

Keeping the Beat: Your Heart, Your Health, Your Future

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Today's presenters



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Agenda

- What is heart disease?
- Heart disease in women
- Risk factors
- Decreasing your risk
- Managing your nutrition
- Signs and symptoms
- Heart attack and stroke
- Resources
- Q&A



Heart disease: What is it?





What is heart disease?

Heart disease includes:

- Coronary artery disease
- Arrhythmias
- Congenital heart defects
- Heart valve disease
- Cardiomyopathy
- Endocarditis

Sources: [Centers for Disease Control and Prevention](#), [Mayo Clinic](#)

By the numbers

- Leading cause of death
- One person dies every 33 seconds
- 695,000 Americans
 - One in every five deaths
- **\$239.9 billion**
 - Health care services
 - Medicines
 - Lost productivity

A life is lost to
heart disease



in the United States



Social determinants of heart disease

- Socioeconomic status
- Education
- Income and occupation
- Food insecurity and healthy food access
- Social relationships and support

Source: [Institute for Functional Medicine](#)

Social determines of heart disease (continued)

- Environmental factors
 - Air pollution
 - High crime rates
- Social conditions
 - Chronic stress
 - Discrimination

Source: [Institute for Functional Medicine](#)
[Healthy People 2030](#)



Heart disease in women





Heart disease in women

Heart disease is the number one killer of women

- One out of five women
- “Silent” heart disease
- Symptoms are different from men’s
- Certain types are harder to diagnose
- Menopause increases risk

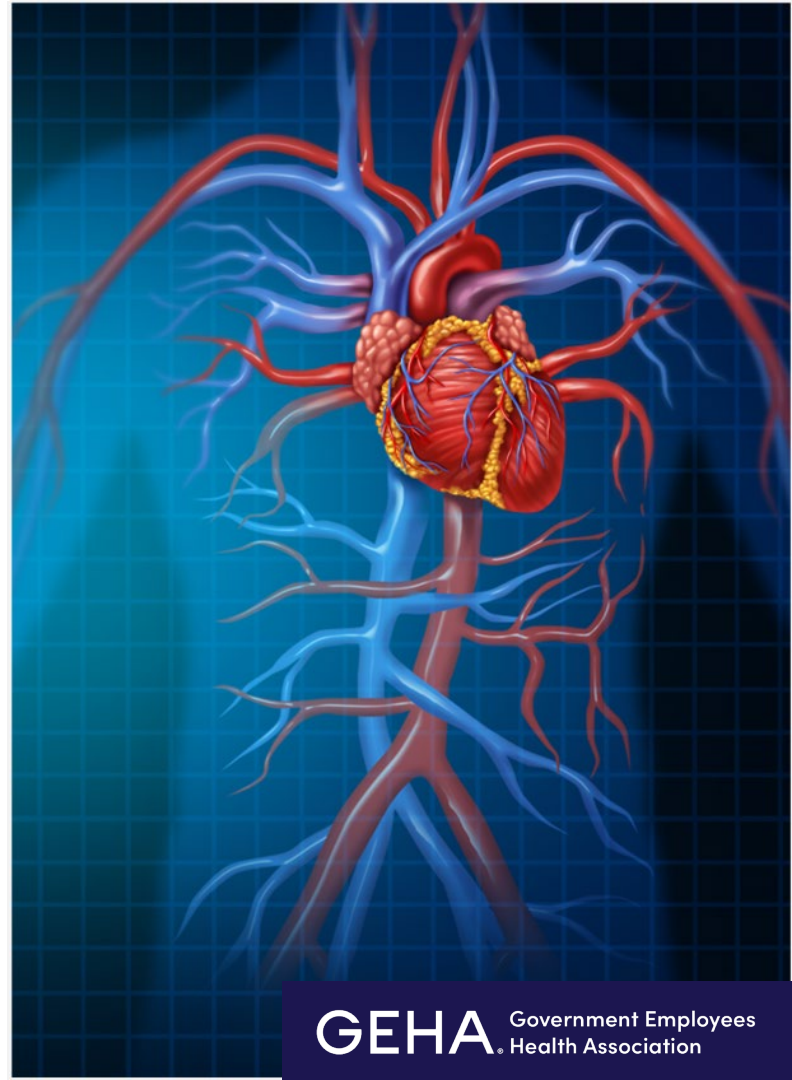
Source: [Centers for Disease Control and Prevention](#)

