



SESSION 1:Ang Puso

*PAGKAYAMANIN ANG
HANDOG NG KALUSUGAN*

Ingatan at mahalin ang puso

Henry Soliveres, Community Health Worker



NYU CENTER FOR THE STUDY
OF ASIAN AMERICAN HEALTH



Kalusugan Coalition



Bukal Sa Puso

Health Education Workshops

MAY

- Know Your **Risk** For Heart Disease
- Help Your Heart: Control Your High **Blood Pressure**

JUNE

- Be Heart Smart: Keep Your **Cholesterol** in Check
- Protect Your Heart: Prevent and Control **Diabetes**

JULY

- Act in Time to **Heart Attack** Signs
- Be More **Physically Active** & Aim for a Healthy Weight

AUGUST

- Welcome **Heart Healthy Eating** Into Your Home/Eating Heart Healthy on a Budget
- Be Heart Healthy: Enjoy Living **Smoke Free**

Lesson 1A

Know Your Risk

For Heart Disease

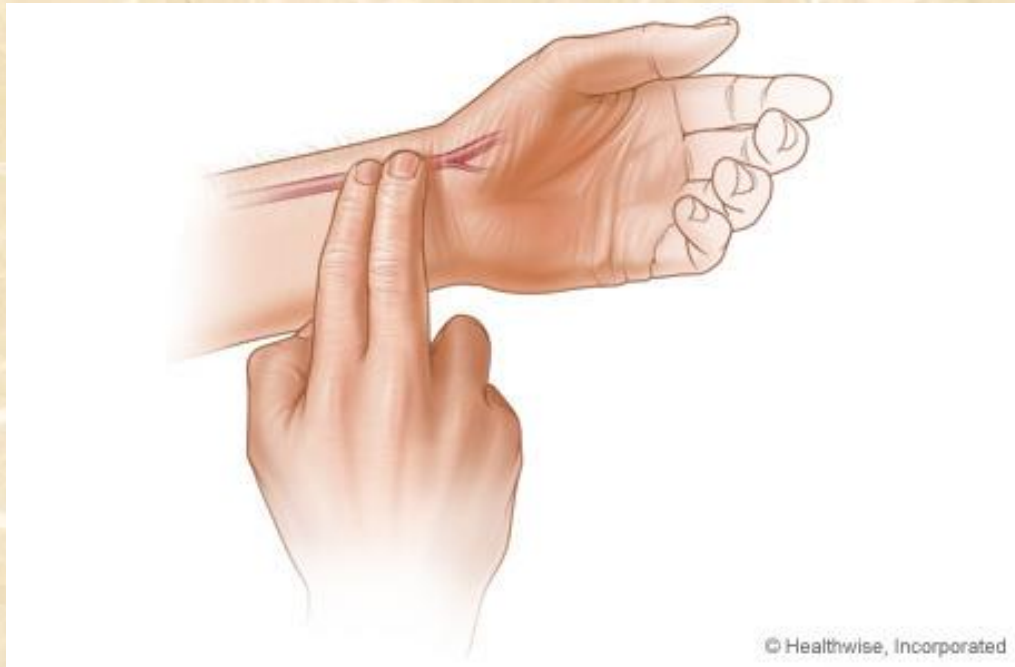


Ang Puso

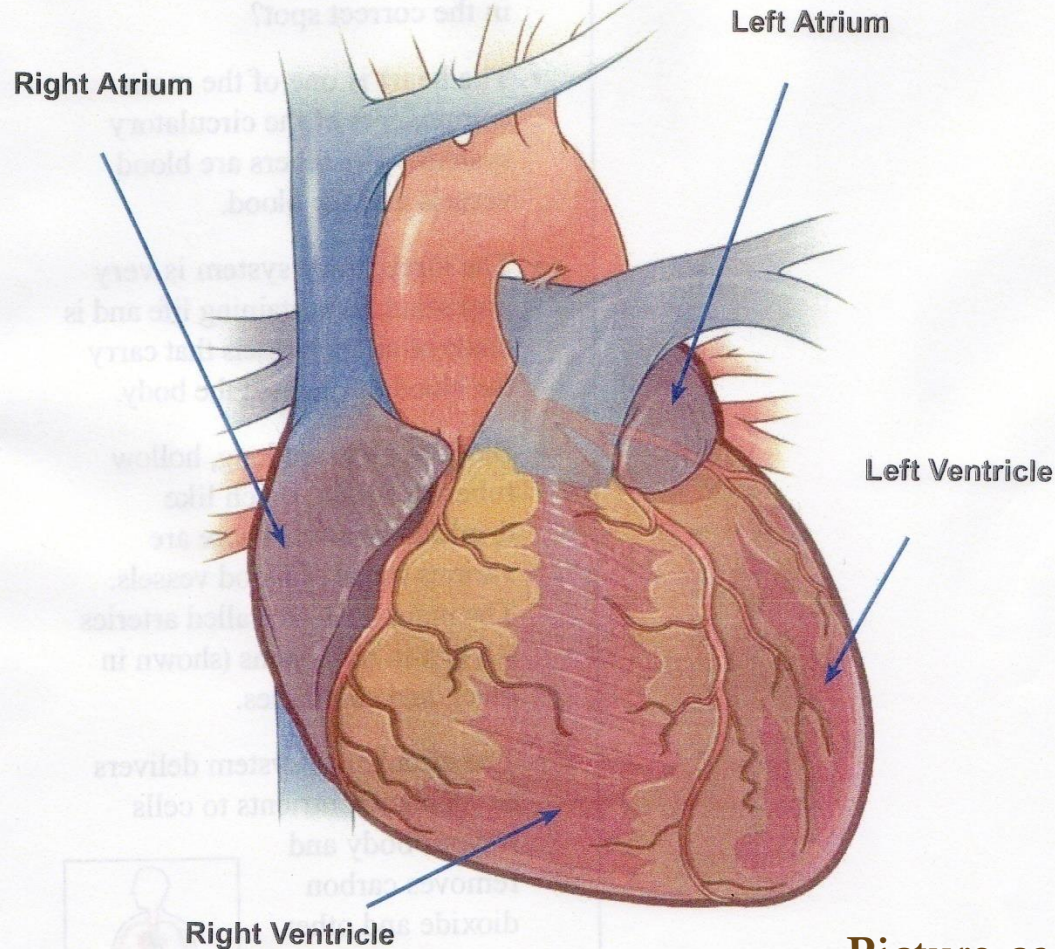
- Heart pumps 5L of blood per day
- The heart sends blood to the lungs to pick up oxygen. Then it delivers oxygen to all the cells in the body.



