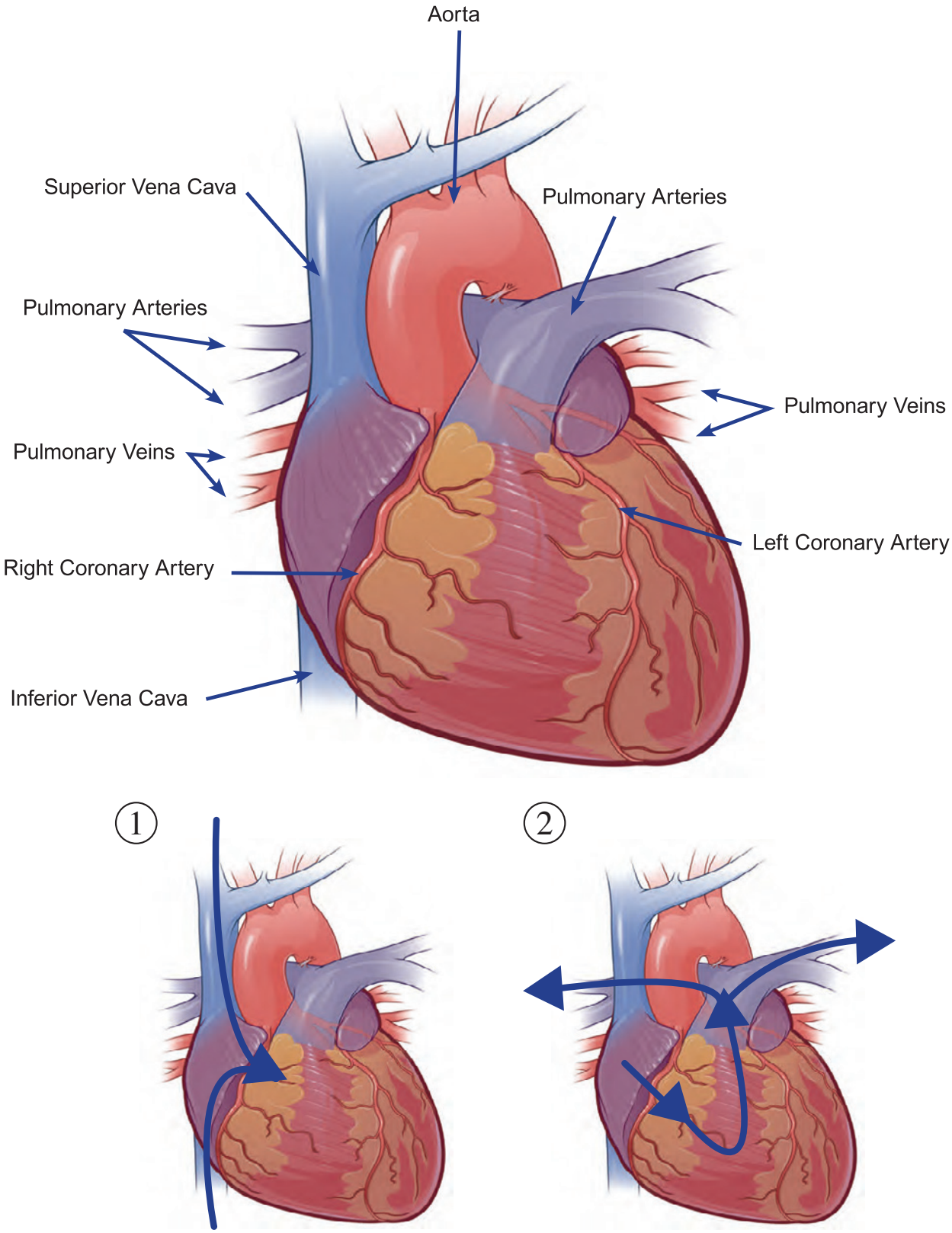


Picture Card 1.4

DO	**Point** to each vein and artery.
DO	**Describe** the two steps while pointing to pictures 1 and 2.
SAY	Let's go over the major veins and arteries. Blood (with little oxygen) enters the right top chamber of the heart through the largest veins in your body. These veins are called the superior and inferior vena cava. Blood then flows down to the right lower chamber, where it's pumped out to the lungs through the pulmonary arteries. In the lungs, waste (carbon dioxide) is removed from the blood. The blood then gathers more oxygen.

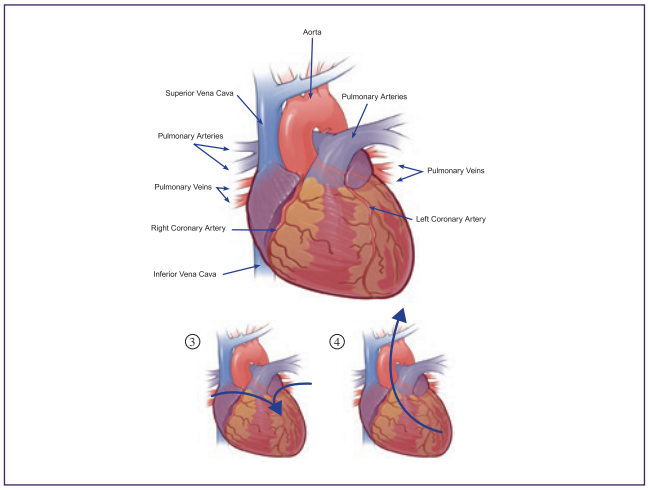


Major Veins and Arteries in the Heart

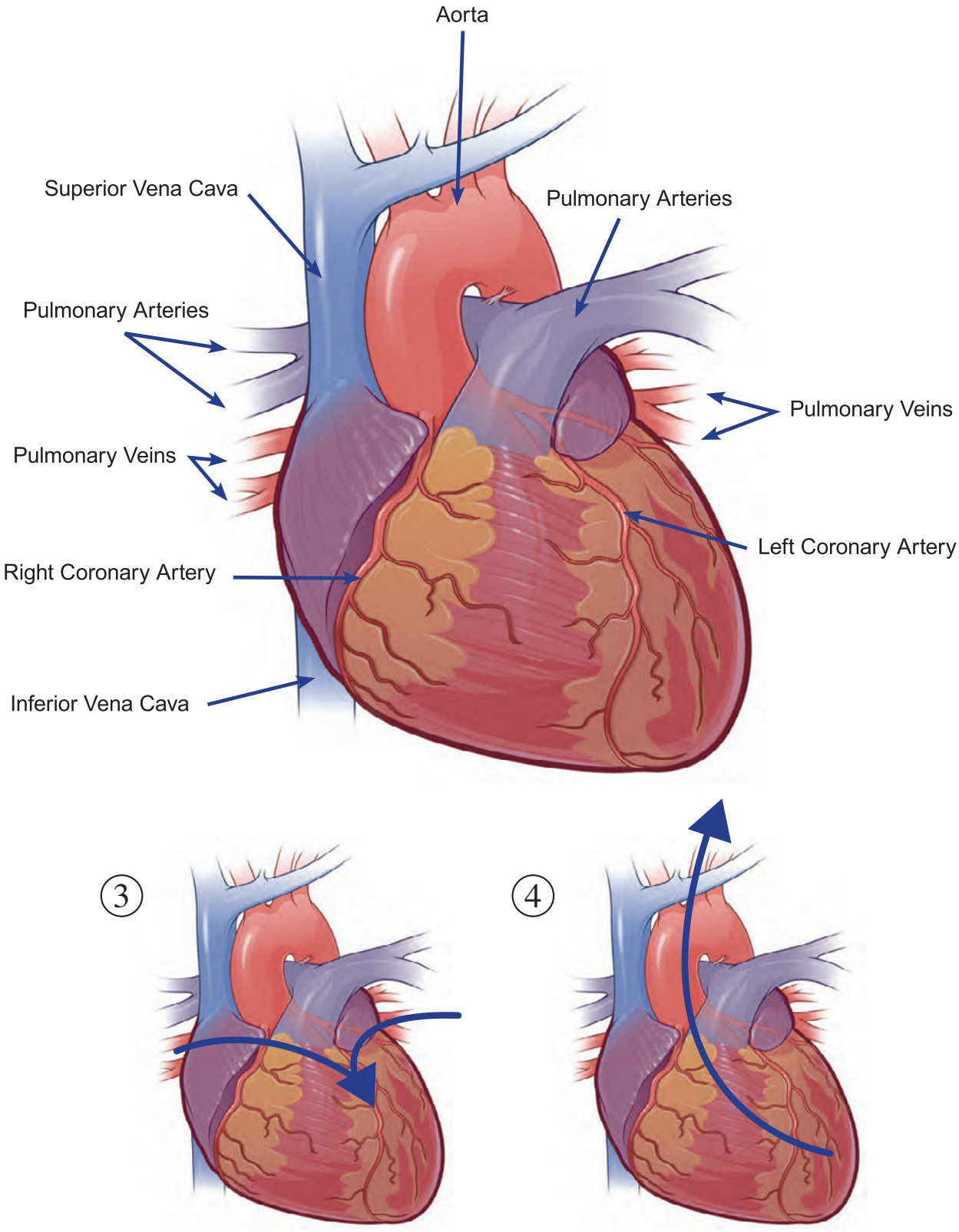


Picture Card 1.5

DO	**Point** to each vein and artery.
DO	**Describe** the two steps while pointing to pictures 3 and 4.
SAY	The blood, rich with oxygen, returns to the heart and enters the upper left chamber through the pulmonary veins. The blood then flows down to the lower left chamber and is pumped out of the aorta (which is your body's largest artery) to the rest of your body. Your left and right coronary arteries carry oxygen-rich blood to all parts of your heart.



Flow of Blood Through the Heart



Picture Card 1.6

SAY

Did you know that:

- Heart disease is the #1 cause of death for all men and women in the United States.
- One in four African Americans dies of heart disease.
- Heart disease is particularly deadly for African Americans.
- The death rate from heart disease is 24 percent higher for African American men and 26 percent higher for African American women of all ages than for whites.
- Among African Americans ages 25 to 44, the death rate from heart disease is twice as high for men, and more than twice as high for women, compared with whites in the same age group.

Heart Disease Deaths

1 in 4

African Americans dies of heart disease.

Picture Card 1.7

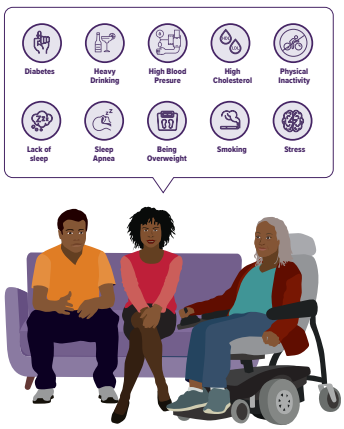
SAY

You'll hear about risk factors—traits or habits that make a person more likely to get a disease. Some risk factors, such as your age and family history, are things you can't change.

Although there are some risk factors that you can't control, there are many that you can.

Risk factors you can control include:

- Diabetes
- Heavy drinking
- Having high blood pressure, including preeclampsia, which occurs only during pregnancy
- High cholesterol
- Physical inactivity
- Not getting enough sleep
- Sleep apnea
- Being overweight
- Smoking



Risk Factors You Can Control

- Diabetes
- Heavy Drinking
- High Blood Presure
- High Cholesterol
- Physical Inactivity
- Lack of sleep
- Sleep Apnea
- Being Overweight
- Smoking
- Stress

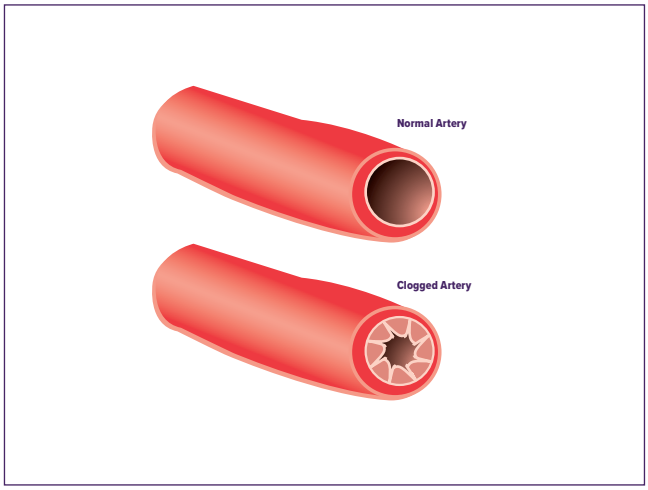
Picture Card 2.1

SAY

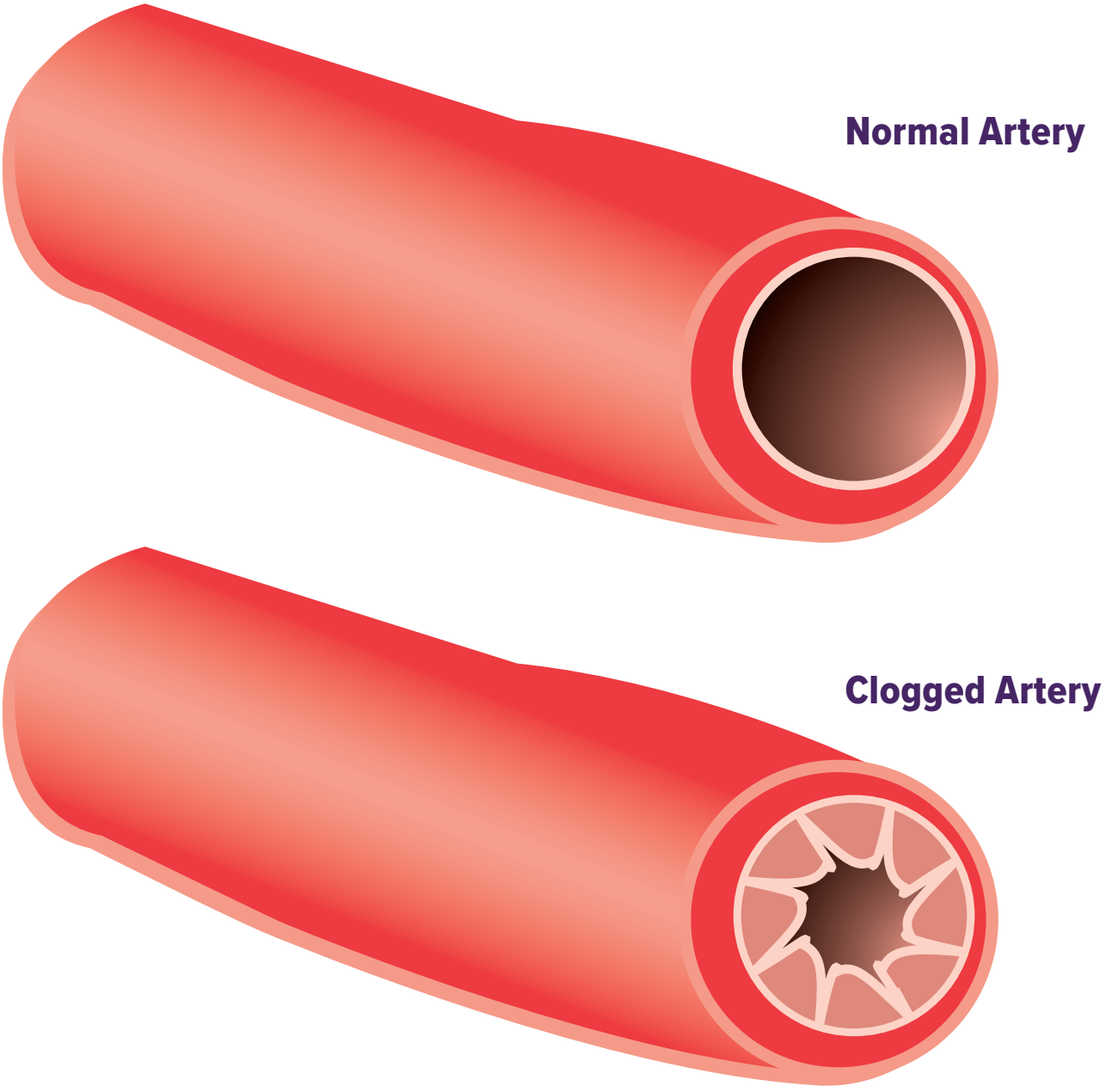
Normally blood flows freely through arteries, carrying oxygen to your heart. When a blockage stops the blood from getting to your heart, you have a heart attack. Here's how that can happen:

- Certain risk factors for heart disease—like smoking—can damage blood vessels.
- Plaque, a waxy substance, may build up where your arteries are damaged, reducing the flow of blood to your heart.
- A blood clot may form on the plaque, blocking the arteries and closing off blood flow. This causes a heart attack.
- If you don't get treatment to restore blood flow quickly, heart muscle begins to die.

It's important to call 9-1-1 at the first symptoms of a heart attack.



A Blockage in the Arteries



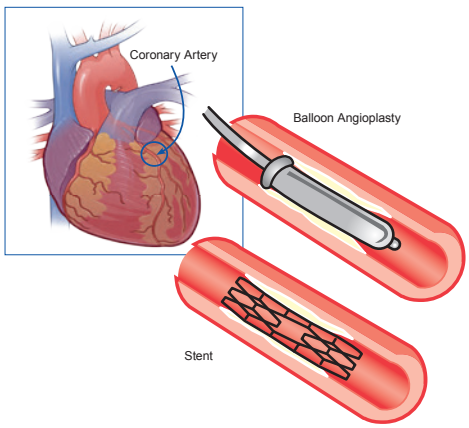
Picture Card 2.2

SAY

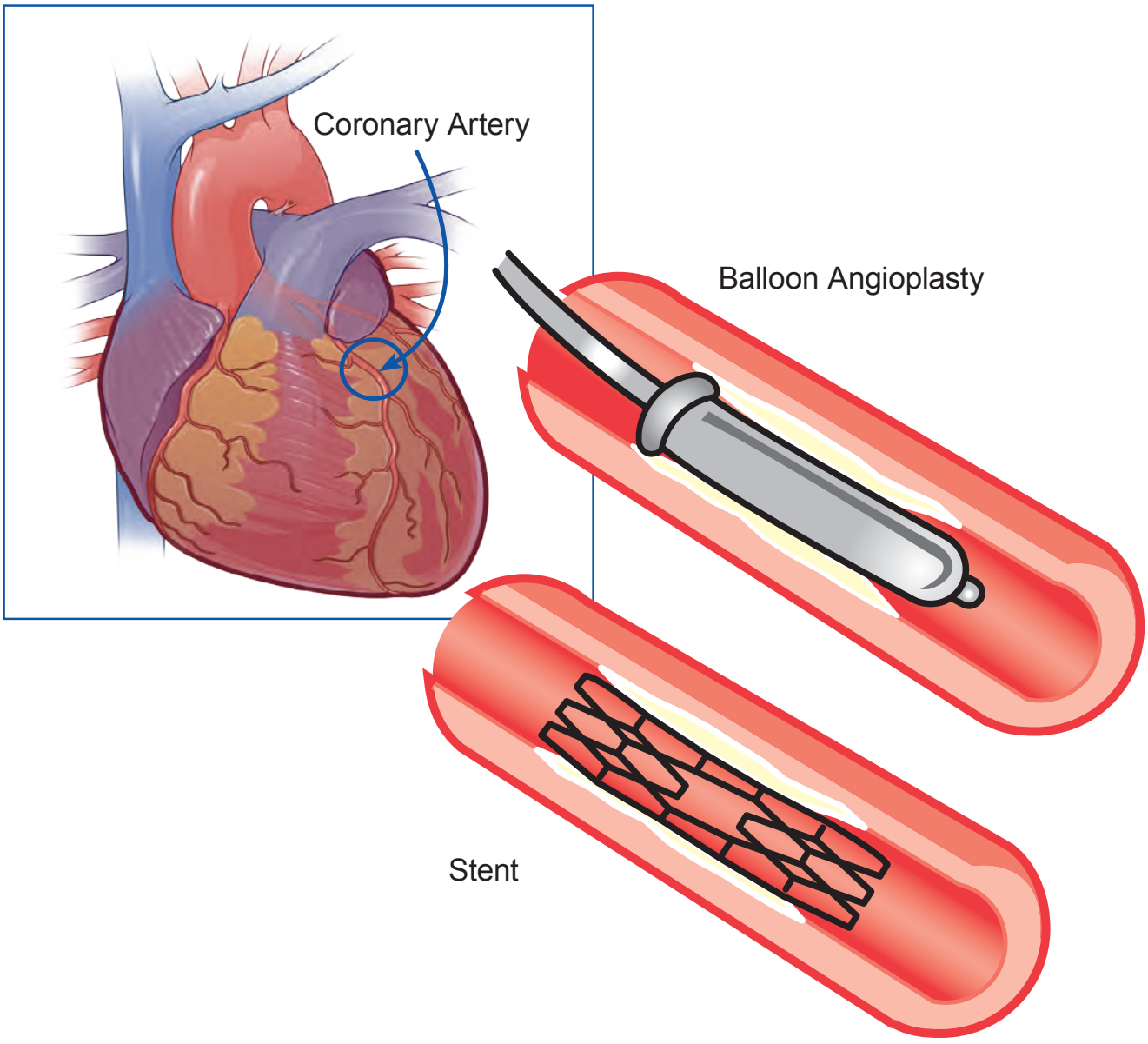
"Clot-busting" drugs dissolve the blood clots that block arteries. But you must get the drugs as soon as possible—within a few hours after symptoms start.