Risk factors

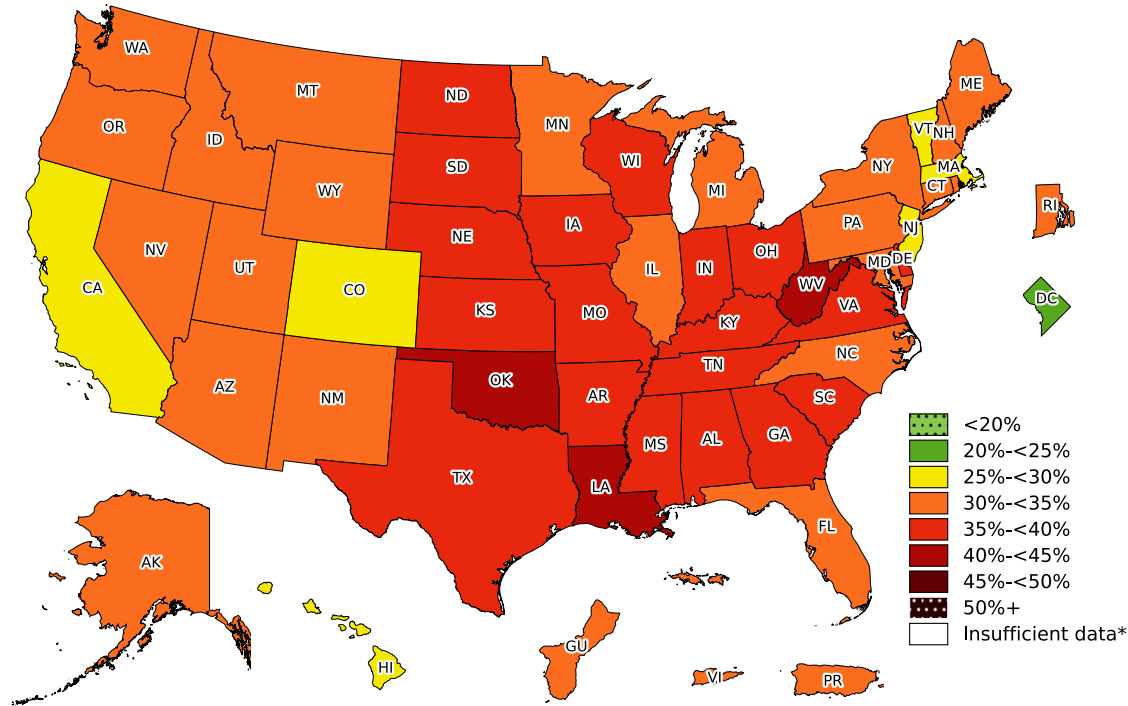


Risk factors

- “Key Three”
 - High blood pressure
 - High blood cholesterol
 - Smoking
- Diabetes
- Obesity
- Poor nutrition
- Lack of exercise
- Family history
- Stress
- Dental health