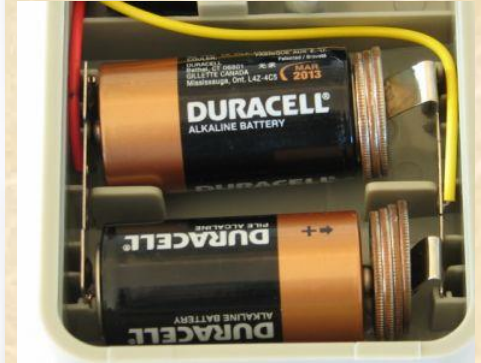
Damhin ang tibok ng puso



How the Heart Works



Picture card 1.1

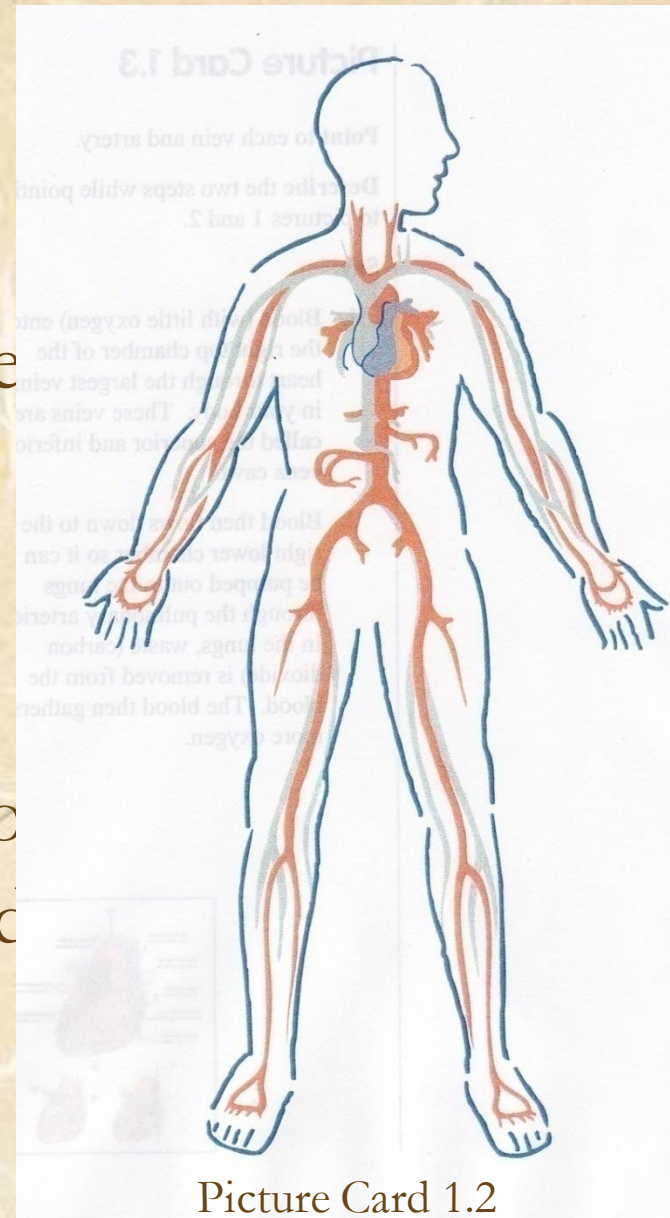


Masigla ang
tibok ng pusong
malusog

(A healthy heart
beats strongly.)

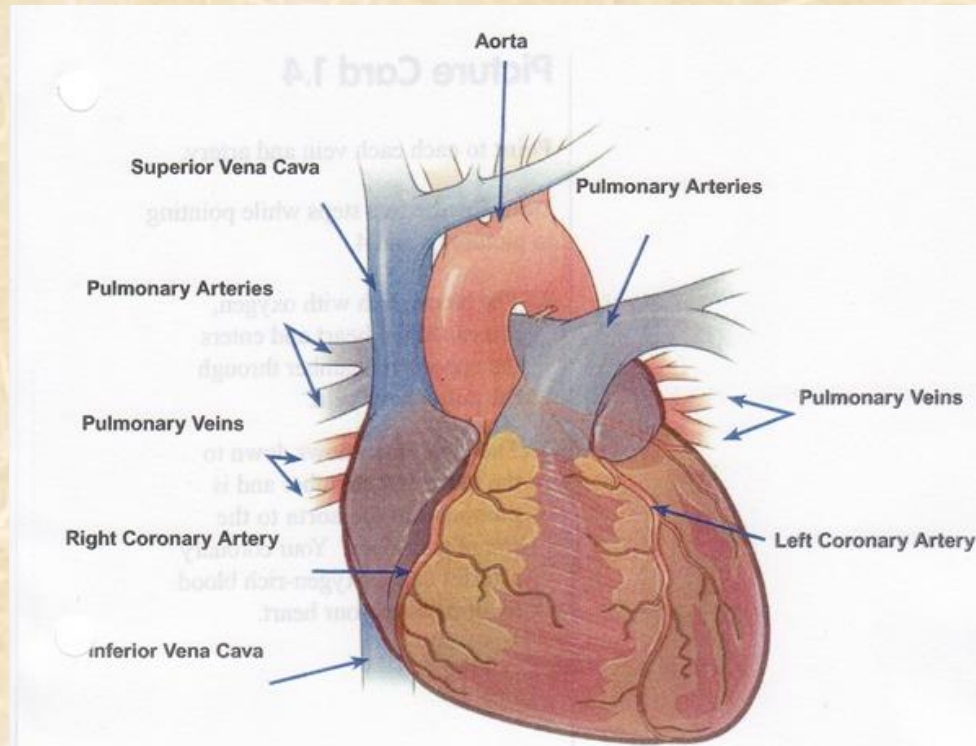
Saan ang puso?

- The heart is part of the circulatory system, located in the middle of chest
- Circulatory system is made of vessels (tubes that carry blood to and from heart) that carry blood throughout the body.