There's also a treatment called angioplasty. To restore blood flow, doctors place a type of balloon in your blocked artery to open it up.

With angioplasty, you may also get a stent, a wire mesh tube that stays in the artery to keep it open.



Treatment for a Blockage in the Heart



Picture Card 2.3

SAY

Common warning signs of a heart attack are:

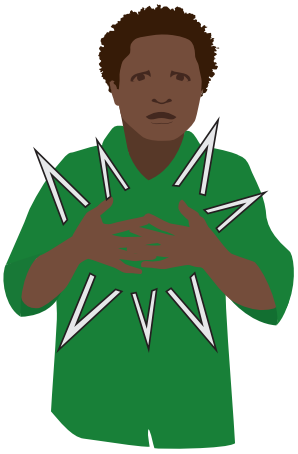
- Chest pain or an uncomfortable feeling of pressure, squeezing, or fullness that lasts more than a few minutes. It may even feel like heartburn or indigestion.
- Discomfort in one or both arms or shoulders, or in your neck, jaw, back, or stomach.
- Shortness of breath. It may be your only symptom!

Other symptoms include:

- Breaking out in a cold sweat
- Light-headedness or sudden dizziness
- Nausea or feeling sick to your stomach
- Feeling unusually tired for no reason, sometimes for days (especially if you're a woman)

Warning Signs of a Heart Attack

Your **chest** may hurt or feel squeezed.



You may feel discomfort in one or both **arms**, or your back or stomach.

You may feel discomfort in your **neck**, shoulders, or jaw.

You may feel like you **can't breathe**.

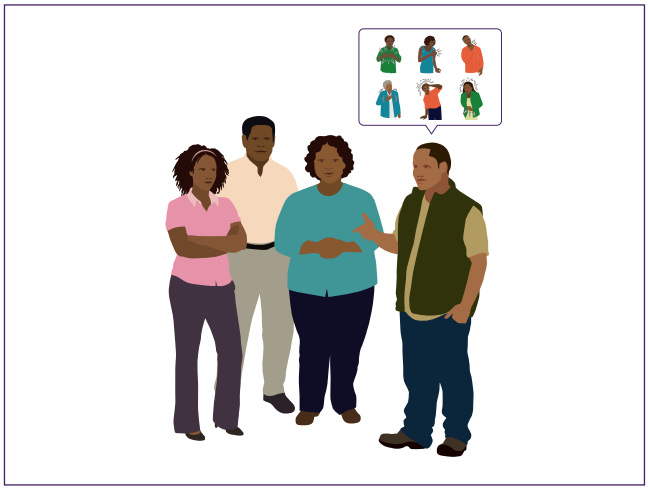
You may feel **light-headed** or dizzy, or break out in a cold sweat.

You may feel sick to your **stomach**.

Picture Card 2.4

SAY

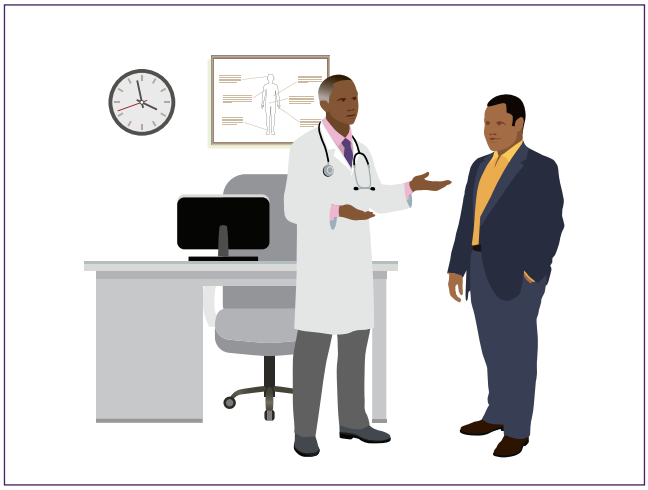
Talk to your family and friends about the warning signs of a heart attack and the importance of calling 9-1-1 right away. Share what you've learned today with them, so they're prepared also.



Talking to Your Family and Friends

Picture Card 2.5

SAY You should also talk to your health care provider about your risk of a heart attack and how to lower it. Encourage your friends and family to do the same.



Talk to Your Health Care Provider

Picture Card 2.6

SAY

Prepare an emergency card with the following information, and keep it in your wallet:

- Name, relationship, and phone number of people to call if you have to go to the hospital
- Emergency numbers in your area
- Name and phone number of your doctor or clinic
- Your health problems
- Medicine you take
- Allergies you have
- Any other important information

Give copies of a blank wallet card to all the adults in your family to fill out and carry.

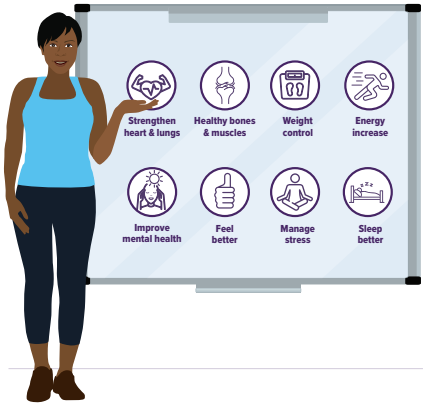
Create an Emergency Card

Picture Card 3.1

SAY

Physical activity can help you:

- Strengthen your heart and lungs
- Build and maintain healthy bones, muscles, and joints
- Control your weight
- Have more energy
- Improve your mental health and mood
- Feel better about yourself
- Manage stress
- Sleep better



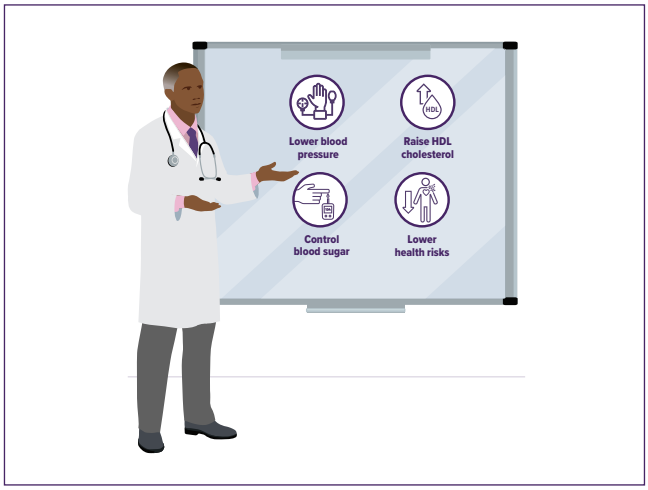
Health Benefits of Physical Activity

Picture Card 3.2

SAY

Physical activity also can help:

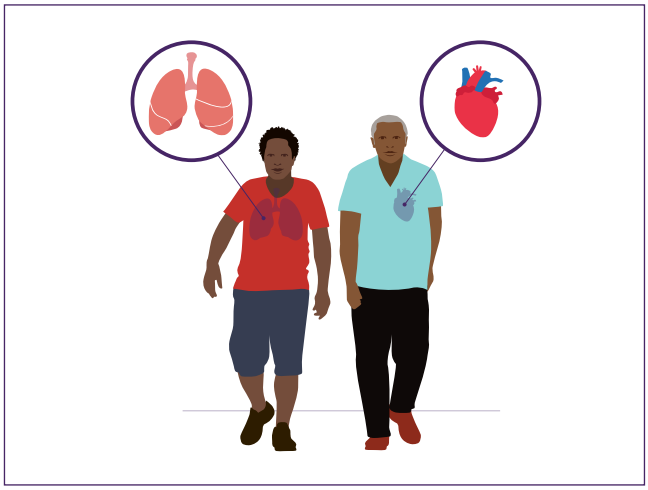
- Lower your blood pressure
- Raise the level of your HDL (the good) cholesterol
- Control your blood sugar
- Lower your risk of getting heart disease, diabetes, and cancer



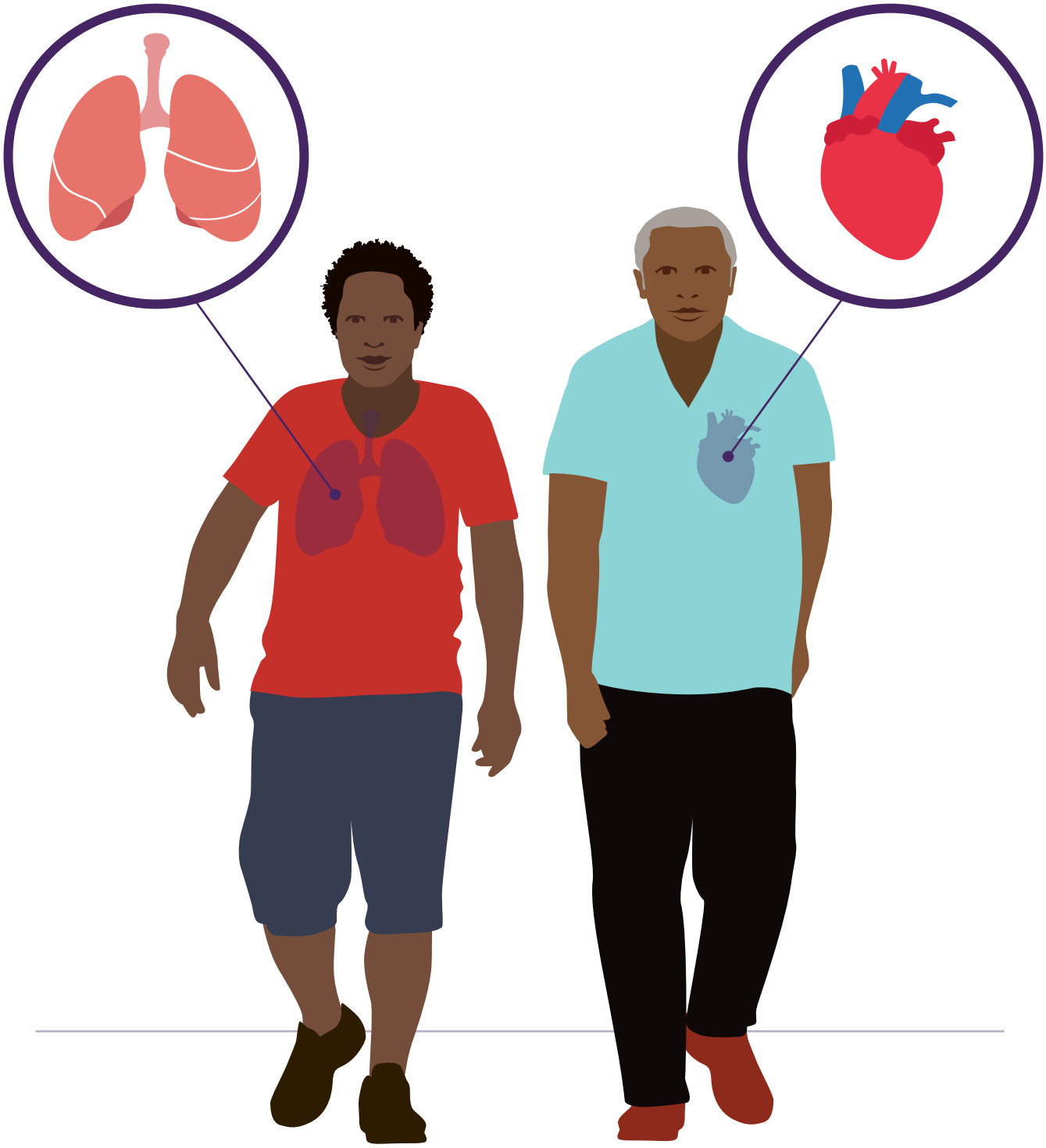
Other Health Benefits of Physical Activity

Picture Card 3.3

SAY Aerobic activity, like walking fast, is the best type of activity for your heart and lungs. During aerobic activity, your heart beats faster and you breathe harder than usual.



Health Benefits of Aerobic Activity

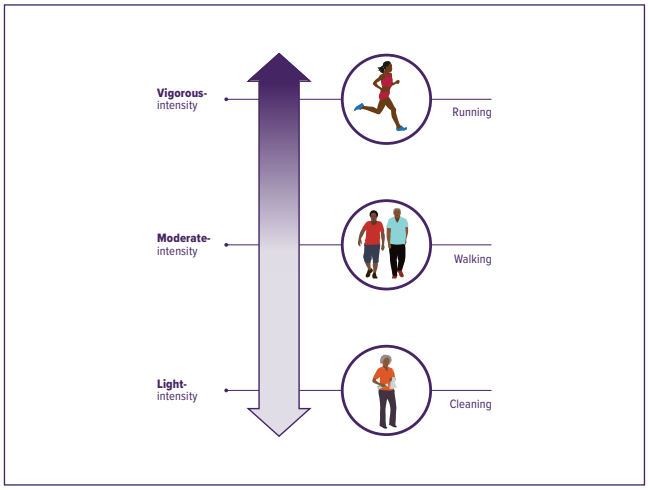


Picture Card 3.4

SAY

Intensity is how hard your body is working during your physical activity.

- **Light-intensity** activities, like cooking or picking up the house, don't require much effort.
- During a **moderate-intensity** activity, like taking a brisk walk, you should notice you're breathing harder and your heart is beating faster. You can still talk but singing would be hard.
- During **vigorous-intensity** activity, like playing a game of basketball or jogging, you're working even harder and you can't say more than a few words without stopping for a breath.
- Moderate and vigorous intensity is better for your heart than light intensity. But even light is better than doing nothing.



Physical Activity Intensity Levels

Vigorous- intensity

Running

Moderate- intensity

Walking

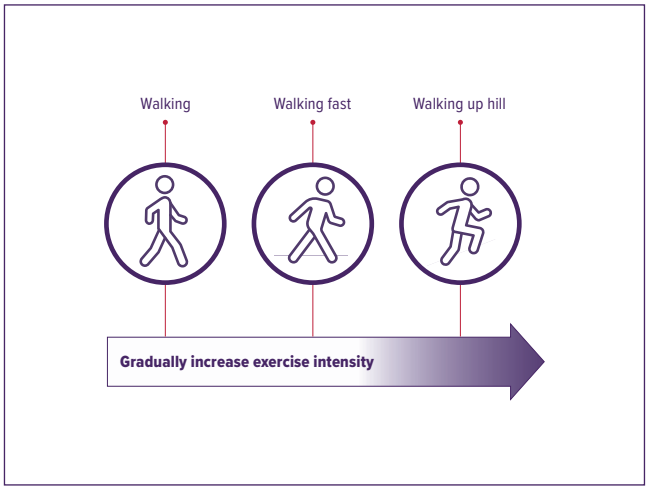
Light- intensity

Cleaning

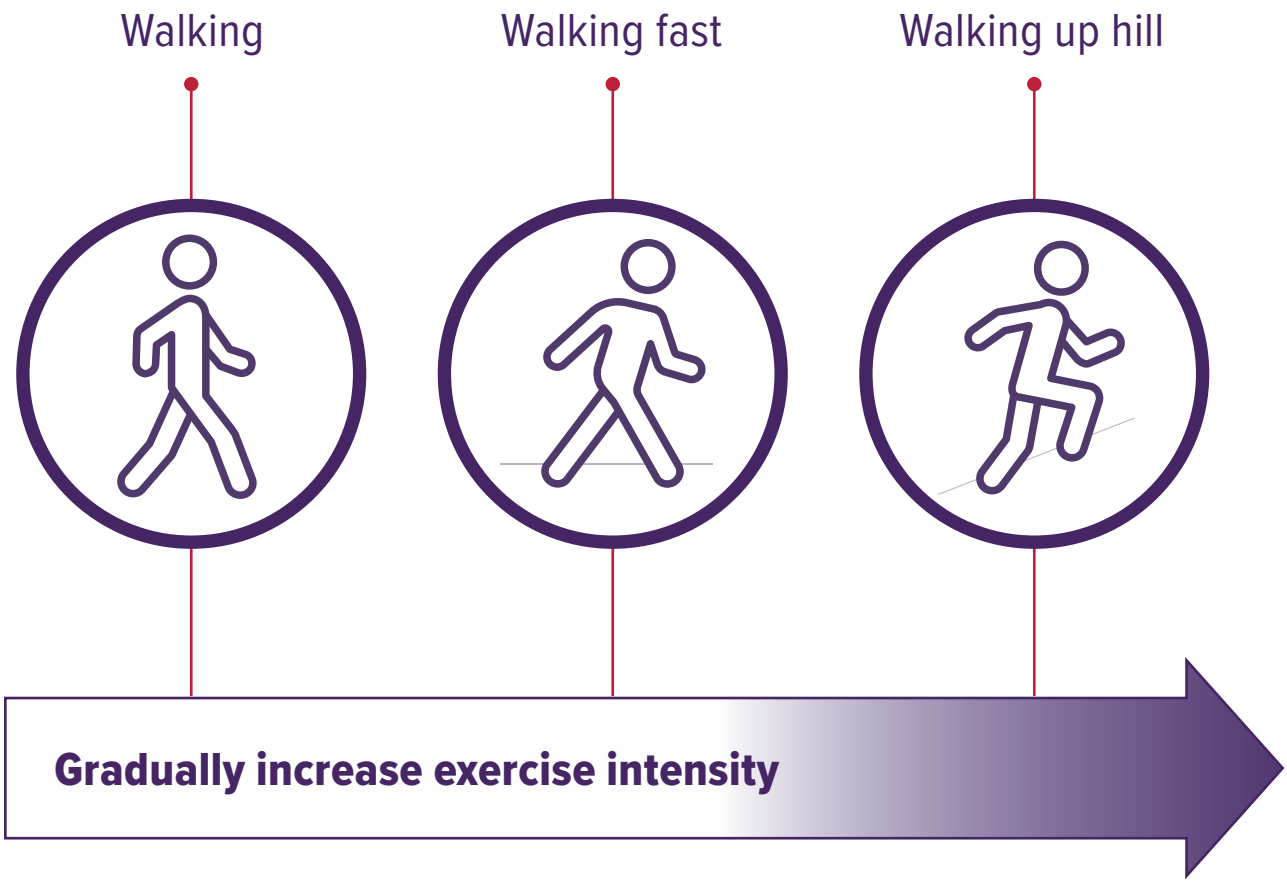
Picture Card 3.5

SAY

When you decide to become more physically active, increase your intensity gradually. For example, when you're comfortable walking slowly on flat ground, pick up the pace, then try some hills. You'll start to feel great!