Prevalence of self-reported obesity among U.S. adults by state and territory



Mental health and heart disease

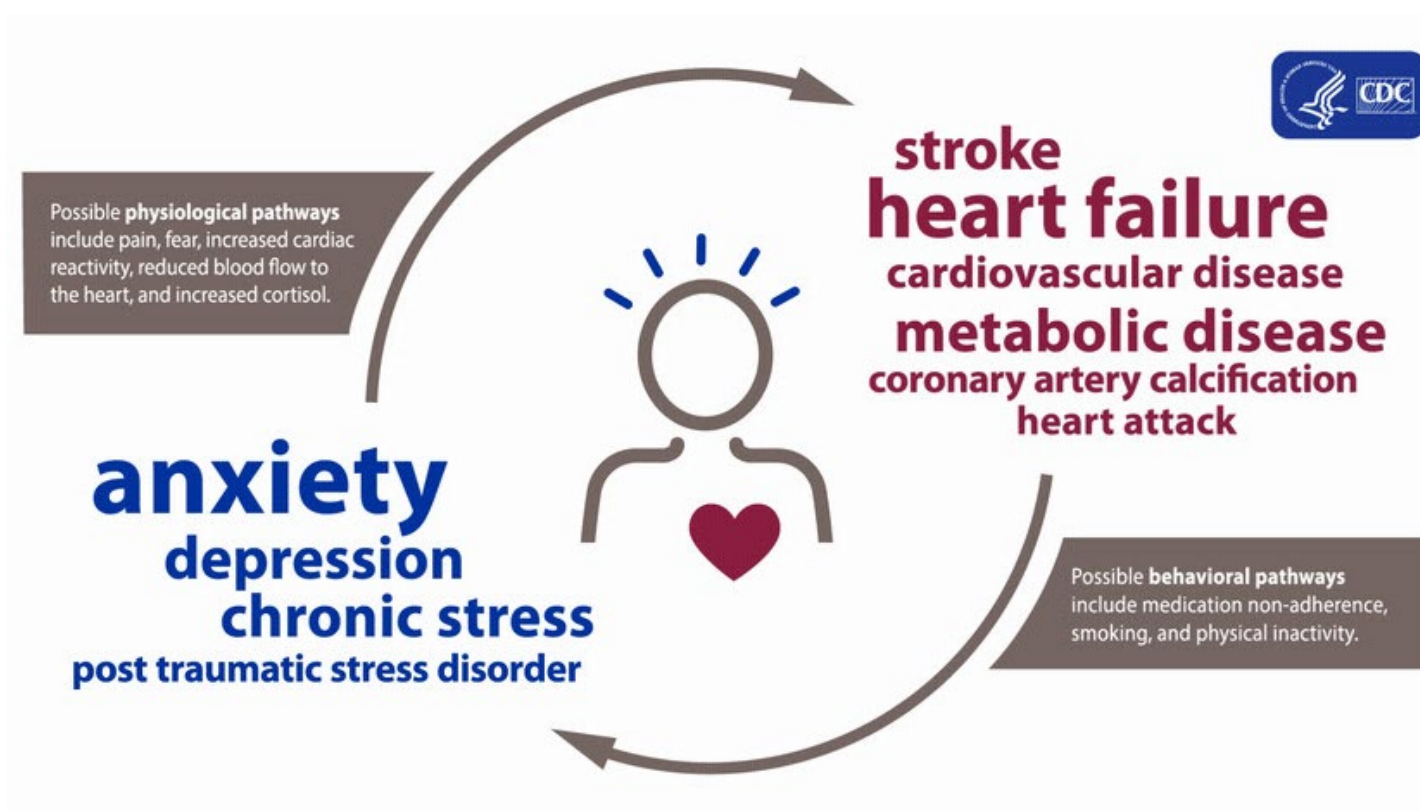


The connection between mental health and heart health

- Behavioral
- Physiological
- Mental and physical health



Mental health and heart disease cycle



Decrease the risk



Decreasing your risk: Know your numbers

- Blood pressure (less than 120/80)
- Cholesterol
 - Total (less than 200)
 - LDL (less than 130)
 - HDL (50 and higher)
 - Triglycerides (less than 200)
- Hemoglobin A1C
- BMI (18.5–24.9)

Sources: [Centers for Disease Control and Prevention](#);
[American Heart Association](#)





Decreasing your risk: Know your risk

- Family history
- Race
- Gender

Sources: [American Heart Association](#)



Decreasing your risk: Know what you can do differently

- Stop tobacco use
- Weight reduction
 - Healthy, balanced diet
 - Daily exercise
- Limit or eliminate alcohol intake
- Managing mental health daily
- Regular appointments with provider

Sources: [Centers for Disease Control and Prevention](#);
[American Heart Association](#)

DASH Diet

- Fruits and vegetables
 - 4–5 daily servings each
- Whole grains
- Healthy fats and fatty fish
- Low fat or fat free dairy products
 - 2–3 daily servings
- Lean proteins





Manage your nutrition

- Follow the DASH Diet
- Liquid, non-tropical vegetable oils
- Minimal processed foods and fast foods
- Minimal intake of sugar
- Food prepared with little or no salt
- Minimal caffeine: decaf or tea
- Limited or preferably no alcohol intake

Source: [American Heart Association](#)