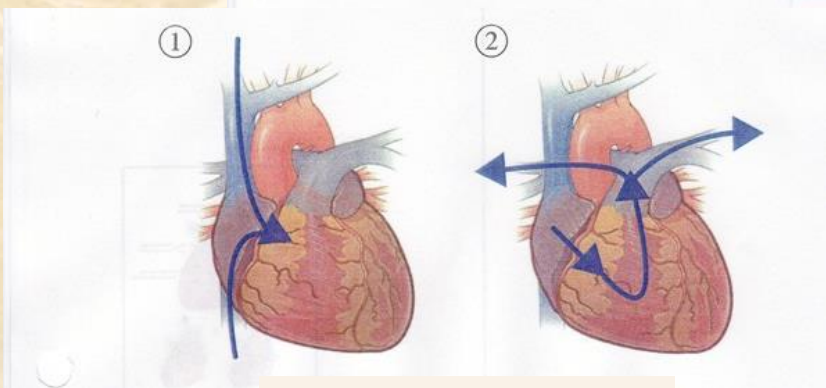


Picture Card 1.2

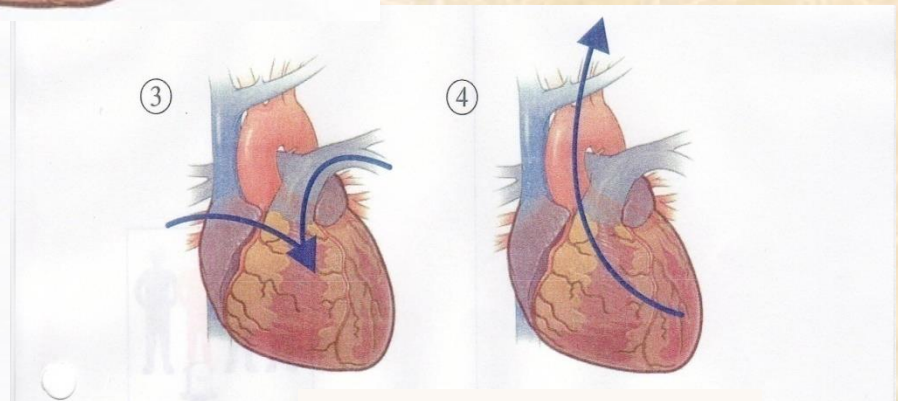
Daloy ng dugo sa puso



Circulation Animation



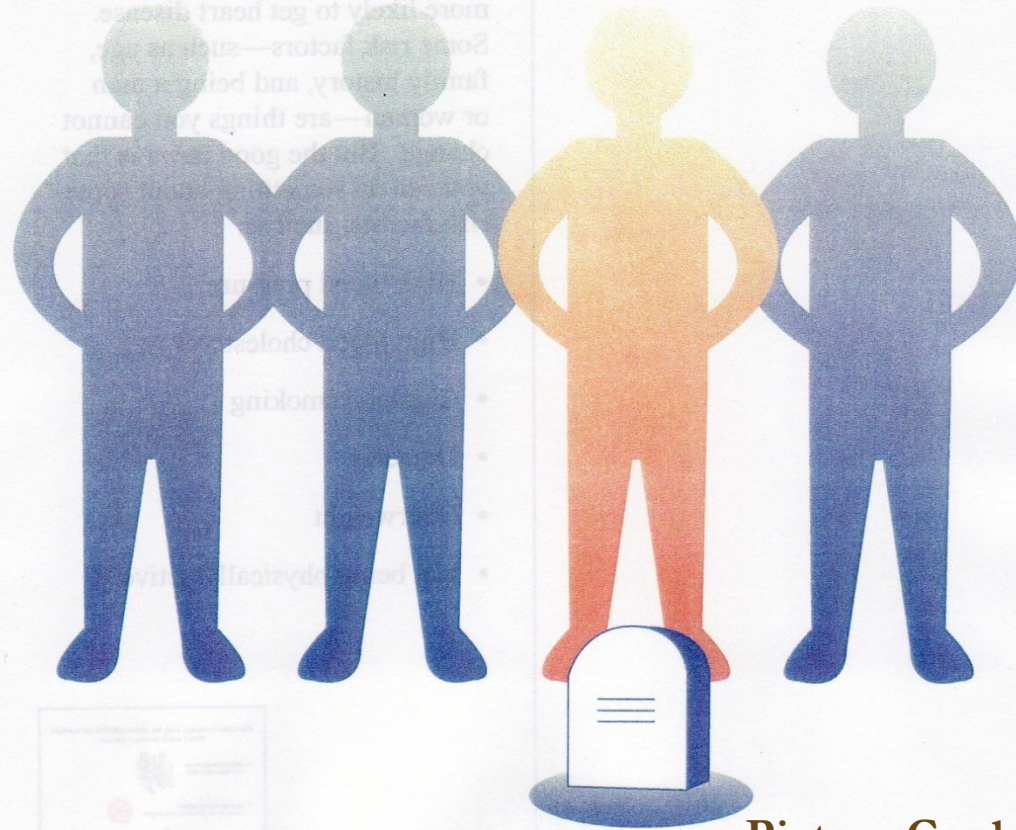
Picture Card 1.3



Picture Card 1.4

Facts About Heart Disease

1 in 4 Filipinos have high blood pressure in the Philippines



Picture Card 1.5

In traditional Filipino culture, what outside factors do Filipinos believe contribute to their health problems?