Increasing Intensity Levels



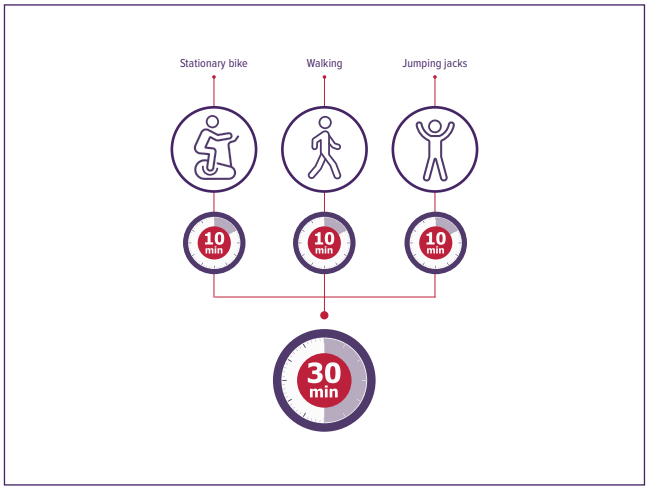
Picture Card 3.6

SAY

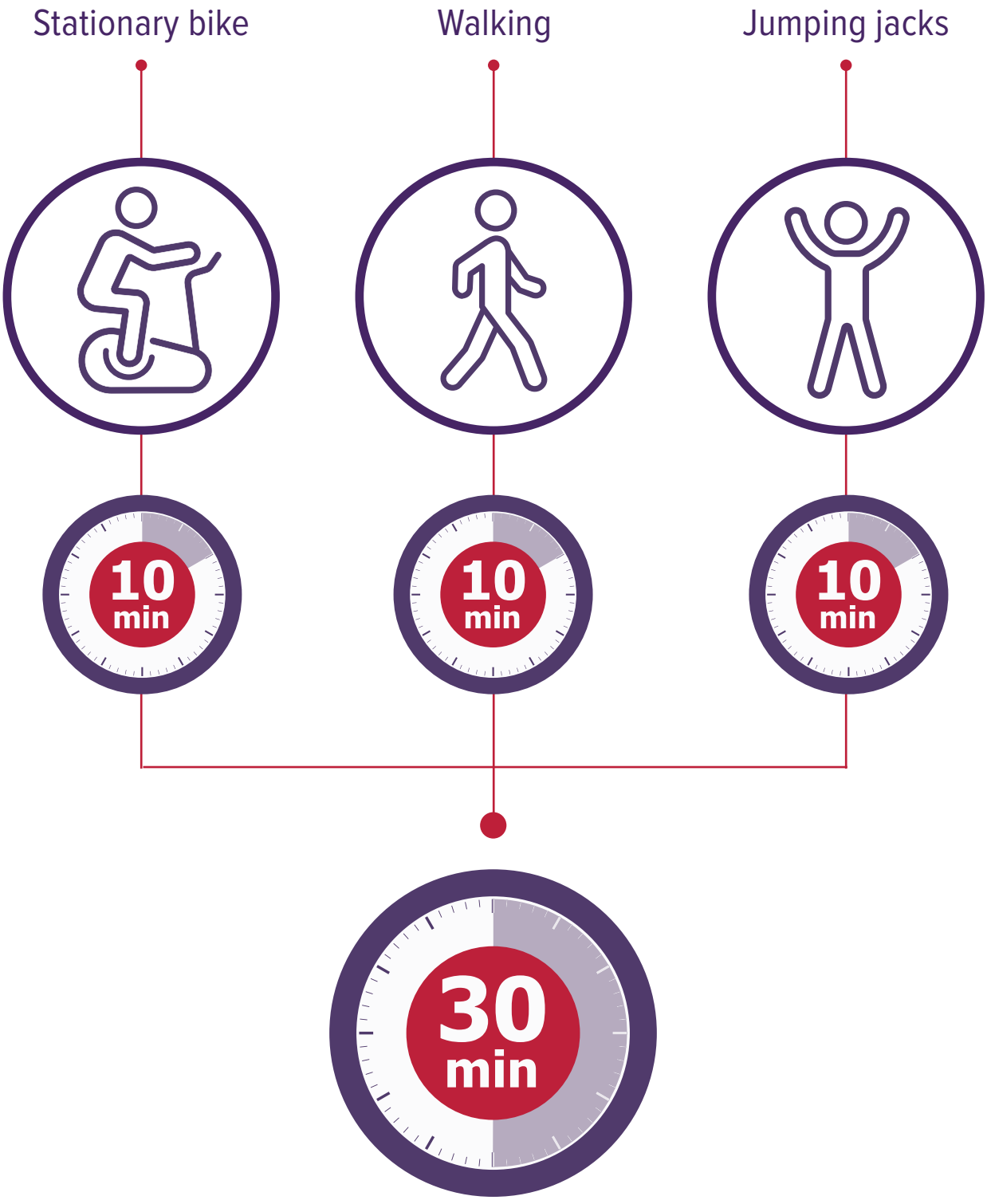
If you can't set aside a chunk of time during your day to be active, try shorter periods several times a day. It's the total time that's important.

For example, if you're aiming for **30 minutes** a day:

Walk or ride your stationary bike, if you have one, before going to work	10 min
Walk during a break at work	10 min
Jog in place and do jumping jacks later in the day, maybe while watching TV	10 min
	Total: 30 min



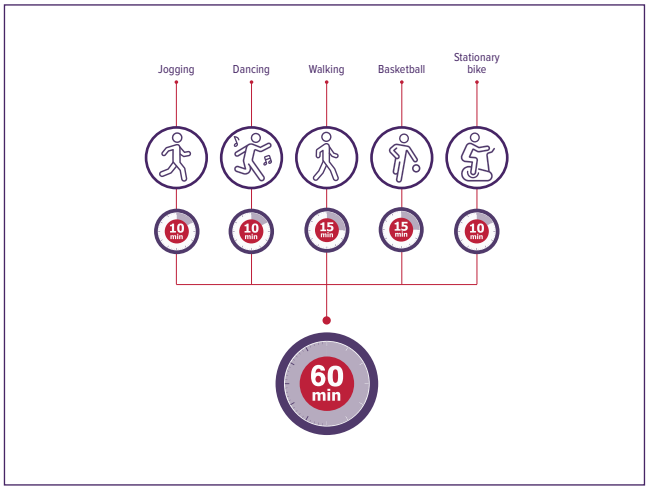
30 Minutes of Physical Activity



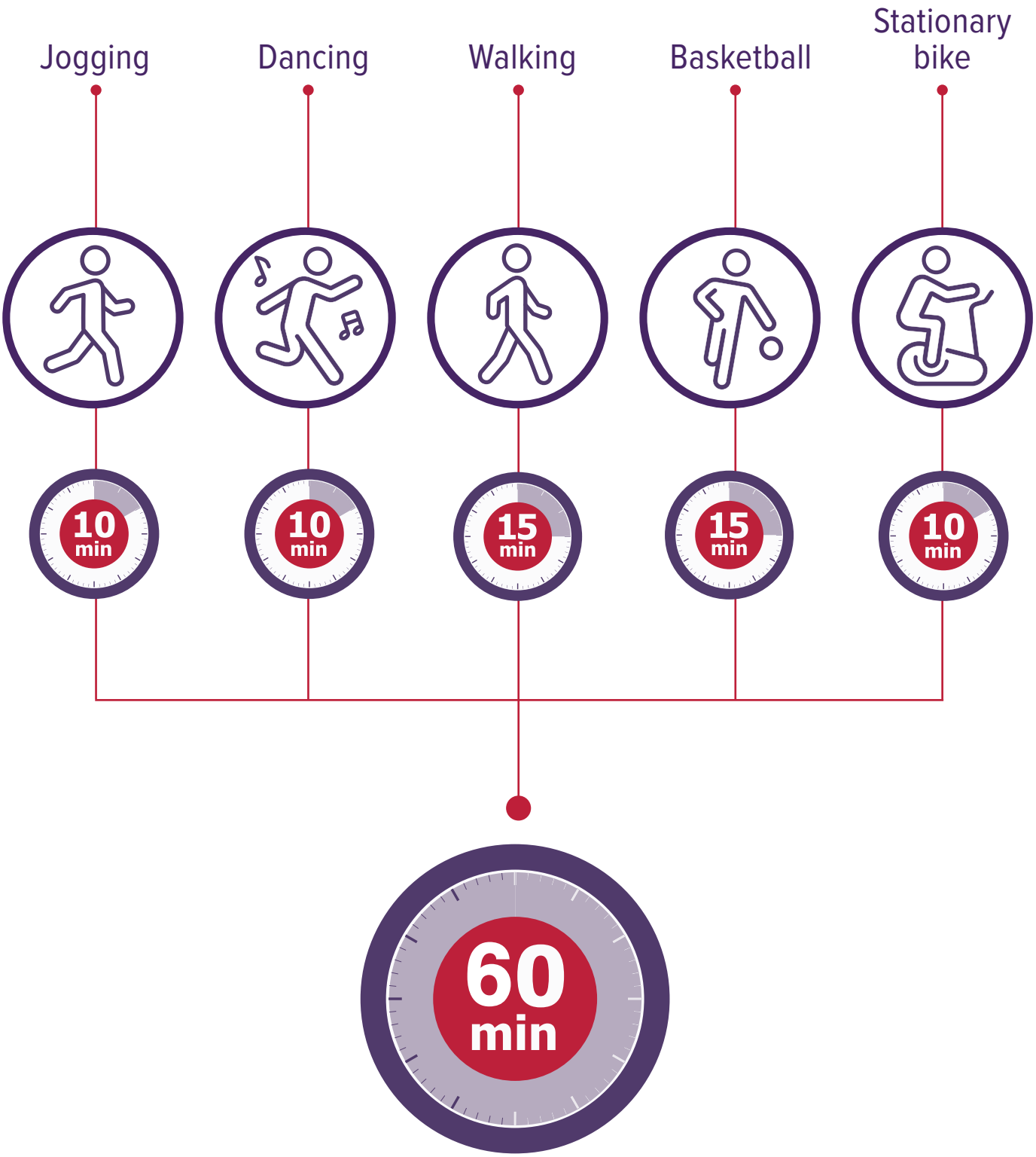
Picture Card 3.7

SAY If you have more time, you can build up to **60 minutes** a day:

Jog early in the morning	10 min
Dance before you shower and go to work	10 min
Take a brisk **walk** with coworkers during your lunch break	15 min
Play **basketball** with your friends or kids before dinner	15 min
Use your **stationary bike** while watching TV in the evening	10 min
	Total: 60 min



60 Minutes of Physical Activity



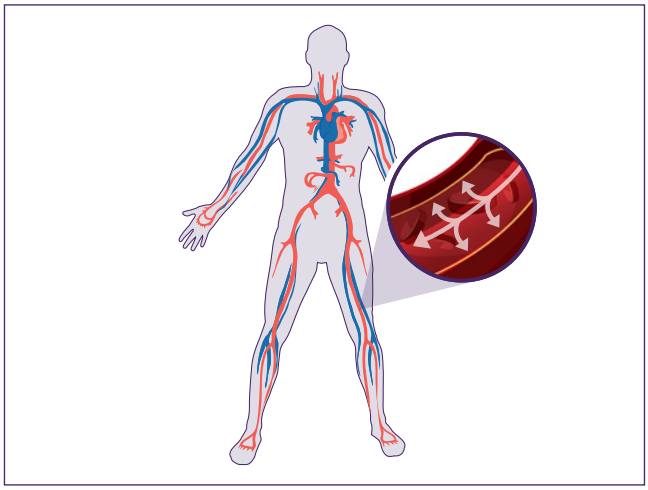
Picture Card 4.1

SAY

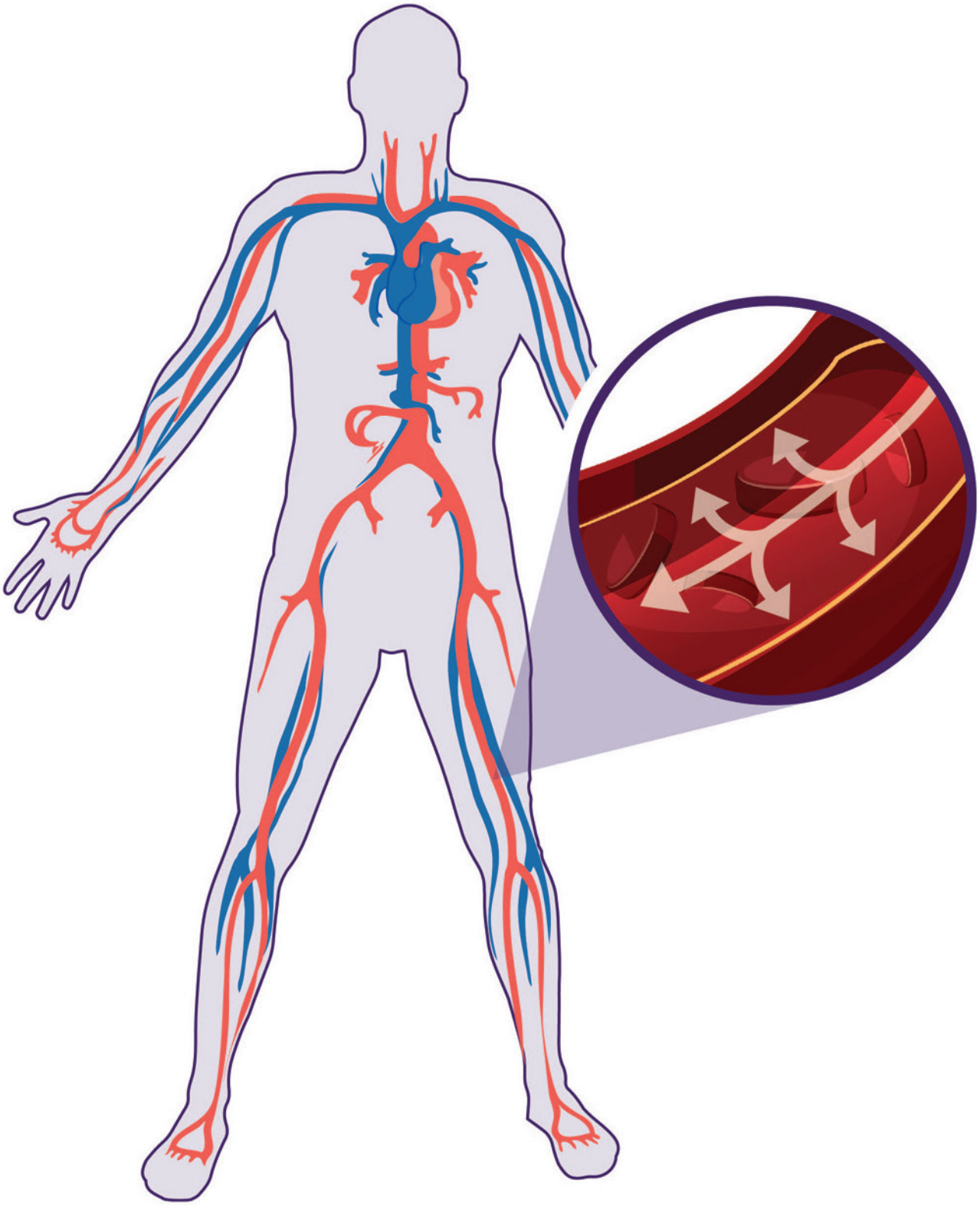
Blood pressure is the force of blood against the walls of your arteries.

High blood pressure is also called “hypertension.”

If you have high blood pressure, your heart has to pump harder than it should to get blood to all parts of your body.



Blood Pressure

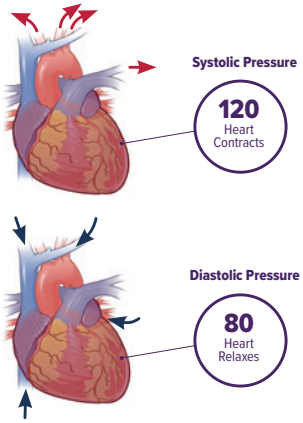


Picture Card 4.2

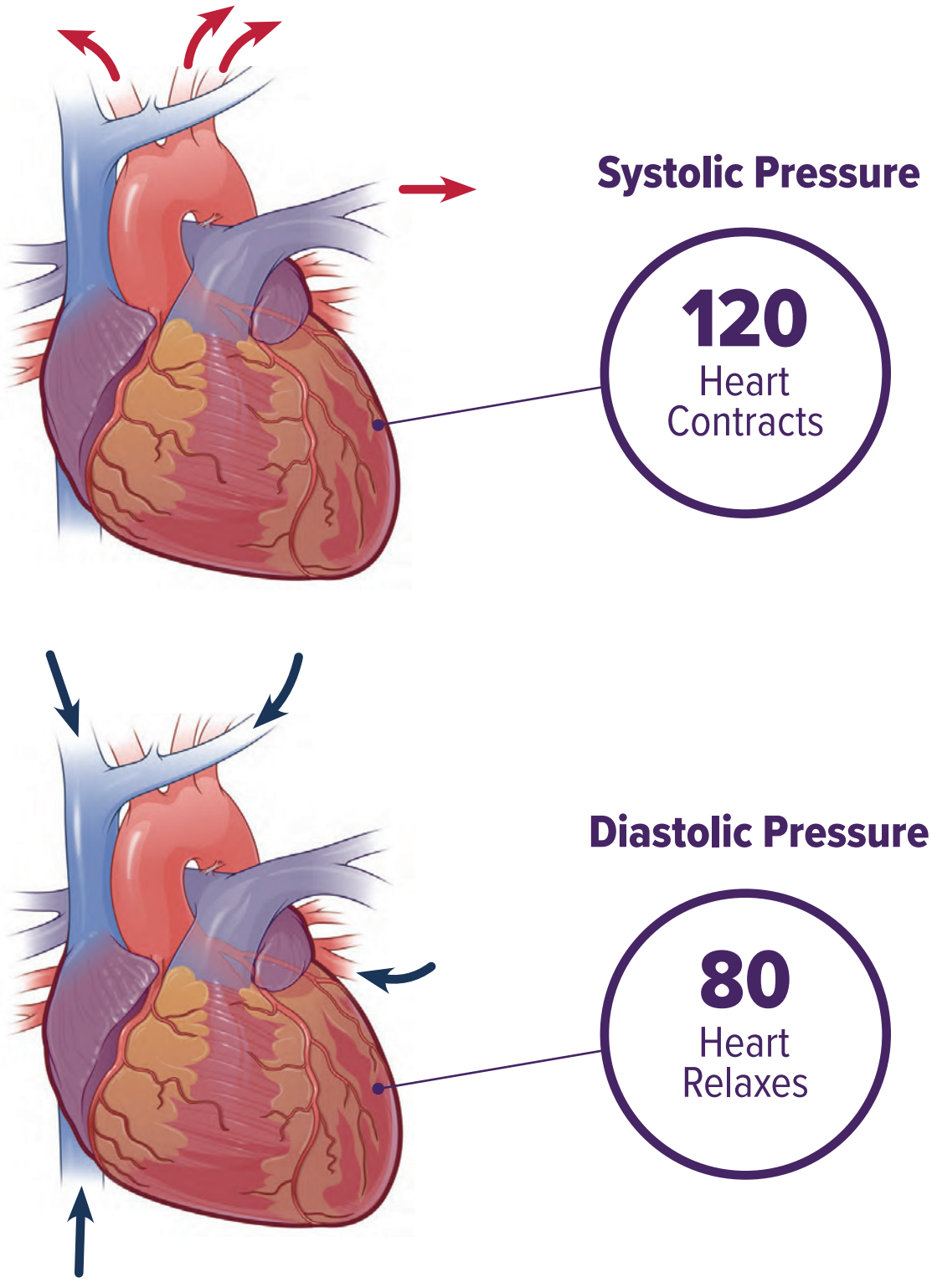
SAY

A blood pressure reading has two numbers, such as "120 over 80." The first or top number is your systolic (sis-TOL-ik) pressure. That's your pressure during a heartbeat. The other number, called diastolic (di-a-STOL-ik), is the pressure between beats, when your heart is resting.

It's important to keep track of your blood pressure numbers. Write down your numbers every time you have your blood pressure checked.



