

A top-down view of various fresh foods arranged on a white wooden surface. In the center, two hands hold a bright red heart. Surrounding the heart are soybeans, two heads of garlic, an orange, lettuce, a red apple, corn on the cob, and kidney beans. The year '2024' is printed in pink in the upper right corner.

2024

Healthy Heart and You!

Presented By Jennifer Mendez

Heart Health

The Importance of Keeping your Heart Healthy!

A healthy heart is the cornerstone of a longer, more fulfilling life, and it's within everyone's reach by adopting a hearthealthy lifestyle

- A healthy heart is essential for a longer and higher quality life.
- Heart attacks, strokes, and heart failure are the leading causes of death for men and women worldwide
- Heart disease is a preventable medical condition.



What Will Address Today?

Healthy Heart and You!

What is Cardiovascular Health?

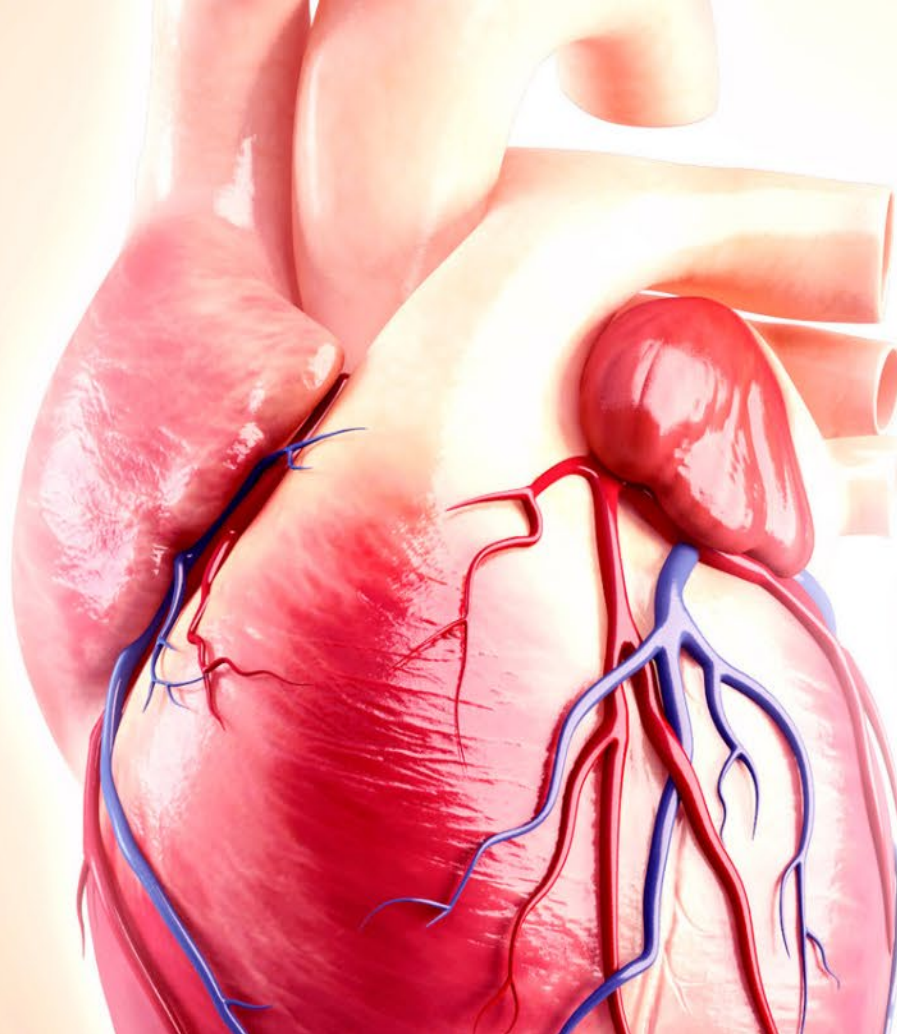
Cardiovascular health refers to the condition of the heart and blood vessels, which make up the cardiovascular system. The cardiovascular system is crucial to overall health because of its role in supplying the body with nutrients, oxygen, and waste elimination. Important components and indicators of cardiovascular health include the following

- **Healthy Heart:** A central component of cardiovascular health is having a strong and well-functioning heart.
- **Normal Blood Pressure:** Maintaining normal blood pressure is essential for cardiovascular health.
- **Healthy Blood Vessels:** The condition of blood vessels is crucial.
- **Balanced Cholesterol Levels:** Having appropriate levels of cholesterol in the blood is vital.
- **Regular Exercise:** Engaging in regular physical activity promotes cardiovascular health.
- **Healthy Diet:** A balanced and heart-healthy diet is essential.
- **Not Smoking:** Smoking is a significant risk factor for cardiovascular disease.
- **Maintaining a Healthy Weight:** Excess weight, especially around the abdomen, can strain the heart and increase the risk of cardiovascular problems.
- **Stress Management:** Chronic stress can negatively impact cardiovascular health.
- **Regular Check-Ups:** Routine medical check-ups and screenings can help monitor and detect early signs of cardiovascular issues.

Human Heart

*My Heart
Beat!*

The parts of the heart work in harmony to ensure that blood is pumped efficiently through the heart and then distributed to the rest of the body, providing oxygen and nutrients to the cells while removing waste products. The heart's continuous, rhythmic contractions are essential for maintaining life.



- **Atria:** The heart has two atria (right and left). Atria are the upper chambers of the heart, and their main function is to receive blood from the body and the lungs.
- **Ventricles:** There are also two ventricles (right and left). Their primary role is to pump blood out of the heart to the lungs and to the rest of the body.
- **Septum:** The septum is a thick wall of muscle that separates the right side of the heart from the left side. It ensures that oxygen-rich blood and oxygen-poor blood do not mix in the heart.
- **Valves:** The heart has four valves that regulate the flow of blood within the heart.
- **Aorta:** The aorta is the largest artery in the body. It carries oxygenated blood away from the heart to supply oxygen and nutrients to the entire body.