- Overwork
- Exposure to elements
- Anxiety
- Punishment from God
- Curses
- Soul of the dead
- Evil persons/evil eye



Which heart disease risk factors do you have?

1. High blood pressure



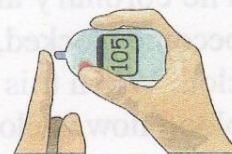
2. High blood cholesterol



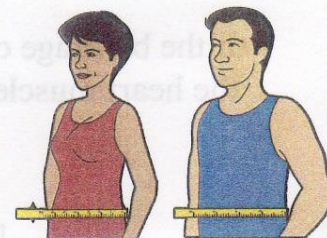
3. Cigarette smoking



4. Diabetes



5. Overweight



6. Not being physically active



Picture Card 1.6

A Time to Reflect

- What reasons do you have to make changes for better health?
- What things keep you from making changes to improve your health?
- What can you do to overcome these barriers?

Lesson 1B:

Help Your Heart: Control Your High Blood Pressure

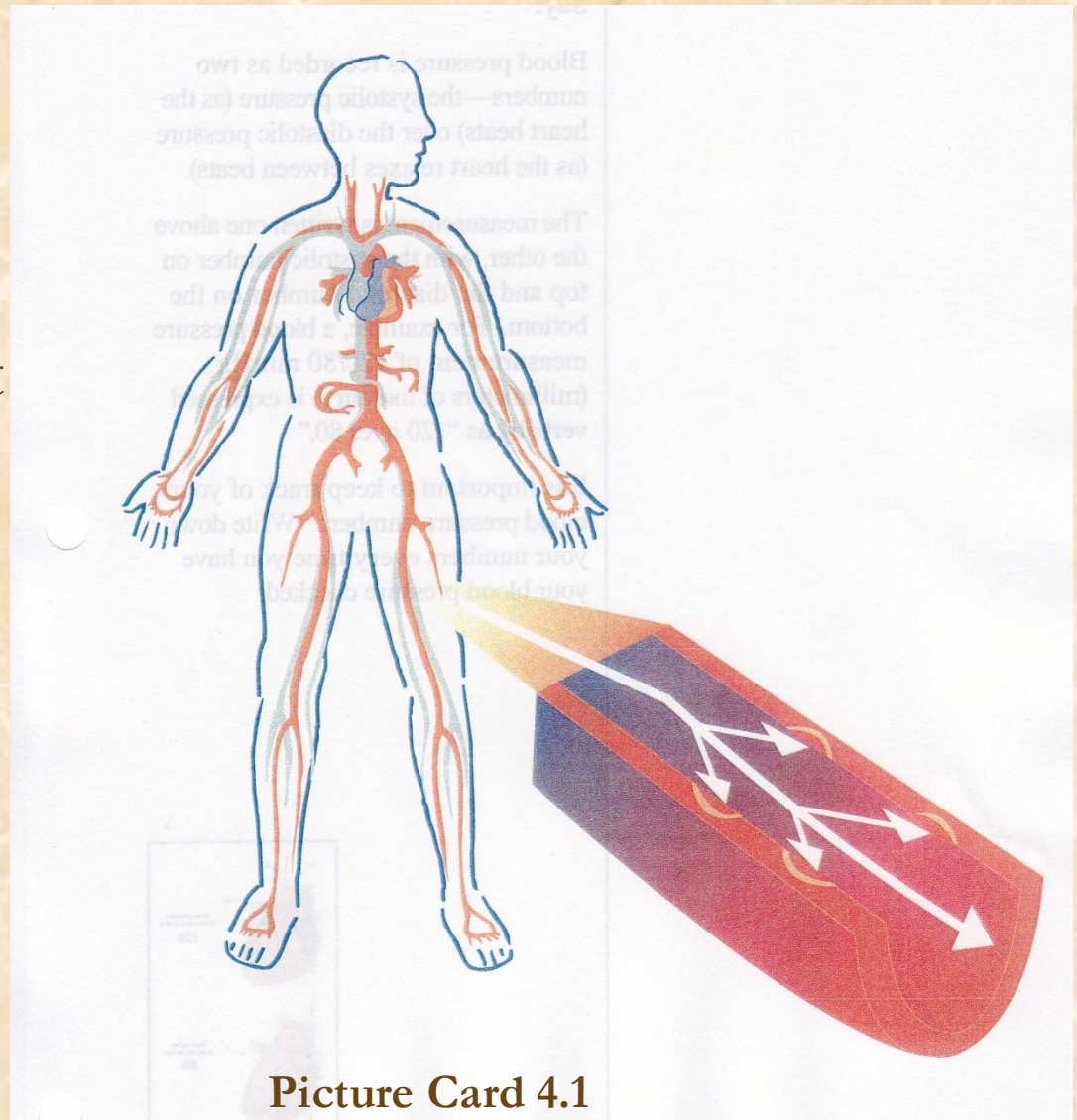


The Facts Don't Lie

- 1 in 3 in the U.S. have high blood pressure (hypertension). 1/3 of these people don't know they have high blood pressure
- Hypertensive Filipino Americans > other Asians, Native Hawaiians, other Pacific Islanders, and Caucasians
- Stroke: 3rd leading cause of death among Filipino Americans

What is Blood Pressure?

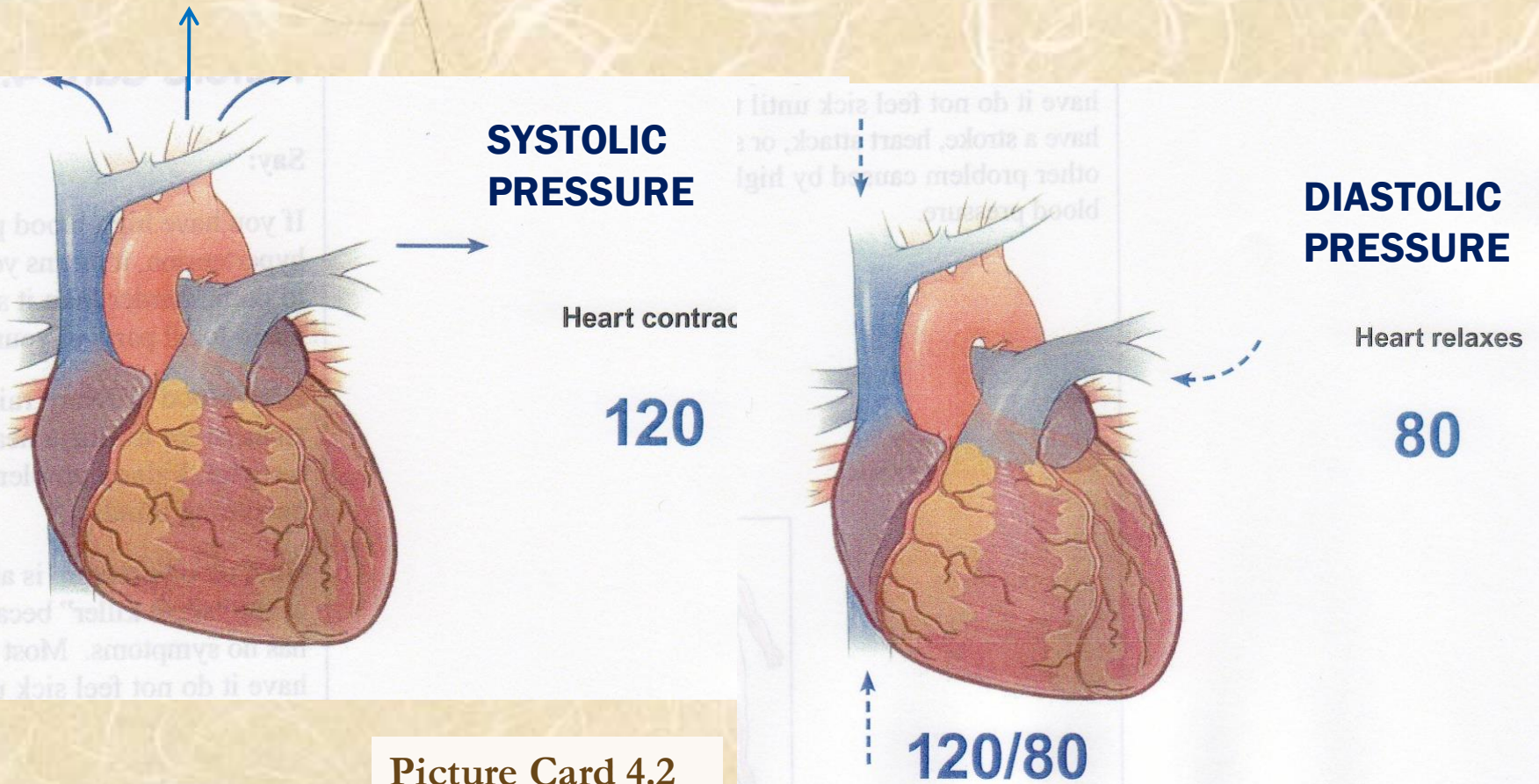
- Blood pressure is the force of blood against the walls of your arteries.
- Blood pressure is needed to move the blood through your body