Blood Pressure Reading



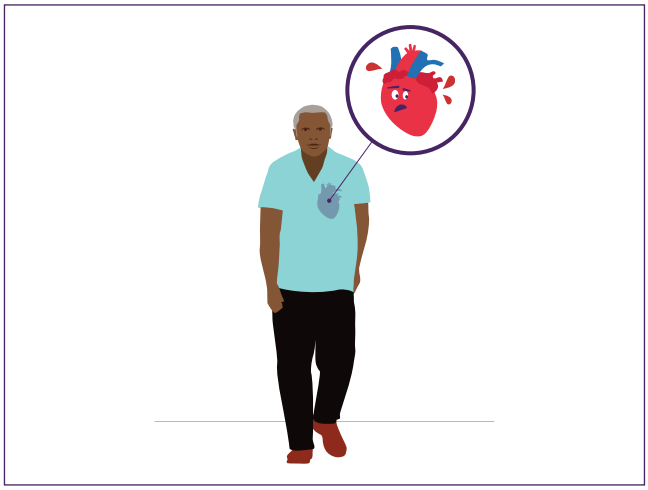
Picture Card 4.3

SAY

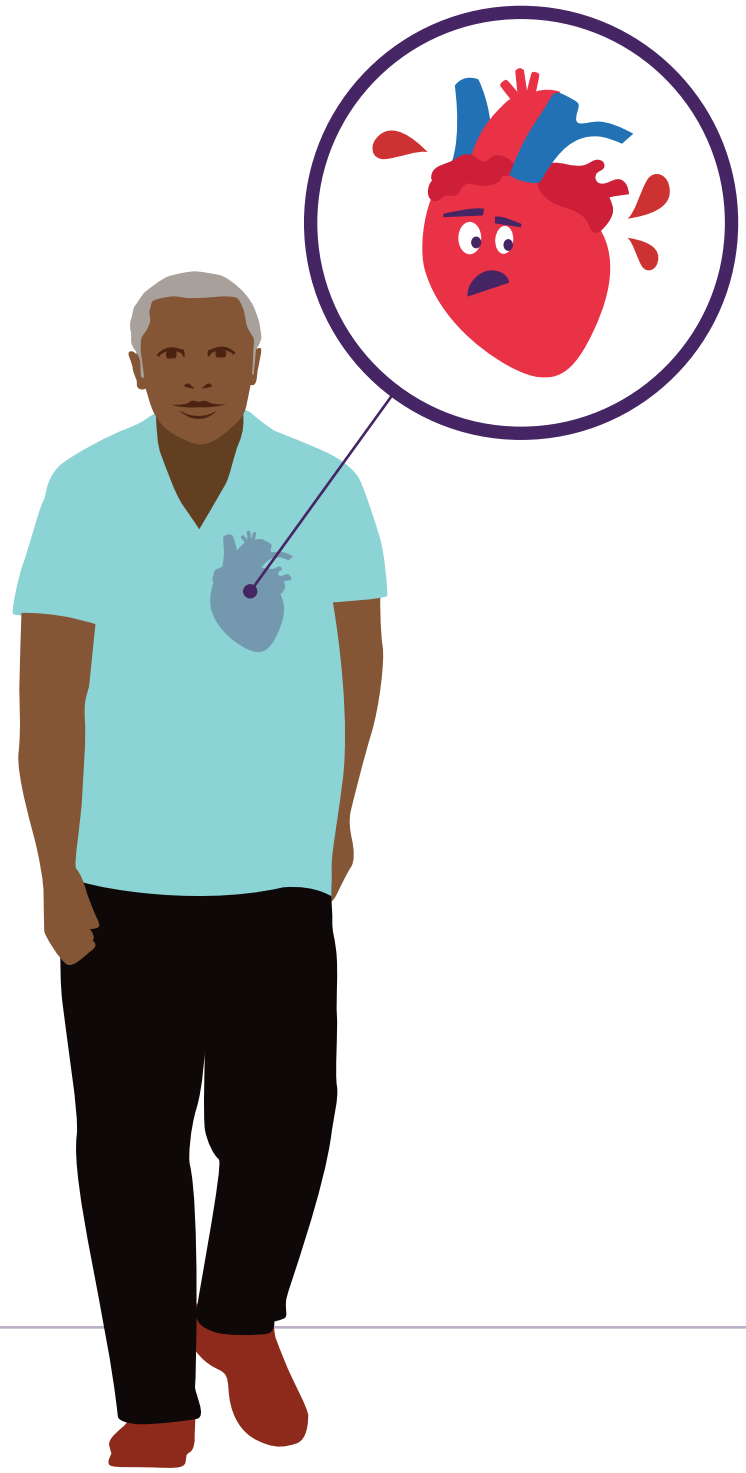
High blood pressure can lead to a stroke, heart attack, kidney problems, blindness, heart failure, and dying at a young age.

High blood pressure increases your risk of developing a serious condition called congestive heart failure. Heart failure doesn't mean your heart has stopped working—it means it can't pump enough blood to keep your body working normally.

African Americans are more likely than other racial or ethnic groups to have heart failure, to have symptoms of it at a younger age, and to die from heart failure.



High Blood Pressure



Picture Card 4.4

SAY

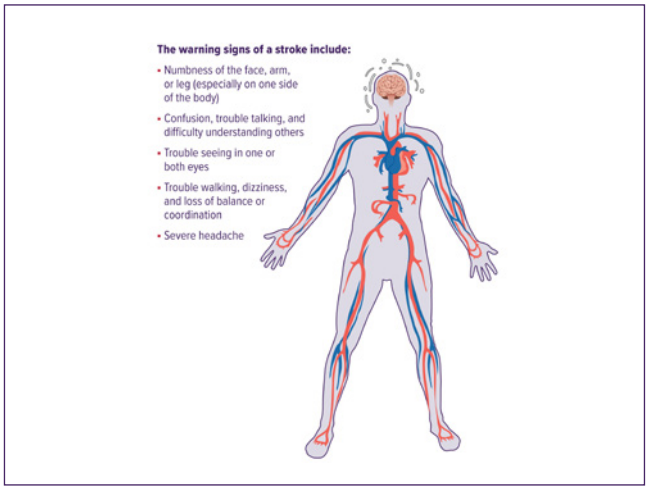
A stroke, also called a brain attack, can happen when a blood vessel bursts or when a clot blocks your arteries and damages brain cells.

A stroke is very serious and can disable or even kill you.

The warning signs of a stroke can develop over hours or days, or can happen suddenly.

The warning signs of a stroke include:

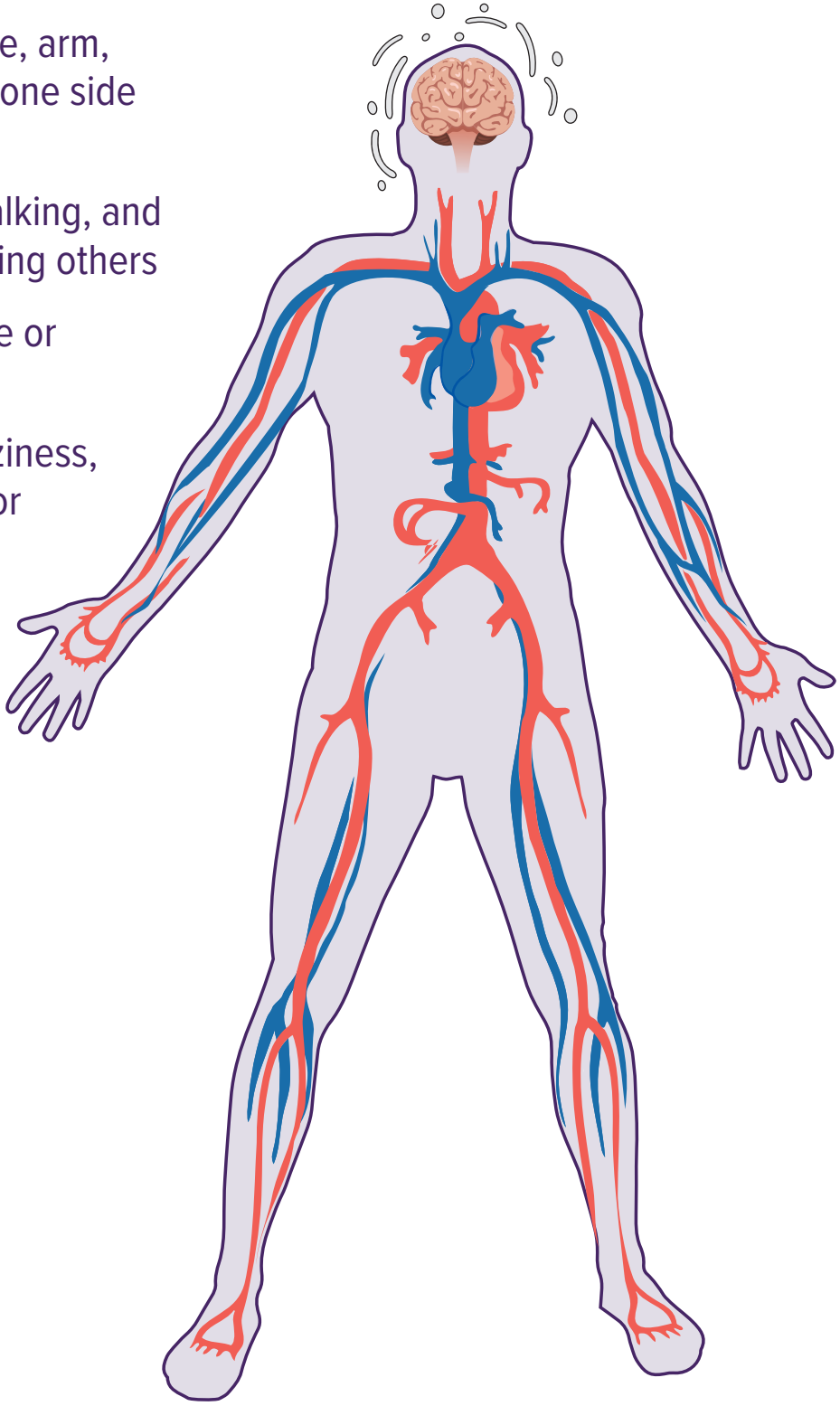
- Numbness of the face, arm, or leg (especially on one side of the body)
- Confusion, trouble talking, and difficulty understanding others
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, and loss of balance or coordination
- Severe headache



Stroke / Brain Attack

The warning signs of a stroke include:

- Numbness of the face, arm, or leg (especially on one side of the body)
- Confusion, trouble talking, and difficulty understanding others
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, and loss of balance or coordination
- Severe headache

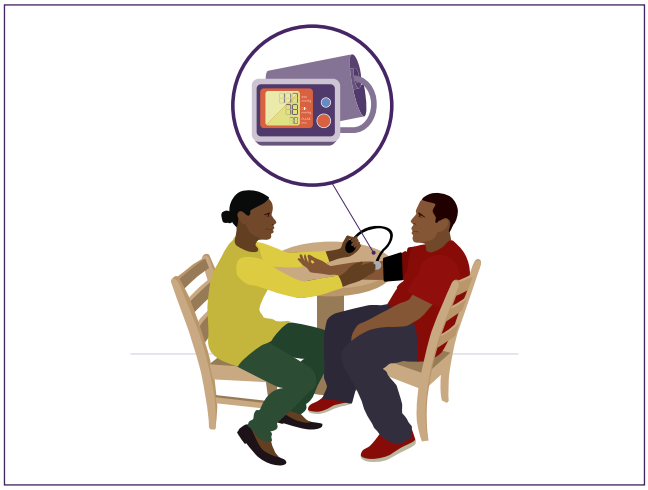


Picture Card 4.5

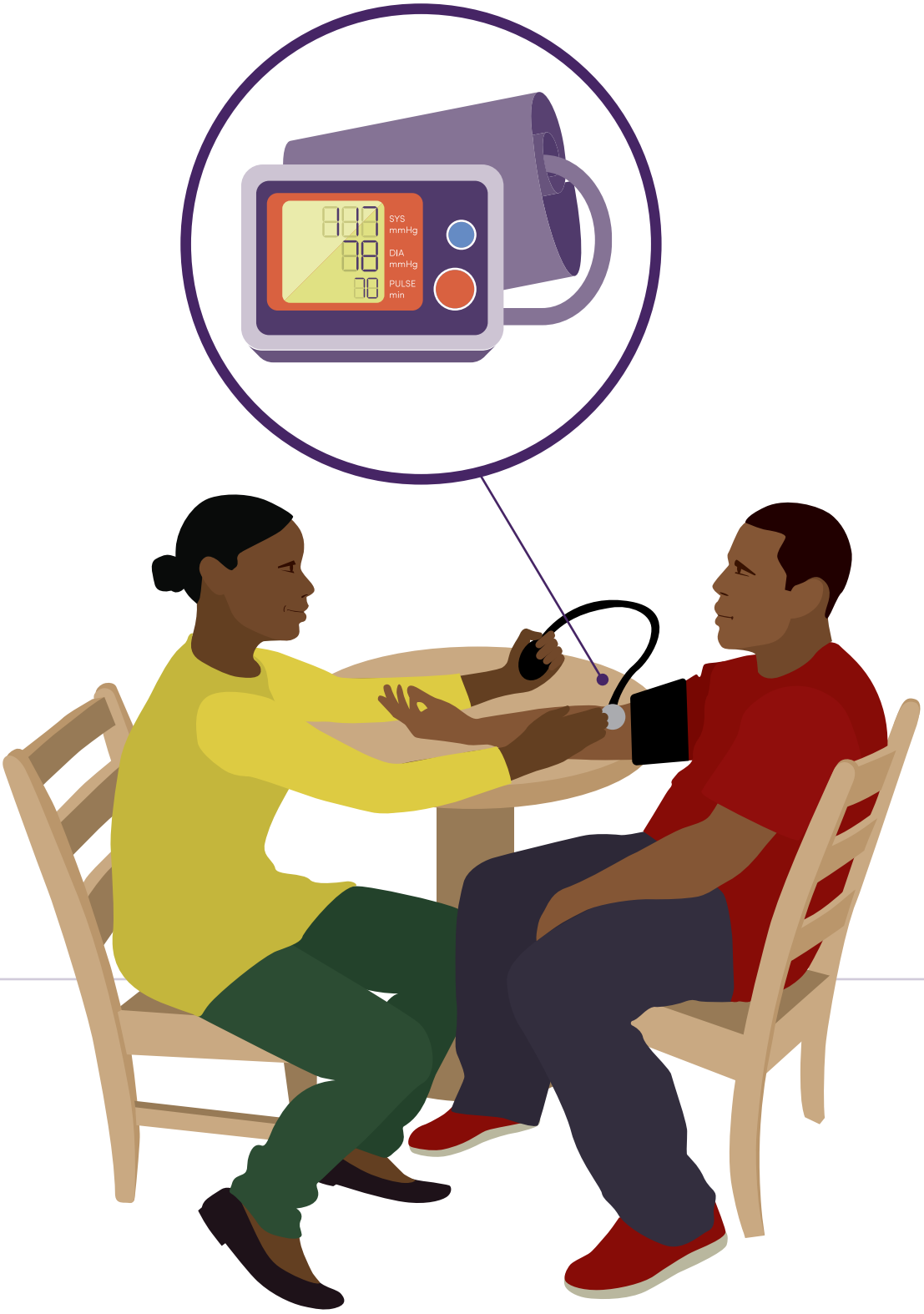
SAY

Measuring blood pressure is easy and doesn't hurt. Have yours checked at least once a year, or more often if you have high blood pressure.

Your health care provider may ask you to check your blood pressure at home if you have a home blood pressure monitor. You may be able to send readings to your doctor's office electronically.



Measuring Blood Pressure



Picture Card 4.6

SAY

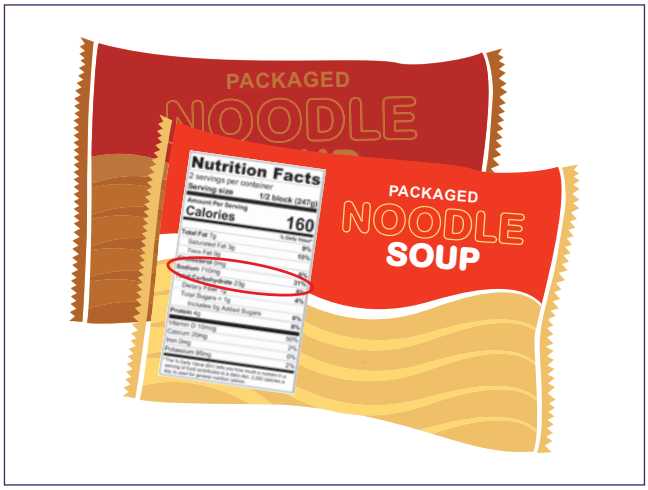
Let's talk about what foods are high in sodium. More than two-thirds of the sodium we eat comes from processed and restaurant foods. Some foods that are often high in sodium are:

- Prepared meats
- Prepackaged rice and pasta dishes
- Pizza
- Frozen dinners
- Salad dressings, seasonings, sauces
- Soups

Foods High in Sodium

Picture Card 4.7

SAY Checking the label on packaged foods is one of the best ways to make healthy choices. In this session, we'll learn how to use the food label to choose foods that are lower in sodium.



Labels on Packaged Food

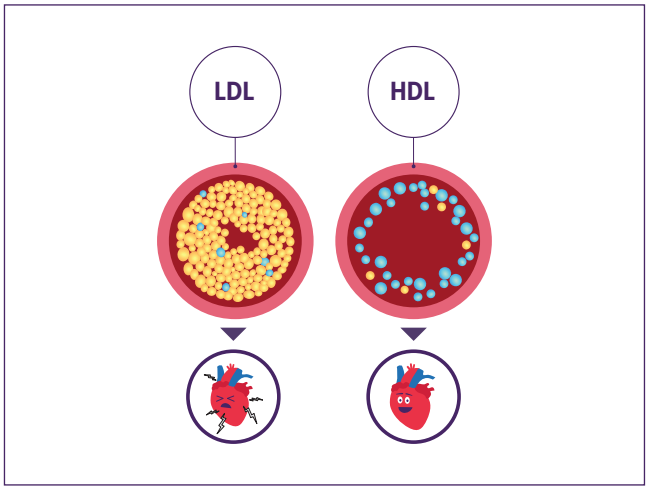
Picture Card 5.1

SAY

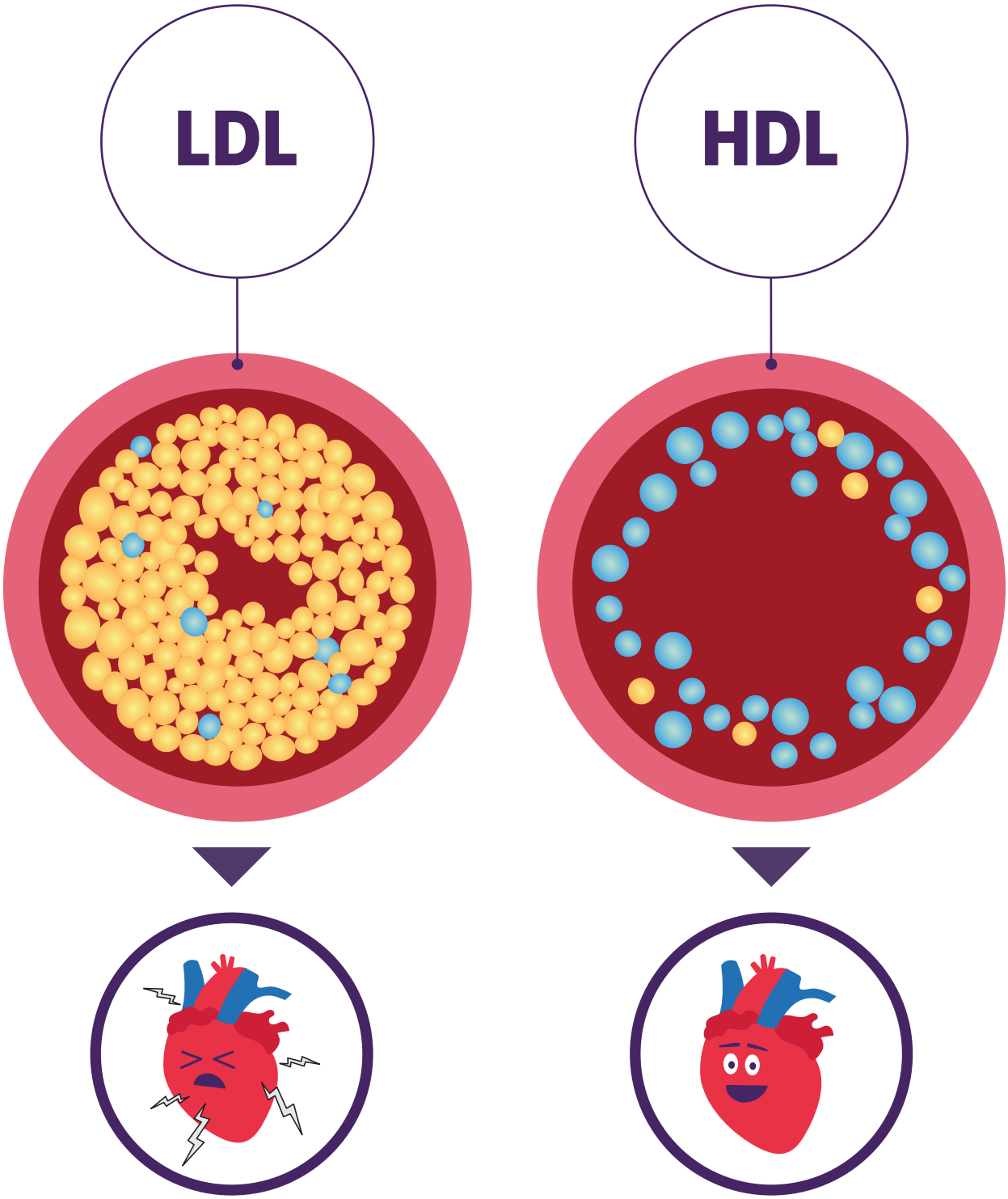
Small packages, called lipoproteins, carry cholesterol through your bloodstream. Two kinds of lipoproteins carry the cholesterol. One is LDL or "low-density lipoprotein." The other is HDL or "high-density lipoprotein."