Risk Factors For Heart Disease

Am I at Risk?



Age and Gender

The risk of heart disease increases with age. Men over the age of 45 and women over the age of 55 are at higher risk.



Family Hx, and Ethnicity

If relatives such as parents or siblings have a history of heart disease, your risk may be higher. Statistically, African Americans, Hispanic Americans, and Native Americans are at an increased risk for heart disease.



High Blood Pressure

High blood pressure is a significant risk factor for heart disease. Regular monitoring and management of blood pressure are essential.



High Cholesterol

Elevated levels of LDL cholesterol ("bad" cholesterol) and low levels of HDL cholesterol ("good" cholesterol) can increase the risk of heart disease.



Stress

Chronic stress can affect heart health. Learning stress management techniques and finding healthy ways to cope with stress can be beneficial.



Lifestyle

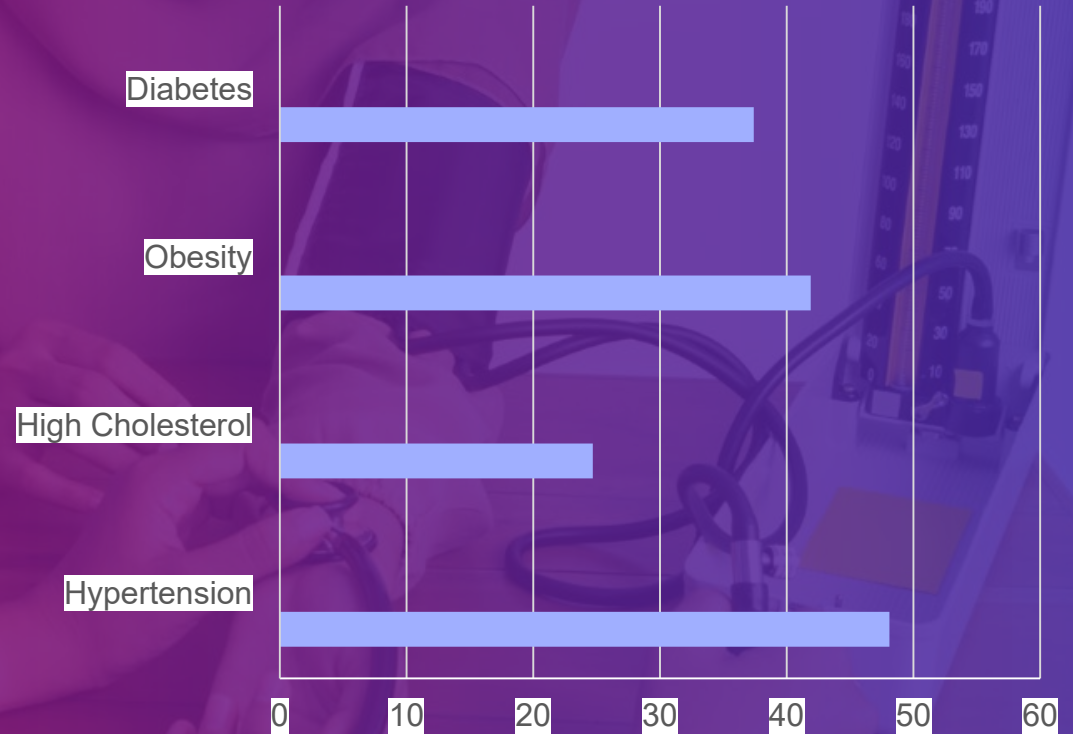
Excess body weight can increase the risk of heart disease. Smoking and secondhand smoke, as well as excessive alcohol intake, can increase blood pressure and contribute to heart disease. Also, a sedentary lifestyle can contribute to the development of heart disease.

Statistics

2023
Statistics

Prevalence of Heart Related Risk Factors in the United States

Public health efforts and healthcare initiatives aim to reduce the prevalence of risk factors and improve heart health across the United States. Regular health screenings, lifestyle modifications, and medical management can help individuals mitigate these risks and reduce their chances of developing heart disease. Hypertension, High Cholesterol, Diabetes, and Obesity



Maintaining a Healthy Lifestyle for Heart Health

Maintaining a healthy heart involves making lifestyle modifications that promote cardiovascular health and reduce the risk of heart disease. These modifications are often referred to as "heart healthy" or "cardiovascular healthy" lifestyle choices.

*Lifestyle
Modifications*

Lifestyle Modifications

Cont.



Healthy Diet

Eat a Variety of Fruits and Vegetables. Pick **Whole Grains**. Choose **Lean Proteins**. Include **Healthy Fats**, and **Limit Sodium**.



Regular Physical Activity

Aim for at least 150 minutes of moderate intensity aerobic exercise or 75 minutes of vigorous intensity aerobic exercise per week, as recommended by the American Heart Association.



Maintain a Healthy Weight

Achieving and maintaining a healthy weight through a balanced diet and regular exercise is important for heart health.



Quit Smoking, Limit Alcohol

Smoking is a major risk factor for heart disease. If you consume alcohol, do so in moderation. This generally means up to one drink per day for women and up to two drinks per day for men.



Manage Stress

Find healthy ways to manage stress, such as mindfulness, meditation, yoga, deep breathing exercises, or engaging in hobbies and activities you enjoy.



Regular Health Checks

Schedule regular checkups with your healthcare provider to monitor blood pressure, cholesterol levels, blood sugar, and other heart-related factors.



Head Start and Your Heart!

Healthy Heart and You!



THANK YOU!

For Joining Us Today!