Picture Card 4.1

“Lub dub”

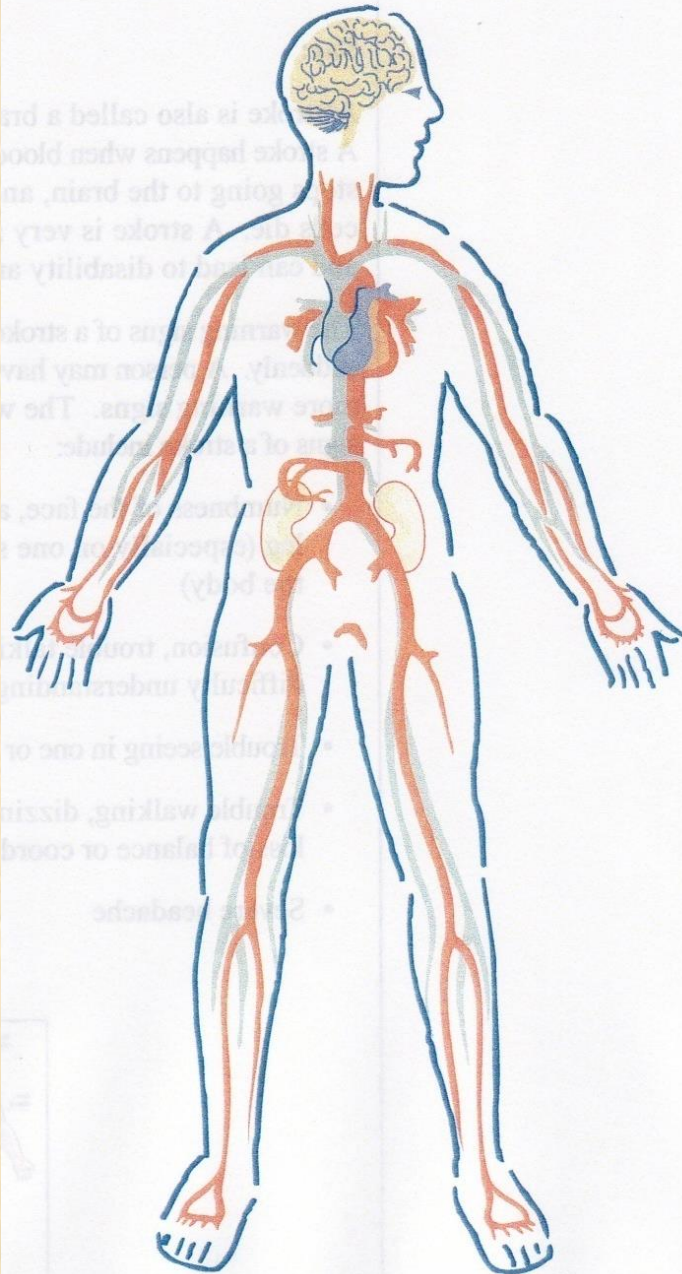
Circulation Animation



Picture Card 4.2

Your Blood Pressure Numbers

Level	(Systolic BP) First Number (mmHg)	(Diastolic BP) Second Number (mmHg)	Results
Normal	Below 120	& Below 80	Good for you!
Prehypertension	120-139	or 80-89	Keep an eye on your blood pressure. It is time to make changes in your eating and physical activity habits. Visit the doctor if you have diabetes.
High blood pressure	140 or greater	or 90 or greater	Ask your doctor, nurse, or CHW how to control it.



High blood pressure → heart has to pump harder than it should to get blood to all parts of your body.