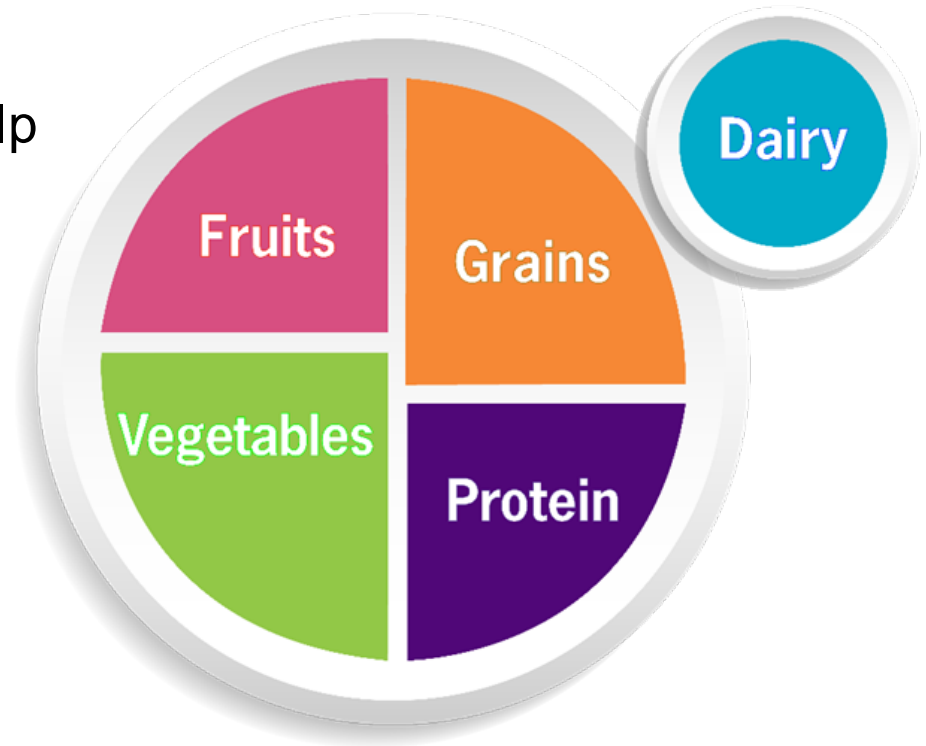
Meal planning

- Plan with recipes
 - [Recipes | American Heart Association Recipes](#)
- Portion control and mindful eating
- Eat regular meals with whole food ingredients
- Smart snacking: fiber and protein
- Bring water wherever you go

Source: [American Heart Association](#)

Balance “My Plate”

- Use the USDA MyPlate to help create balance for all meals
- ½ fruits and vegetables
- ¼ whole grains
- ¼ lean protein
- Low-fat dairy options





Managing your heart disease

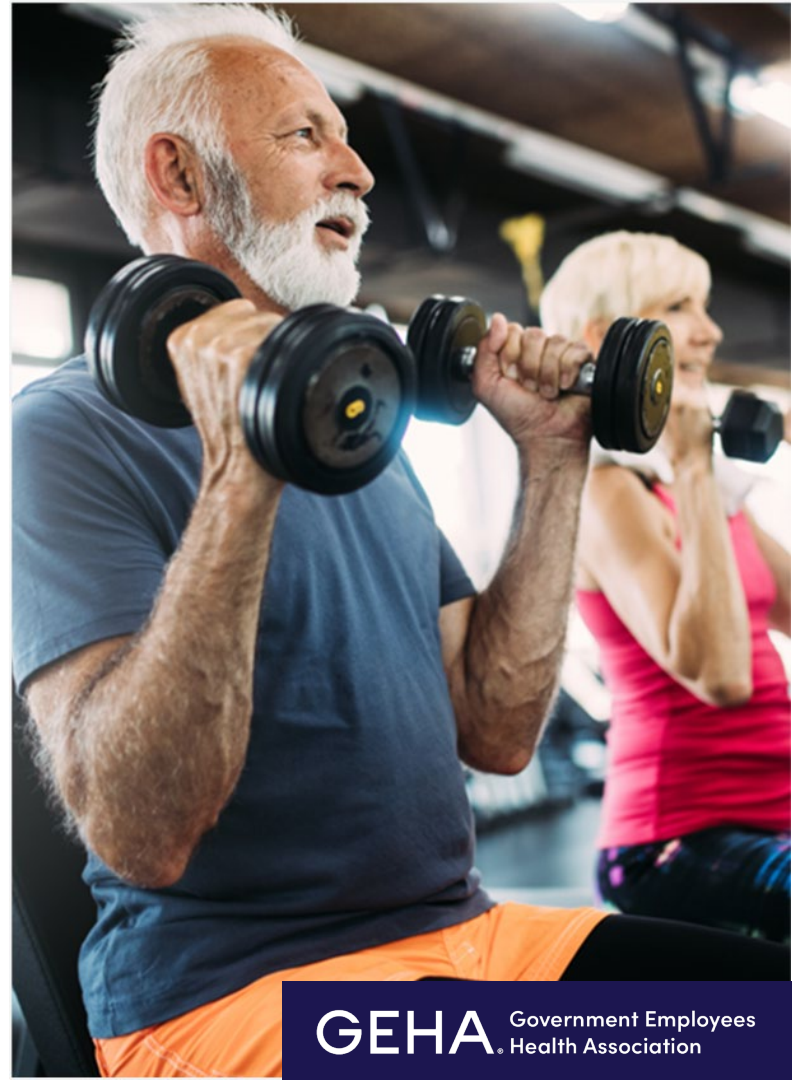
- Continue good habits
- Take statin medications as directed
- Cardiac rehabilitation
- Control your blood pressure
 - Home blood pressure monitoring
 - Medication adherence
- Know your body to identify complications