LDL deposits cholesterol inside the arteries that carry blood to your heart and other parts of your body. Over time, cholesterol, along with other substances, form plaque inside your arteries and can prevent blood flow. That can cause chest pain or even a heart attack.

HDL helps your body get rid of cholesterol, so it doesn't build up inside your arteries.



Lipoproteins



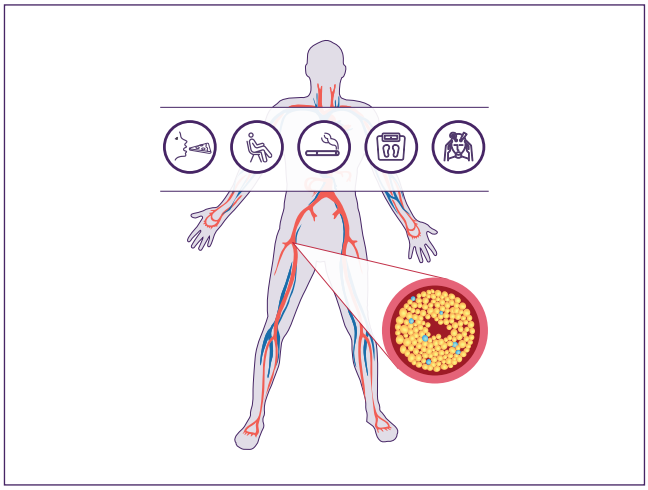
Picture Card 5.2

SAY

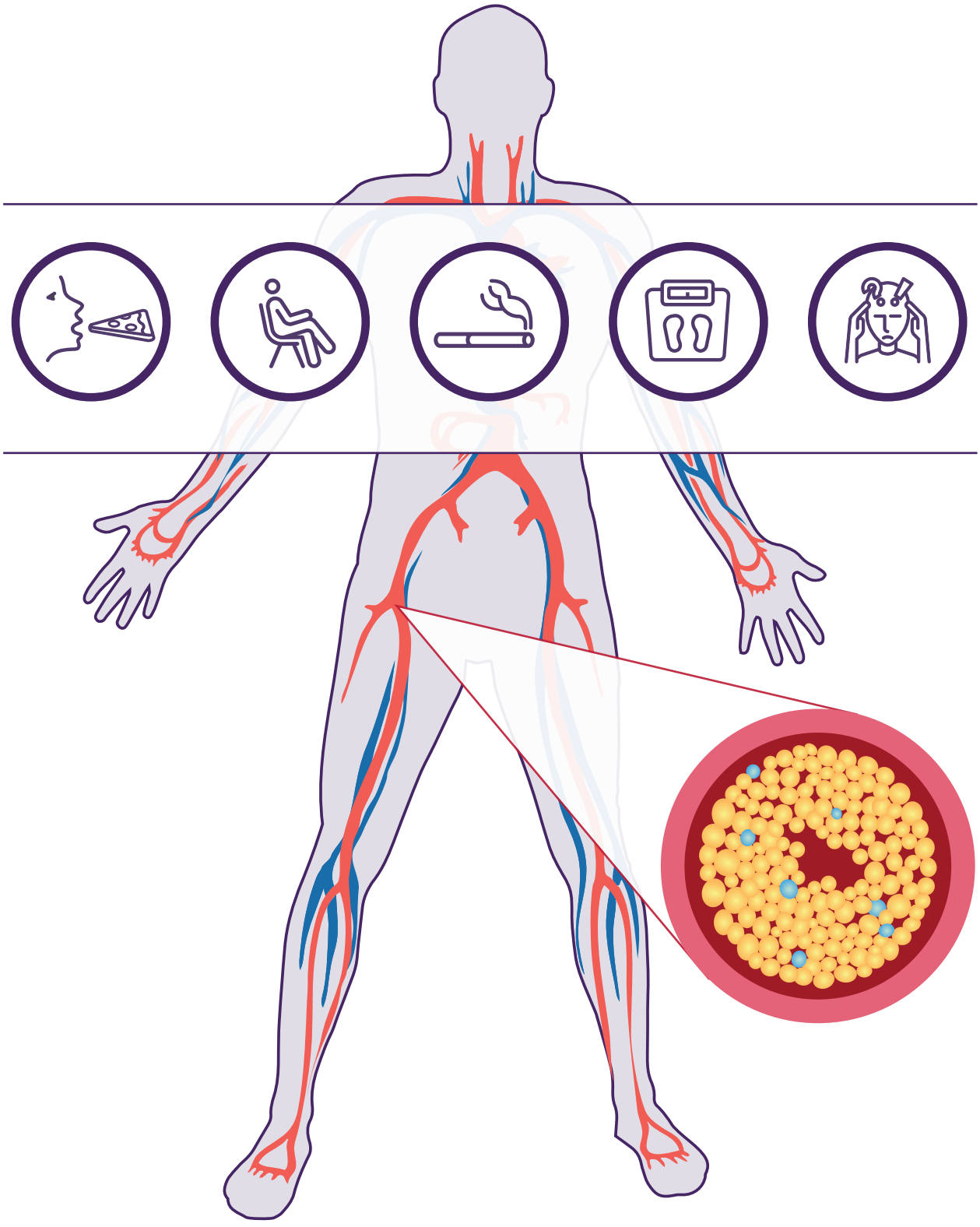
What affects your cholesterol levels? Some things you can't change, like your genes, age, some medical conditions, and also some medicines you may need to treat a serious condition.

Here's what raises our cholesterol levels that we can work on:

- Eating foods that are high in saturated fat, which increases your LDL.
- Not getting enough physical activity (inactivity has been linked to low HDL).
- Smoking is a double whammy. It lowers your HDL, particularly in women, and increases your LDL.
- Being overweight. Losing weight may lower your LDL.
- Having constant stress in your life may raise your LDL and lower your HDL.



Risk Factors for Cholesterol Levels



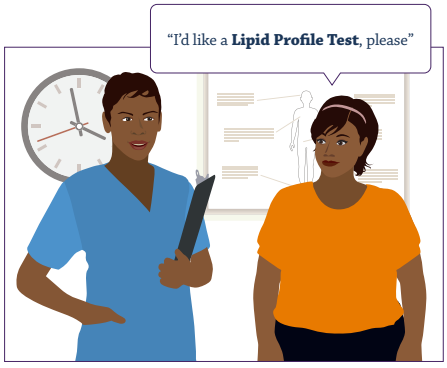
Picture Card 5.3

SAY

You can get a blood test to measure your cholesterol levels at a clinic or your health care provider's office, or a cholesterol screening event (such as a health fair).

The blood test done at the doctor's office is called a lipid profile. It tells you the levels of each type of fat in your blood, including your total cholesterol, LDL cholesterol, HDL cholesterol, and triglycerides. (We'll talk about triglycerides later.) Ask your doctor how to prepare for the test, including if you should fast (not eat) before the test.

Screening sites may measure only total cholesterol and sometimes HDL cholesterol. You may need to follow up with the doctor for a complete lipid profile.



Blood Test for Cholesterol Levels

Picture Card 5.4

SAY

The goal for LDL cholesterol level is different for everyone. It depends on the risk factors you have.

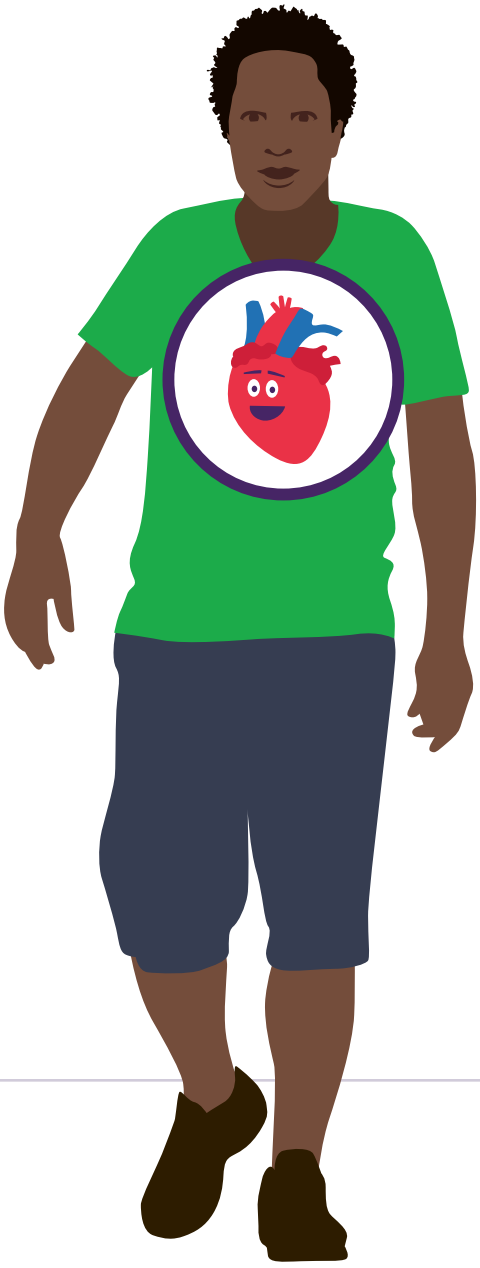
The number of risk factors—such as high blood pressure, low HDL, family history of heart disease, age, gender, and smoking—affects your LDL goal.

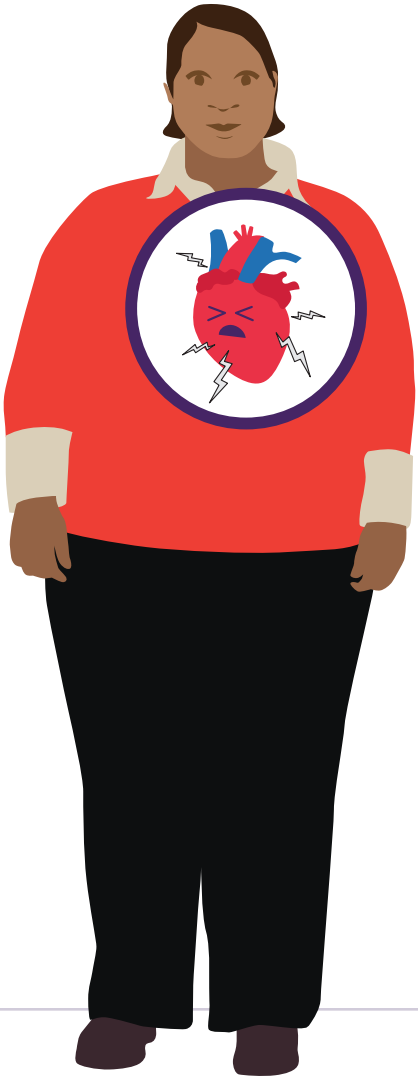
The higher your LDL level and the more risk factors you have, the greater your chances of developing heart disease or having a heart attack. Your health care provider can help you set a goal for your LDL level.

Cholesterol is measured in milligrams per deciliter (mg/dL). A healthy total cholesterol is less than 200 mg/dL. This number is for a person who doesn't have any risk factors for heart disease. Talk with your health care provider about what your cholesterol numbers should be. High cholesterol puts you at a higher risk for clogged arteries and heart attack..

Cholesterol Goals

A healthy total cholesterol is less than 200 mg/dL.



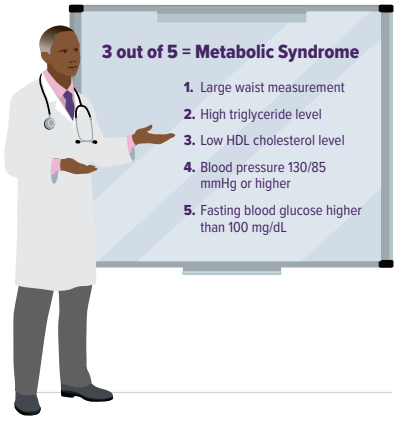


Picture Card 5.5

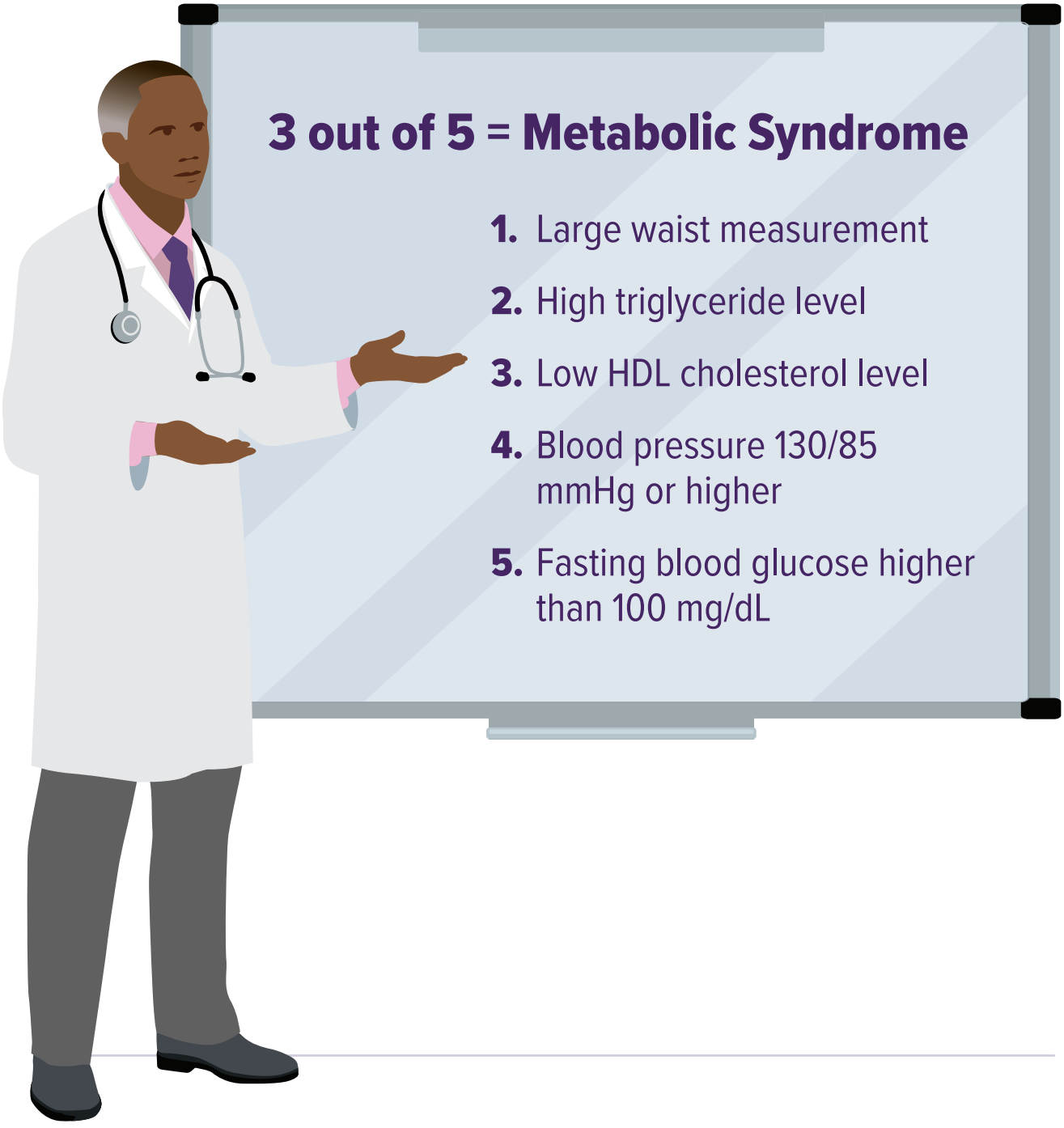
SAY

If you have three of the following, even if you're on medicine to treat them, you have metabolic syndrome:

1. A large waistline. Being overweight can be unhealthy, but excess fat in the stomach area is a particular risk factor for heart disease. This means:
   - Greater than 35 inches for women
   - Greater than 40 inches for men
2. A triglyceride level of 150 mg/dL or more
3. A low HDL (good) cholesterol level:
   - Less than 50 mg/dL for women
   - Less than 40 mg/dL for men
4. A blood pressure of 130/85 mmHg or higher
5. High blood sugar (above 100 mg/dL) when you have a fasting blood test. (Fasting means having nothing to eat or drink except sips of water.)



Metabolic Syndrome

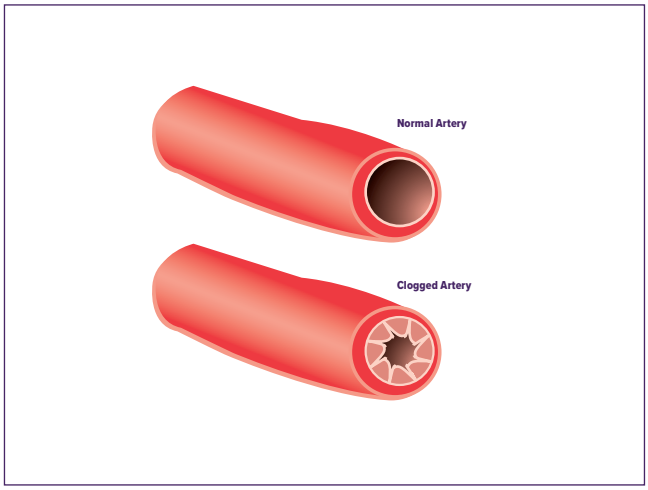


Picture Card 5.6

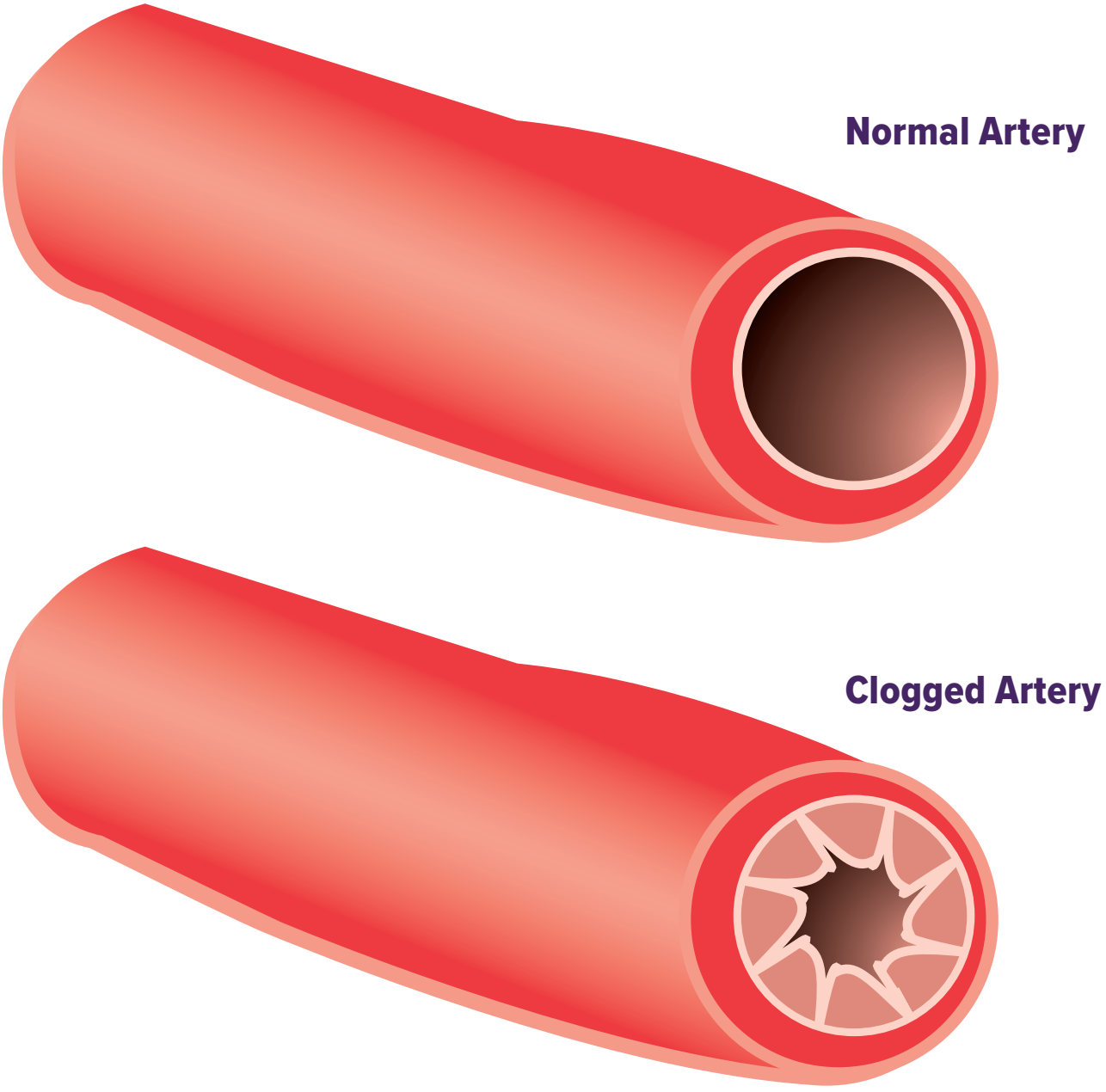
SAY

Blood flows freely to all cells of the body when arteries are healthy.

When your LDL cholesterol is too high, cholesterol and other substances, called plaque, may become trapped in the walls of the arteries, causing them to harden. The opening of the arteries can become clogged and narrowed.



High LDL Cholesterol in Arteries



Picture Card 5.7

SAY

Here are some foods that are high in saturated fat:

- Whole milk and full-fat dairy products (like regular cheeses, sour cream, and evaporated whole milk)
- Ice cream and whipped cream
- Fatty cuts of meat, such as chuck steak, regular ground beef, ribs, pork chops, bacon, pork sausage (kielbasa), and liverwurst
- Beef or pork hotdogs
- Foods fried in grease or lard (like chicken, fish, shrimp, and French fries)
- Butter
- Shortening
- Lard
- Skin from chicken, turkey, and pork
- Smothered meat and poultry dishes, such as smothered chicken or pork chops, made with animal fat or greasy gravies
- Oils such as coconut, palm, and palm kernel
- Some doughnuts, pastries, cakes, and cookies
- Cornbread, hushpuppies, spoonbread, and biscuits if made with lard, butter, or shortening

Foods High in Saturated Fat

Picture Card 5.8

SAY

Here are foods that have little or no saturated fat:

- Lean meats such as loin, round, and extra lean ground beef
- Fish and seafood
- Turkey bacon
- Poultry without the skin
- Beans
- Rice
- Tub margarine
- Fat-free and low-fat milk and cheese, yogurt, and evaporated milk
- Vegetable oil
- Breads (made without butter or lard)
- Fruits and vegetables

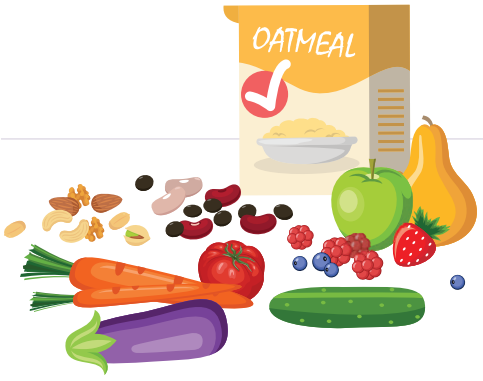
Foods Low in Saturated Fat

Picture Card 5.9

SAY

Soluble dietary fiber is in beans, peas, fruits, whole oats, oat bran, nuts, seeds, and vegetables.

For great sources of soluble fiber, cook your own dry beans or get low-sodium canned beans. Flavor with garlic and spices instead of salt.



Foods That Have Soluble Fiber

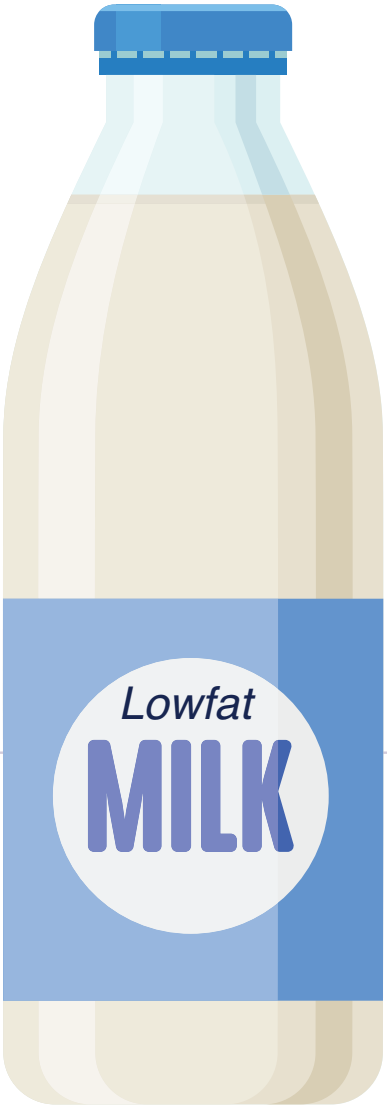
Picture Card 5.10

SAY

You don't have to give up a favorite food to eat a healthy diet. When a food you like is high in a nutrient you want to get less of, such as saturated fat or sodium, have a small portion, or balance it at other meals by eating foods that are low in that nutrient.

For a healthier heart, use nutrition facts labels to choose foods with less saturated fat. (But also avoid high sodium and high carbohydrate foods.)

Using Nutrition Labels for Healthy Choices

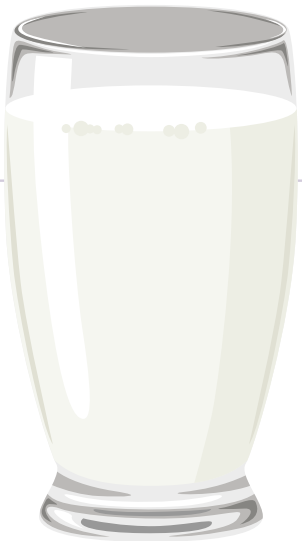


Nutrition Facts

8 servings per container

Serving size	**1 cup (244g)**
Amount Per Serving	
Calories	**80**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0.1g	**1%**
Trans Fat 0g	
Cholesterol < 5mg	**2%**
Sodium 100mg	**4%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 0g	**0%**
Total Sugars 12g	
Includes 0g Added Sugars	**0%**
Protein 8g	**16%**
Vitamin D 2.9mcg	15%
Calcium 298mg	25%
Iron 0.07mg	0%
Potassium 381mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Picture Card 6.1

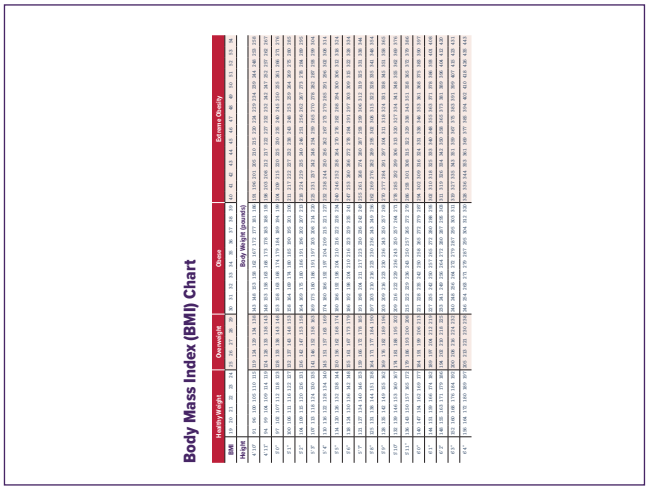
SAY

We're going to find out if James and Kayla have healthy weights, using the BMI (Body Mass Index) chart and the waist circumference.

BMI is a general measurement of body fat. Some adjustments are needed for muscular or very athletic people and older adults. The size of our waists can also show us if we need to lose weight.

James is 6 feet, 180 pounds, with a 35 inch waist. First, look for his height on the left side of the chart and circle it. Put your finger on the circled number and move your finger to the right until you find the number that lines up with his weight. That's his BMI. The shade of the square tells you if his weight is healthy, overweight, or obese. His BMI is 24, so James is a healthy weight.

Now we'll find Kayla's BMI (following the same steps). Kayla is 5 feet, 5 inches, 170 pounds. Her BMI is 28, so she's overweight.



Picture Card 6.1

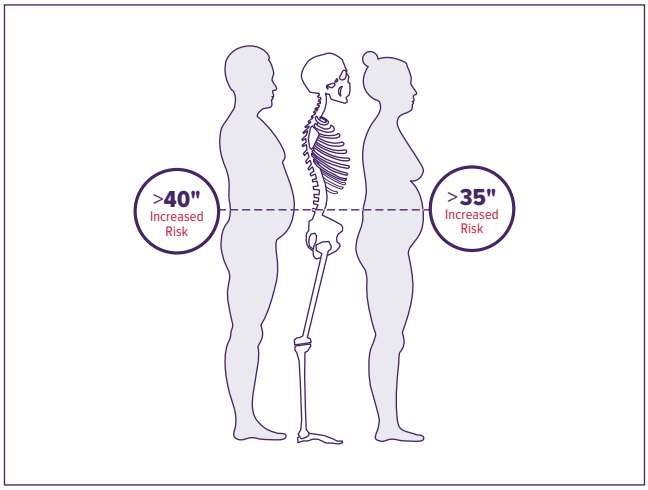
Body Mass Index (BMI) Chart

Healthy Weight							Overweight					Obese										Extreme Obesity																			
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54
Height	**Body Weight (pounds)**																																			
4' 10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258
4' 11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	232	242	247	252	257	262	267
5' 0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276
5' 1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	253	259	264	269	275	280	285
5' 2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295
5' 3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304
5' 4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314
5' 5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324
5' 6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334
5' 7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344
5' 8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354
5' 9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365
5' 10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376
5' 11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386
6' 0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397
6' 1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408
6' 2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420
6' 3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431
6' 4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443

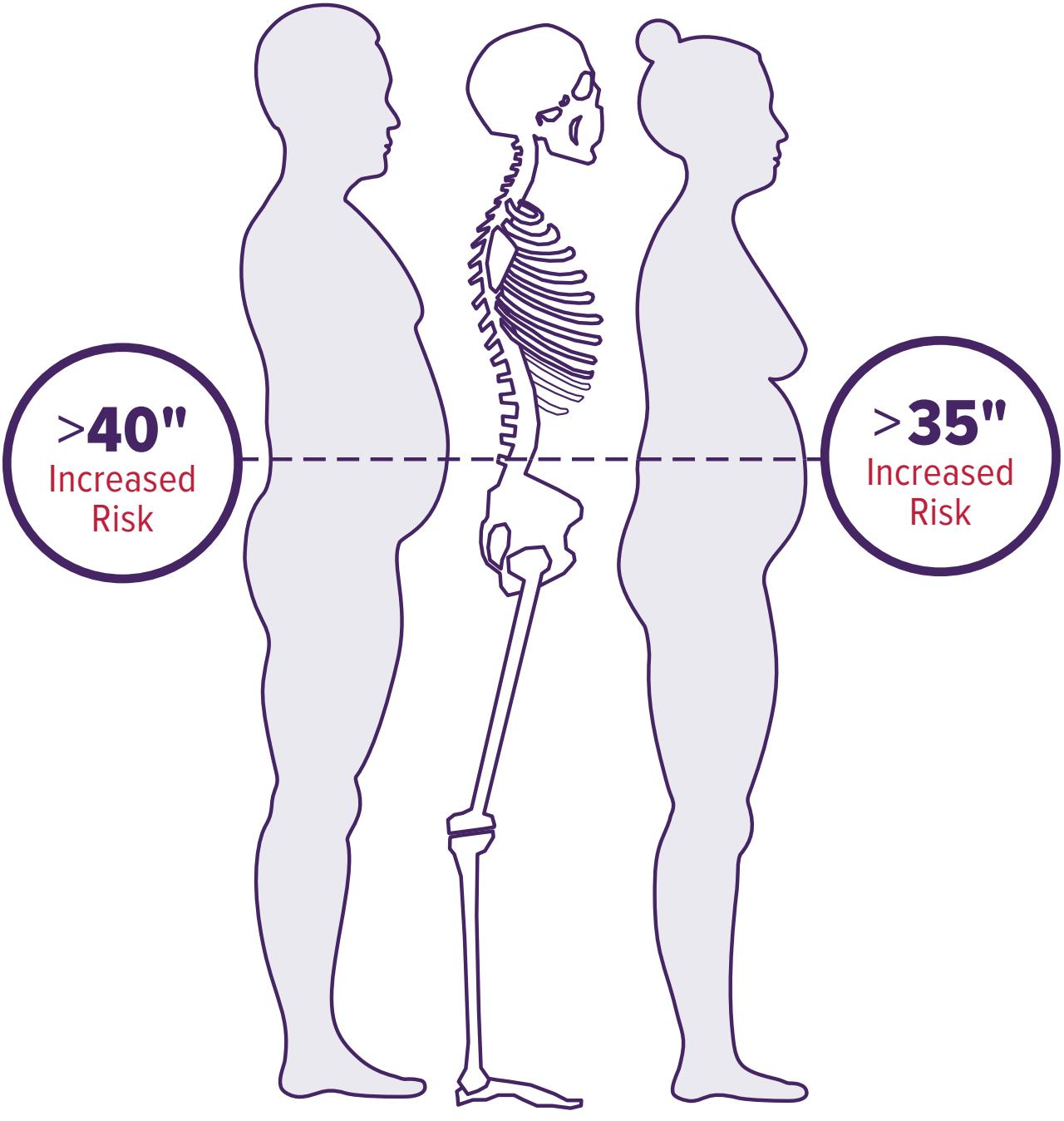
Picture Card 6.2

SAY

Write down your waist measurement, and check off whether it's healthy or high. Greater than 35 inches for women and 40 inches for men is high and increases your risk for heart disease.



Waist Measurement



Picture Card 6.3

SAY

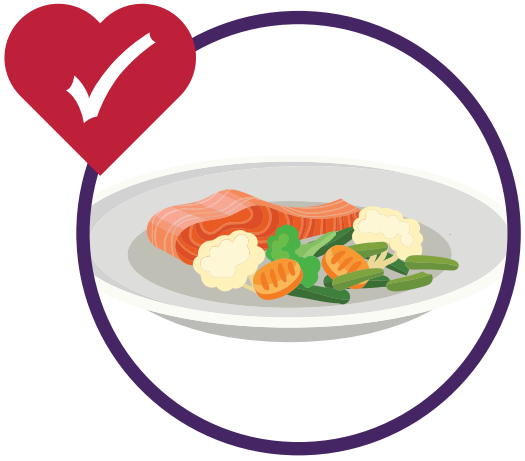
Your plan for losing weight and keeping it off needs to include:

- Being more physically active
- Having smaller portions
- Eating foods that are lower in saturated fat, carbohydrates (“carbs”), and calories.

Plan for Losing Weight and Keeping It Off

Be more physically active

Eat smaller portions



Eat foods that are lower in fat, carbs, and calories

Picture Card 6.4

SAY

Weight loss is a moneymaking business. Miracle diets and certain dietary supplements claim to help you lose weight quickly and easily. But they make only one thing lighter—your wallet. They can also make you sick.


LOSE WEIGHT!
30 Pounds in 30 Days
ONLY
$30
1-800-FRAUD

Picture Card 6.5

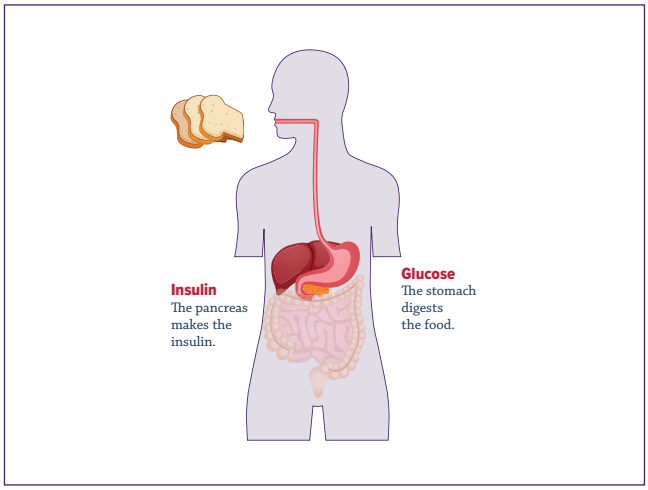
SAY Here's where you find the number of calories in one serving. This is a label for sweetened ice tea.

Sweet Tea Calories

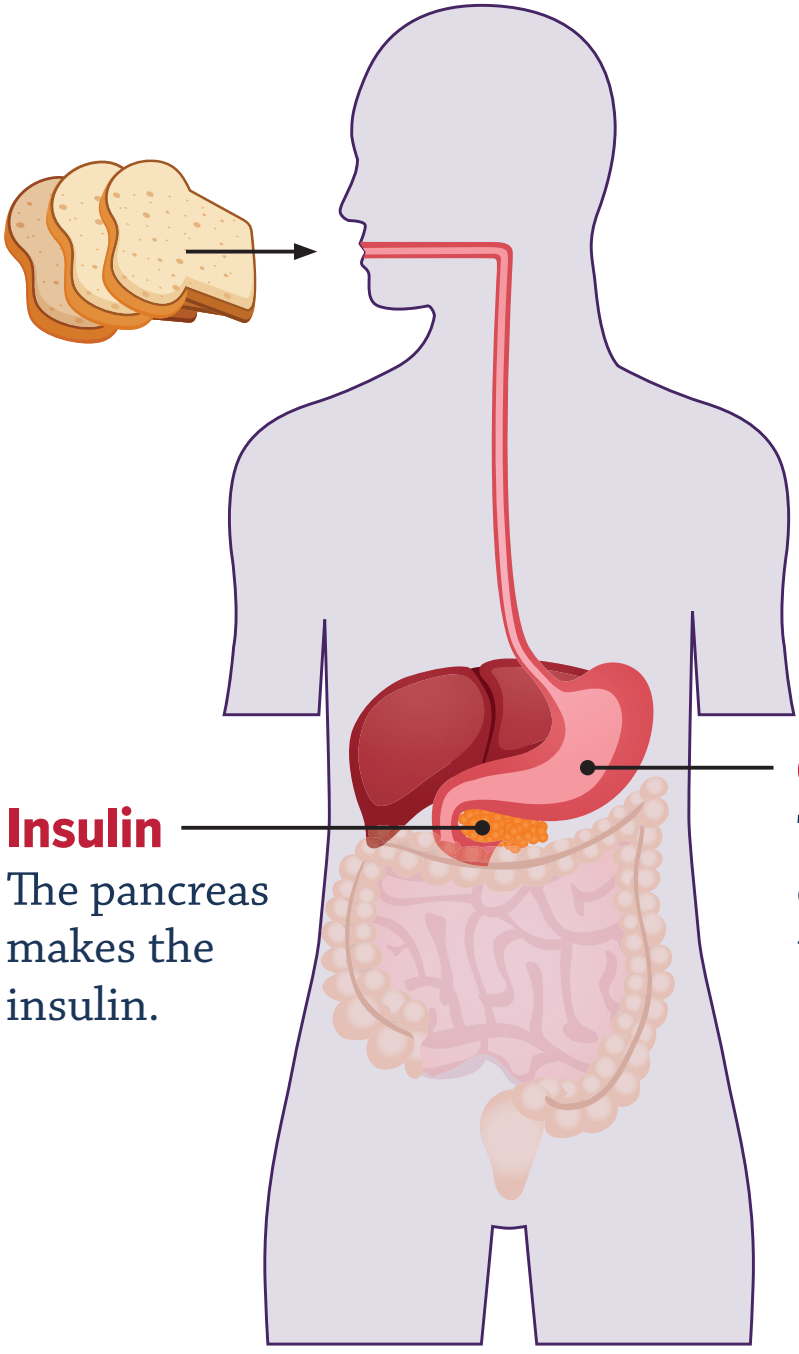
Picture Card 7.1

SAY

Normally, the food we eat breaks down into glucose, which is a type of sugar. Blood carries that sugar to our cells, where our body turns it into energy. For the sugar to get into our cells, it needs help from a hormone called insulin.