Sources: [National Committee for Quality Assurance \(NCQA\)](#),
[Mayo Clinic](#), [American Heart Association](#)

Stay FITT

- Physical activity has many beneficial effects on overall health
- Frequency
- Intensity
- Time
- Type

Source: [Centers for Disease Control and Prevention](#), [American College of Sports Medicine](#)



FITT recommendations

	Cardiorespiratory endurance	Muscular strength and endurance	Flexibility
Frequency	≥5–7 days per week	≥2–3 days per week	≥2–3 days per week
Intensity	Moderate (40–59% O ₂ R or HRR; RPE 12–13 on a 6–20 scale)	60%–70% of 1RM, may progress to 80% 1RM; for older individuals and novice exercisers, begin with 40–50% 1RM)	To the point of tightness or slight discomfort
Time	30 minutes/day of continuous or accumulated exercise	2–4 sets of 8–12 repetitions for each of the major muscle groups per session with rest days interspersed depending on the muscle groups being exercised	Hold static stretch for 10–30 seconds per stretch, 2–4 repetitions per stretch
Type	Prolonged, rhythmic activities using large muscle groups (e.g., walking, cycling, swimming)	Body weight, resistance machines, bands, functional body weight exercises and/or free weights	Static, dynamic or Proprioceptive Neuromuscular Facilitation (PNF)

Recognizing the signs and symptoms





Major heart attack: Signs & symptoms

MEN



Chest pain or discomfort



Shortness of breath



Pain or discomfort in the jaw,
neck back, arm or shoulder

Feeling nauseous, light-headed
or unusually tired

WOMEN



Chest pain or discomfort



Shortness of breath



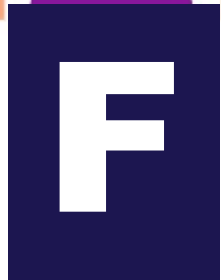
Pain or discomfort in the jaw,
neck back, arm or shoulder



Feeling nauseous, light-headed
or unusually tired



Learn the signs of a stroke



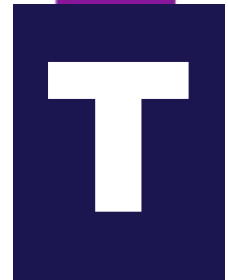
**Face
drooping**



**Arm
weakness**



**Speech
difficulties**



**Time
to call 9-1-1**

Wrap-up

- Heart disease
- Statistics
- Risk factors
- Prevention
- Resources



GEHA member resources

- Elevate and Elevate Plus plans
 - Rally digital health platform
 - Learn more at geha.com/WellnessPays
- High, Standard, and HDHP plans
 - GEHA Well-being portal
 - Learn more at geha.com/HealthRewards
- All GEHA plans
 - Healthy recipes and health and wellness articles
 - Learn more at geha.com/Blog
 - GEHA's Connection Fitness®
- GEHA website for benefit information geha.com

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Q&A



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