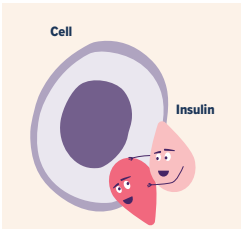
How the Body Breaks Down Food



Picture Card 7.2

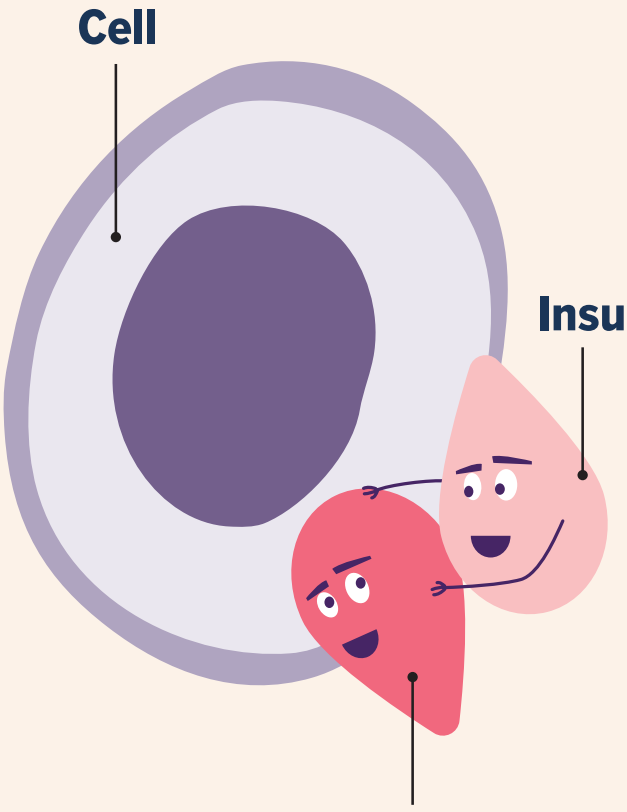
SAY

Diabetes is when the body can't make enough insulin or when cells can't use it well. Both cause sugar to build up in our blood. People who have a lot of sugar in their blood have diabetes.



Insulin helps the glucose (sugar) go into the cells.

Insulin and Glucose



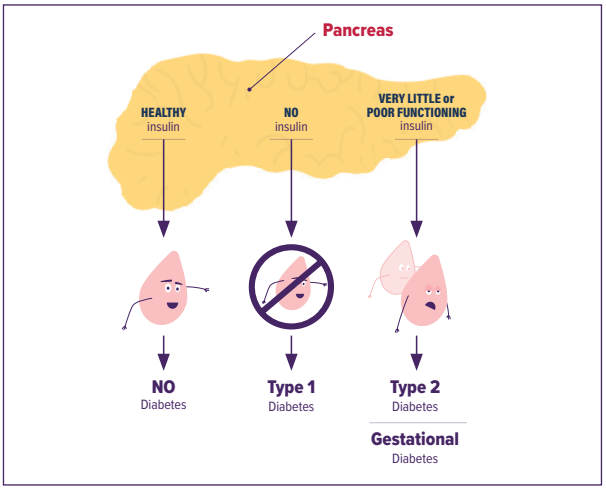
Insulin helps the glucose (sugar) go into the cells.

Picture Card 7.3

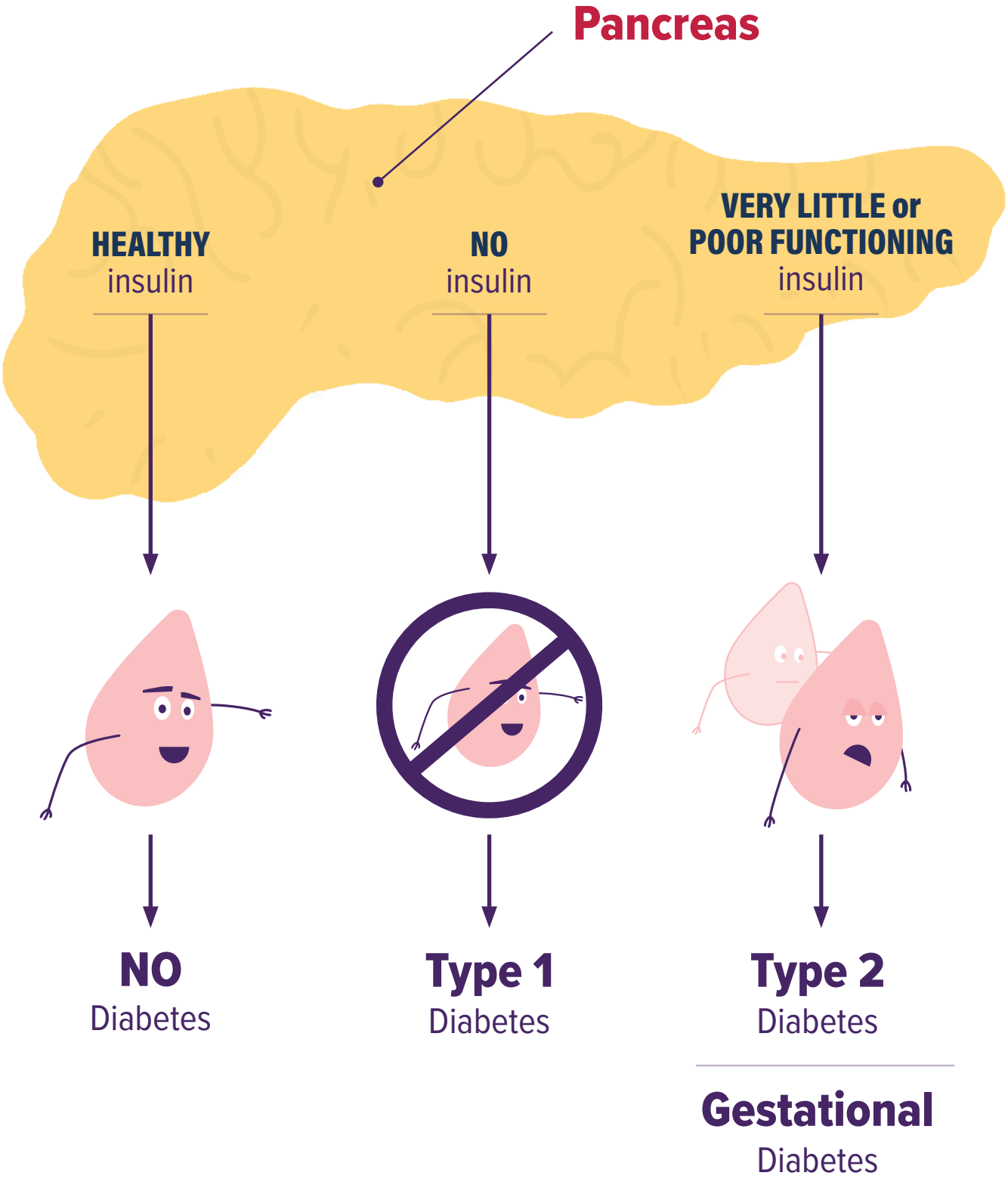
SAY

There are three main types of diabetes.

- **Type 1 diabetes** most often occurs in children or young adults. It's caused by an autoimmune reaction, which is when the body's immune system, designed to fight off infections, mistakenly attacks healthy cells instead. In type 1 diabetes, the reaction destroys the insulin-making cells in an organ called the pancreas.
  - People with type 1 diabetes have to give themselves insulin, usually by injections or a pump.
  - Only about 5 percent of people with diabetes have type 1.
- **Type 2 diabetes** can happen at any age, but it's more common after age 45. If you have type 2 diabetes, your body makes some insulin, but not enough. Also, your cells aren't very good at using the insulin.
  - If you have type 2, you may need to take medication.
  - Type 2 is becoming more common in children.
- **Gestational diabetes** occurs only when a woman is pregnant.
  - Every year 2 to 10 percent of women in the United States develop gestational diabetes. It goes away after the baby is born. However, about half of all women who had it get diabetes later in life.
  - Women are at risk for gestational diabetes if they're older than age 25, are overweight, or have a family history of type 2 diabetes.
  - African American women are more likely than white women to get gestational diabetes.
  - Women with a hormonal disorder called polycystic ovary syndrome (PCOS) are at risk for developing gestational diabetes.
  - Children born to mothers with gestational diabetes are at a higher risk for becoming overweight and developing diabetes.



Main Types of Diabetes



Picture Card 7.4

SAY

Your risk of getting diabetes increases if you:

- Have prediabetes
- Are age 45 or older
- Are overweight, especially if you have extra weight around your waist
- Are physically inactive
- Have a parent, brother, or sister with diabetes
- Are African American, Hispanic/Latino American, Alaska Native, American Indian, Asian American, Native Hawaiian, or Pacific Islander
- Had gestational diabetes or had a very large baby (weighing more than 9 pounds)
- Have high blood pressure
- Have depression
- Have polycystic ovary syndrome, also called PCOS
- Have acanthosis nigricans, which is a condition that causes dark, thick, velvety skin around your neck or armpits

Some Risk Factors for Diabetes

Picture Card 7.5

SAY

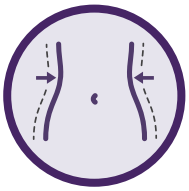
If you have any of these symptoms, get your blood sugar level tested right away:

- Having to pee a lot, often at night
- Feeling very thirsty
- Losing weight without trying
- Feeling very hungry
- Having blurry vision
- Feeling numbness or tingling in your hands or feet
- Having dry skin
- Feeling very tired
- Having sores that heal slowly
- Having more infections than usual

Diabetes Symptoms

Having to pee a lot, often at night

Feeling very thirsty



Losing weight without trying

Numbness or tingling in hands or feet

Feeling very tired

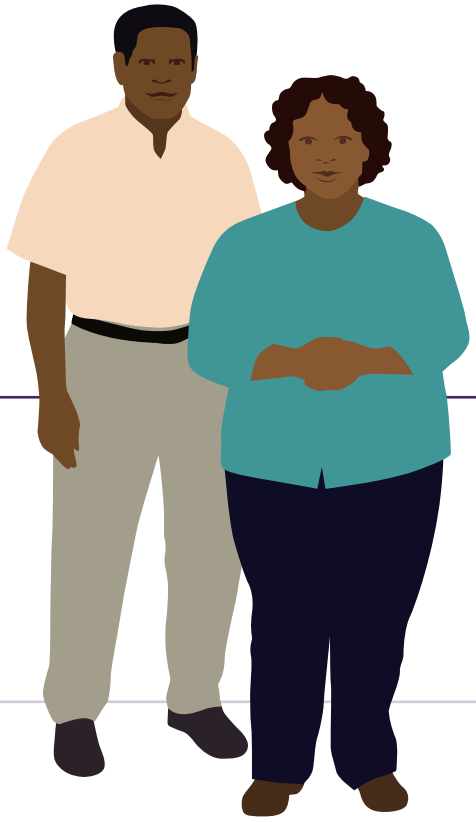
Dry skin

Feeling very hungry

Blurry vision

Sores that heal slowly

More infections than usual



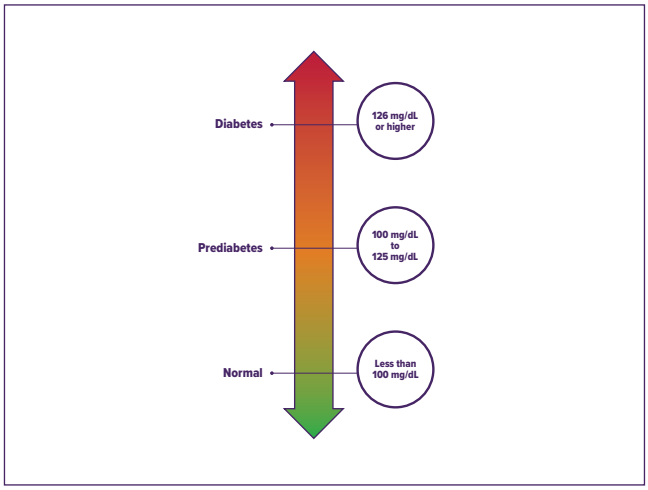
Picture Card 7.6

SAY

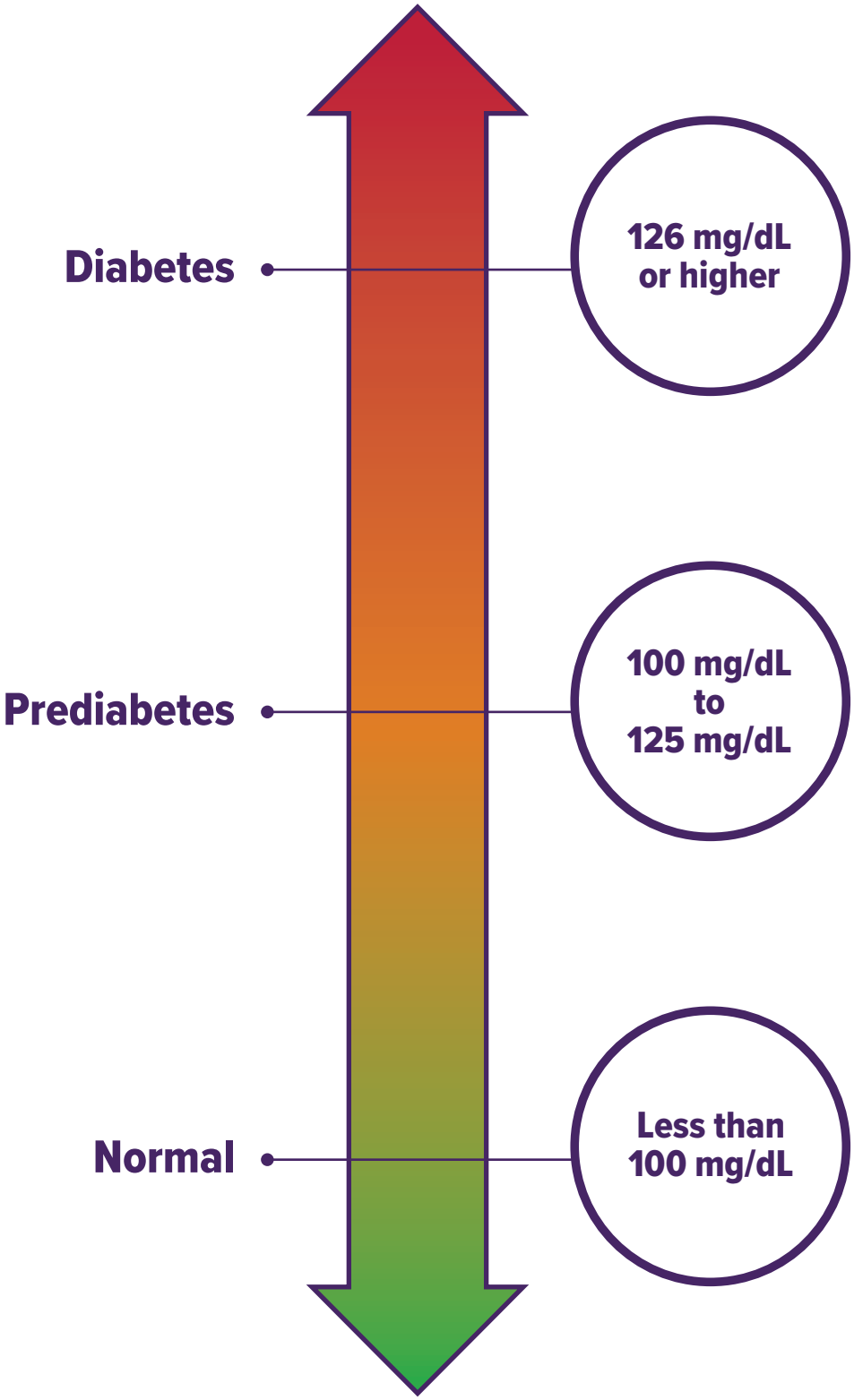
A blood test, called the fasting plasma glucose (FPG) test, measures your blood sugar after at least 8 hours of fasting (having nothing to eat or drink except sips of water). These results show your health care provider if you have diabetes. You can do the test at the provider's office or at a lab.

Your blood sugar is measured as mg/dL, which stands for milligrams per deciliter.

- Normal is an FPG of 99 mg/dL or below.
- Prediabetes is an FPG of 100 to 125 mg/dL.
- Diabetes is an FPG of 126 mg/dL or higher.

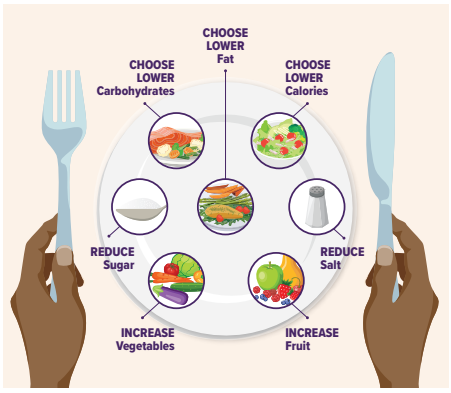


Fasting Plasma Glucose Measurements

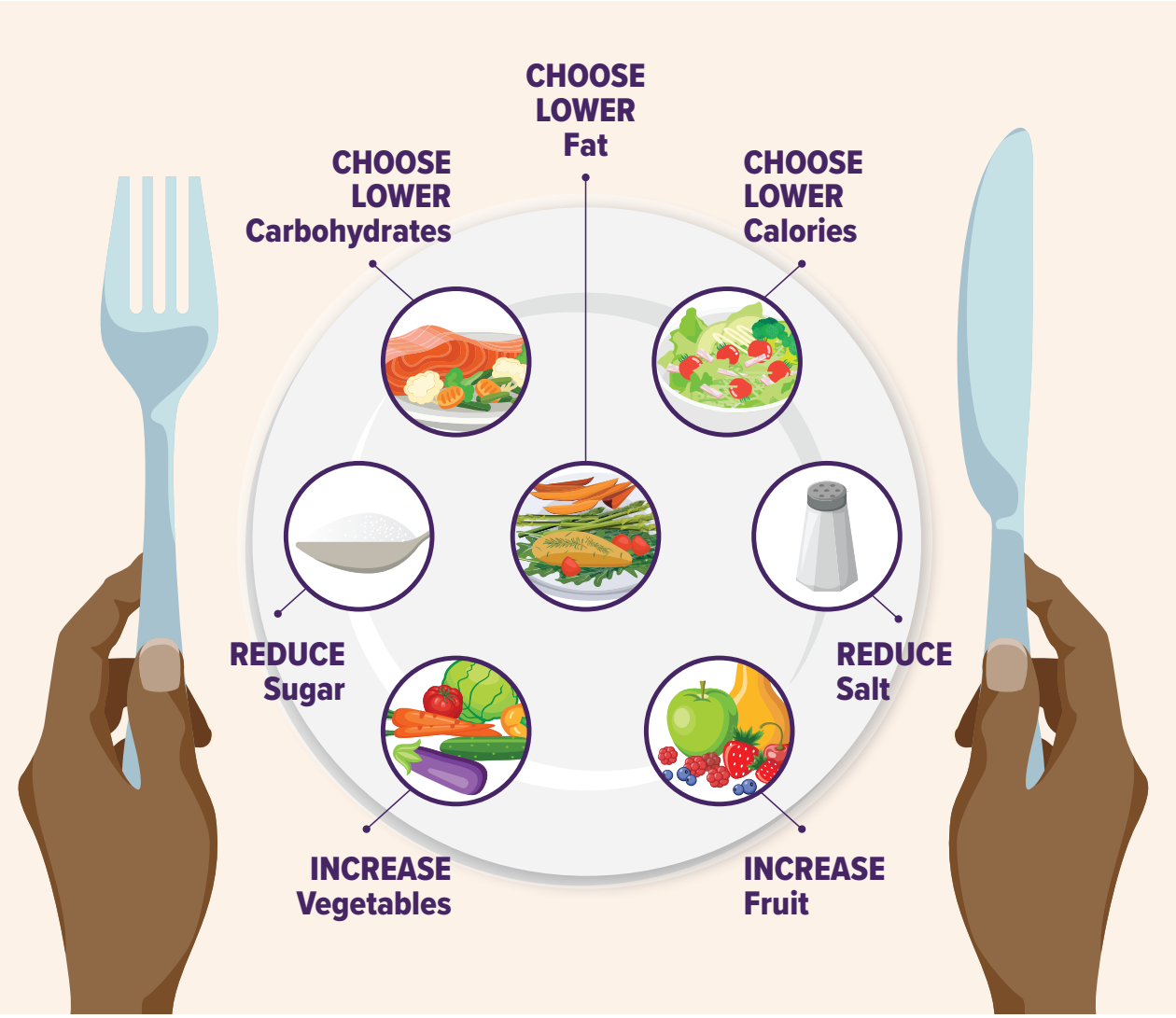


Picture Card 8.1

SAY A heart healthy eating plan includes types of foods to choose for better health, as well as recommended amounts of those foods.



Heart Healthy Eating Plan

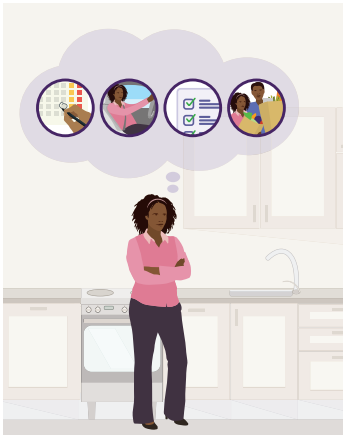


Picture Card 9.1

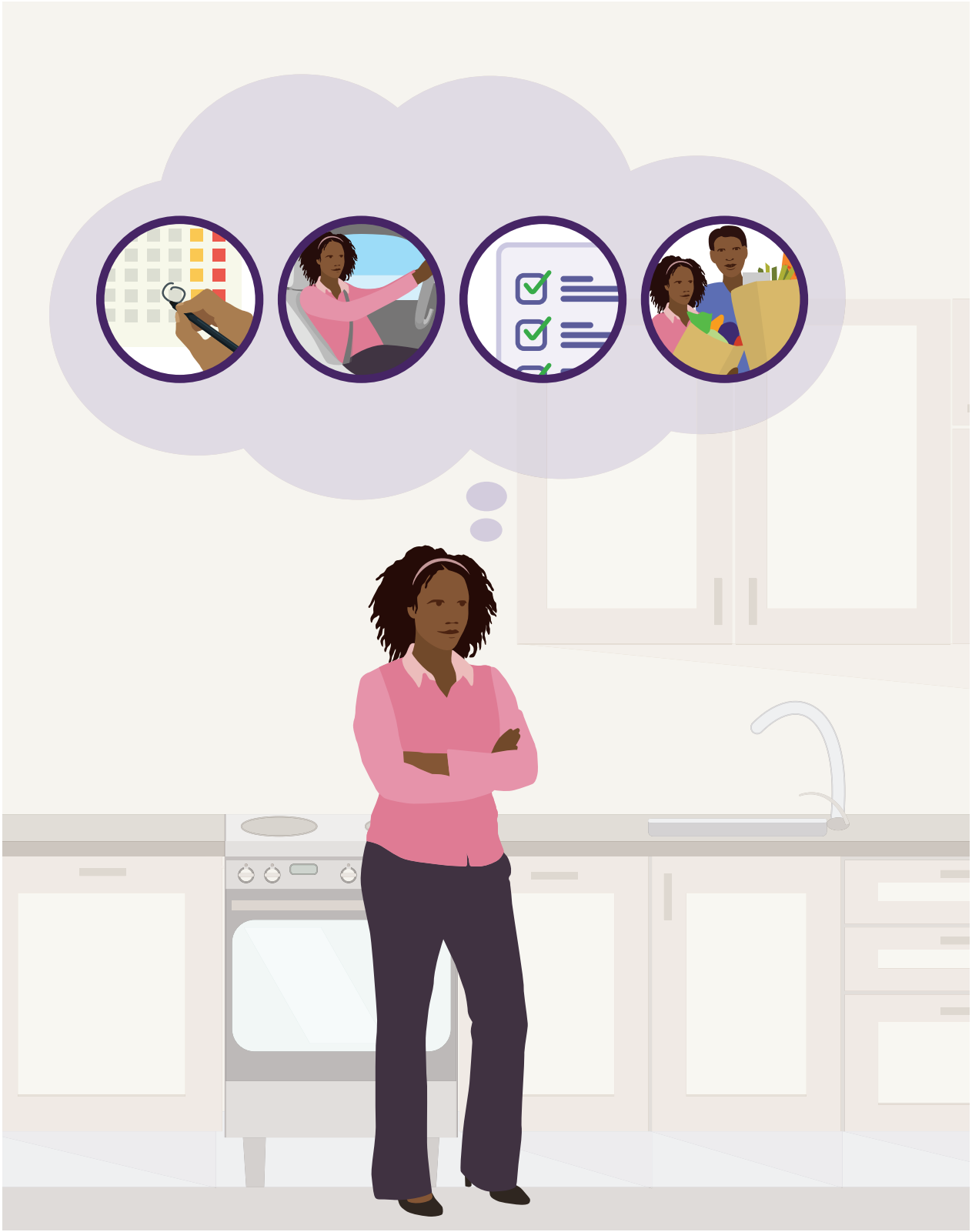
SAY

It's common to feel too tired or too busy to prepare the kind of meal you'd like to eat or would like your family to have. Today, we'll learn ways to save time and make meal preparation easier by:

- Planning weekly meals based on your family's schedule
- Making fewer trips to the store
- Using a shopping list
- Teaching your loved ones how to shop for groceries



Saving Time With Meal Preparation



Picture Card 9.2

SAY

Here are tips for enjoying heart healthy meals when time is limited:

- Prepare some foods in advance, such as spaghetti sauce. Use these foods for quick meals. For example, you can add chicken or turkey to the sauce and serve it over spaghetti or rice with vegetables.
- Prepare part of a meal the night before. For example, marinate chicken in the refrigerator overnight.
- Pack your lunch the night before.
- Cook and freeze two or three dishes on your day off.

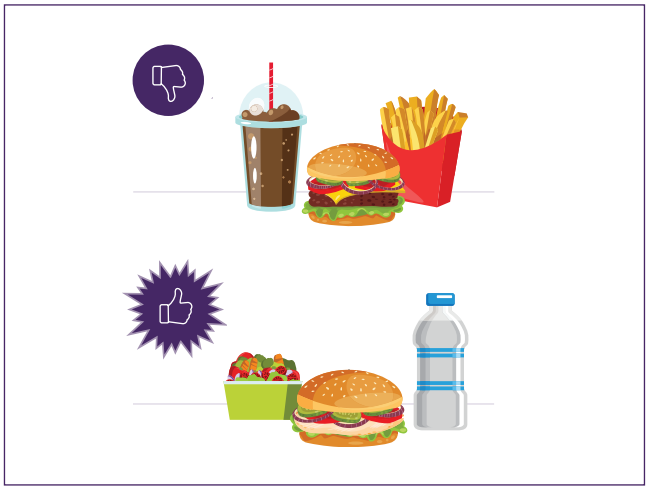
Preparing Healthy Meals in Advance

Picture Card 9.3

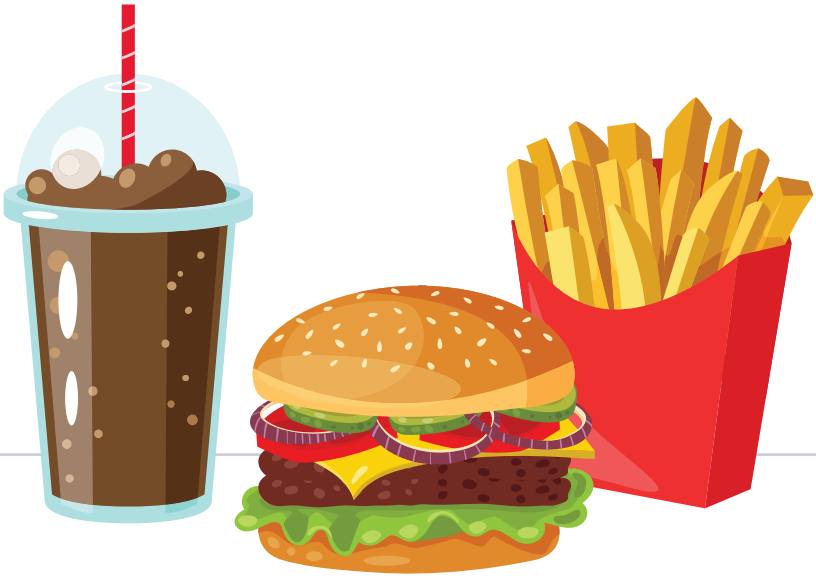
SAY

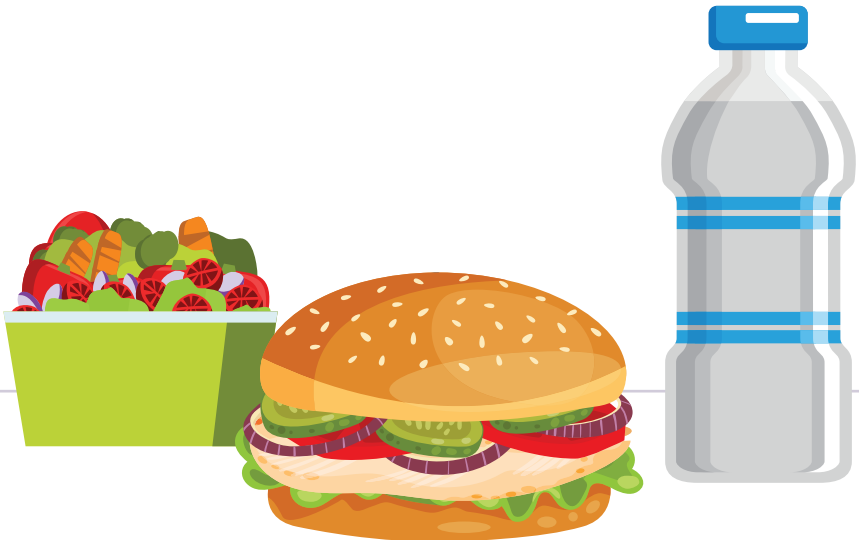
Many fast foods are high in saturated fat, sodium, sugar, and calories. So look for healthier options:

- Order small, plain hamburgers instead of "deluxe" ones.
- Choose grilled instead of breaded chicken or breaded fish sandwiches.
- Share a small order of french fries instead of eating a large order by yourself.
- Order a green vegetable or salad instead of potatoes, rice, pasta, or cornbread.
- Choose water instead of a soft drink or milkshake.



Choosing Healthier Fast Food





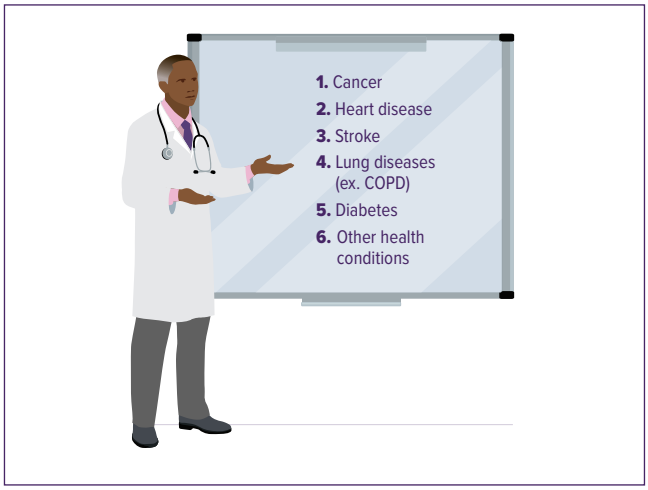
Picture Card 10.1

SAY

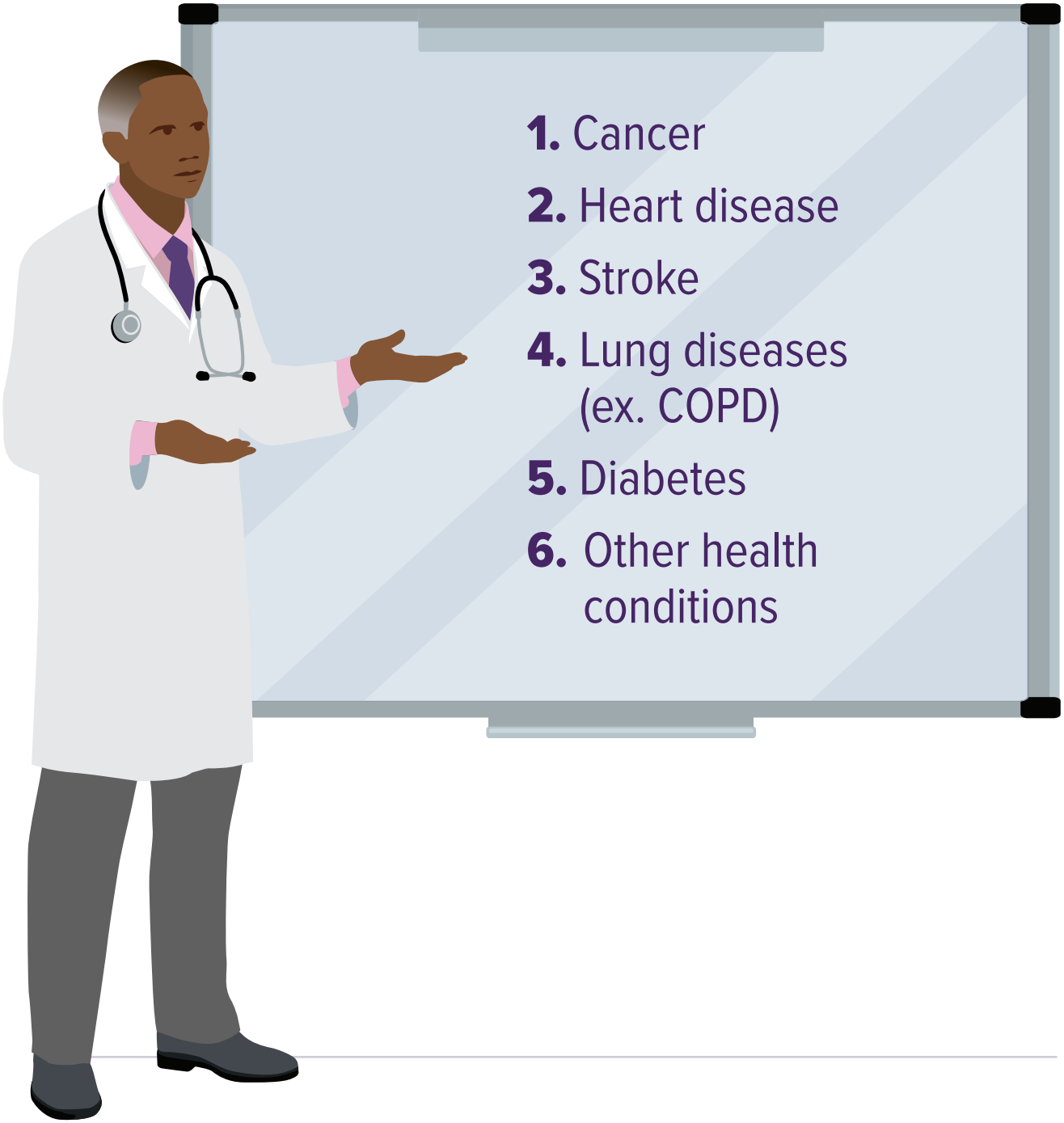
Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.

Smoking also increases your risk for tuberculosis, eye diseases, and immune problems, such as rheumatoid arthritis.

Smoking can eventually cause such poor oral health that your teeth fall out. It can also cause erectile dysfunction.



Diseases Caused by Smoking



Picture Card 10.2

SAY Pregnant women shouldn't smoke or be around other people who do. It harms their health and the health of their babies.

Pregnant Women Shouldn't Smoke

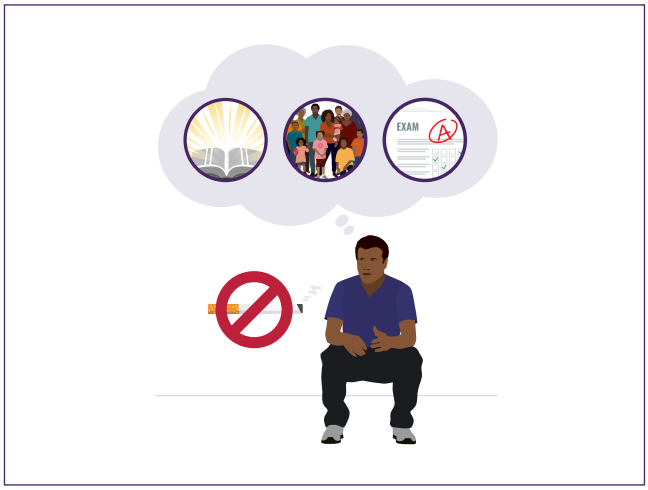
Picture Card 10.3

SAY

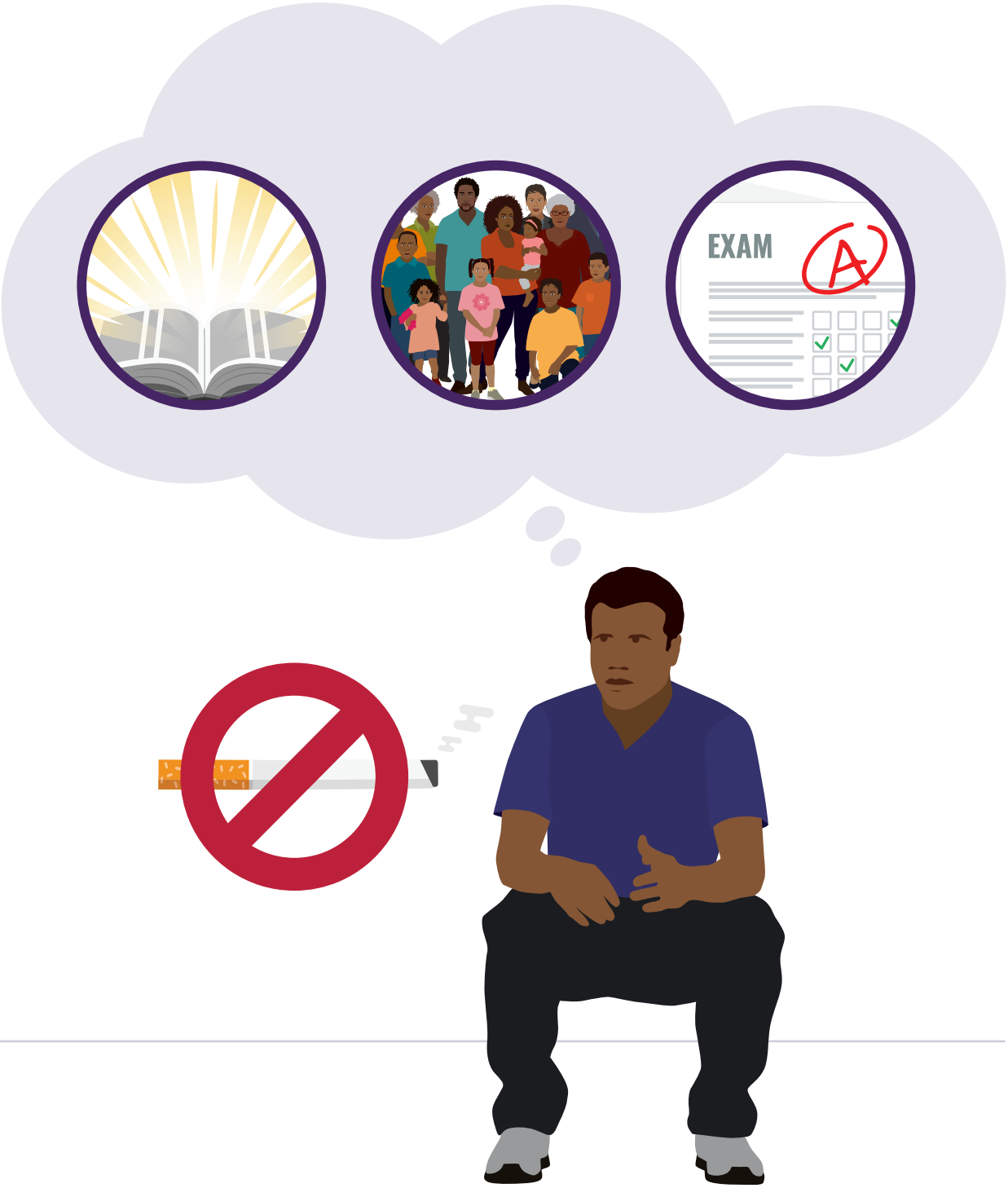
Nearly 90 percent of adult smokers began smoking before age 18.

Studies show that young people who choose not to smoke are more likely to:

- Be part of a religious group or tradition
- Have a strong racial or ethnic pride
- Do better in school



If You Don't Smoke, You're More Likely to...



Picture Card 11.1

SAY

Thank you for taking the time to attend the sessions. Now you know how to live a heart healthy life. I hope you use the information to help others improve their heart health as well.

Thank You, From Our Family to Yours

For More Information

For more information on diseases, conditions, and procedures related to heart disease, visit the NHLBI website at **www.nhlbi.nih.gov** or contact the NHLBI Center for Health Information:

P.O. Box 30105
Bethesda, MD 20824-0105
Phone: 1-877-NHLBI4U (1-877-645-2448)
TRS: 7-1-1
Email: **NHLBIinfo@nhlbi.nih.gov**

NIH Publication No. 20-HL-5843
October 2020