High blood pressure raises your chances for having a:



- Stroke
- Heart attack
- Kidney problems
- Becoming blind

Picture Card 4.3

High blood pressure is known as the “SILENT KILLER”



- Often NO symptoms

-Most people who have it do not feel sick until they have a stroke, heart attack, or some other problem caused by high blood pressure

Risk factors that increase your chances of having a stroke:

- High Blood Pressure
- Heart disease
- Smoking
- Diabetes
- High blood cholesterol
- Overweight/obesity

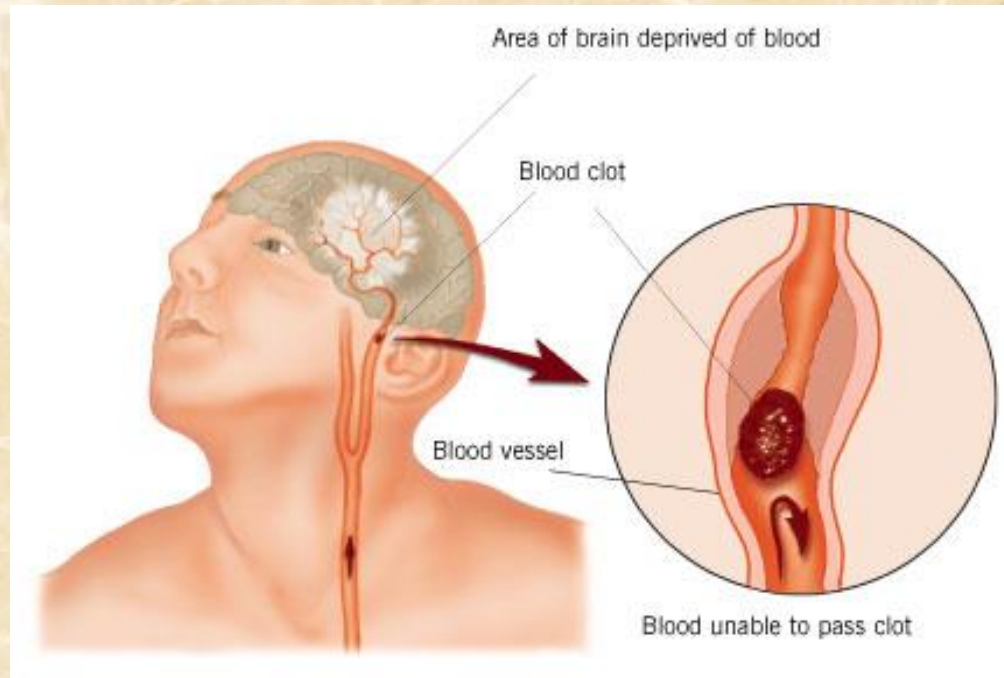


STROKE



Do you know anyone who has had a stroke?

What is a Stroke?



- Brain attack
- Blood suddenly stops going to the brain and brain cells die
- Can lead to disability and death.

Warning Signs of Stroke

Act “FAST”

Face: Does the face look uneven?

Ask the person to smile.

Arm: Does one arm drift down?

Ask the person to raise both arms.

Speech: Does their speech sound strange?

Ask the person to repeat a simple phrase, for example, “The sky is blue.”

Time: If you observe any of these signs, then it’s time to call 9-1-1.

[Handout: Know the Warning Signs of a Stroke]



What is a mini-stroke?

- Same symptoms as a stroke, but do not last long nor usually cause brain damage

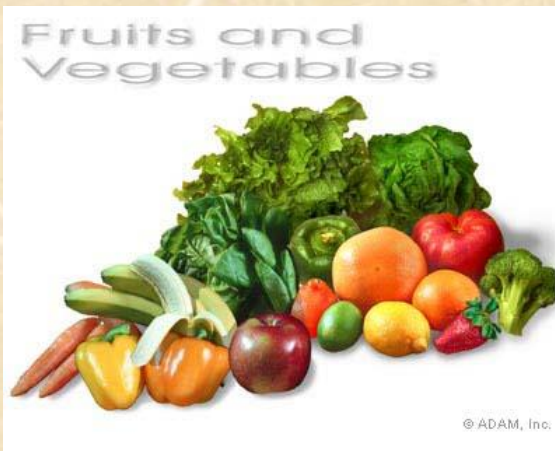


**This is a warning that a stroke
may happen in the future!**

- Mini-strokes can last a few seconds or an entire day and then go away. Do not ignore these signs. → Call 911

[refer to “Stroke Survival Tips” handout]

Lowering High Blood Pressure



[Refer to “Take Steps-Healthy Habits to Lower High Blood Pressure!” handout]

What steps could you and your family take to prevent or lower high blood pressure?

Salt and Sodium-

How Much Do We Need?

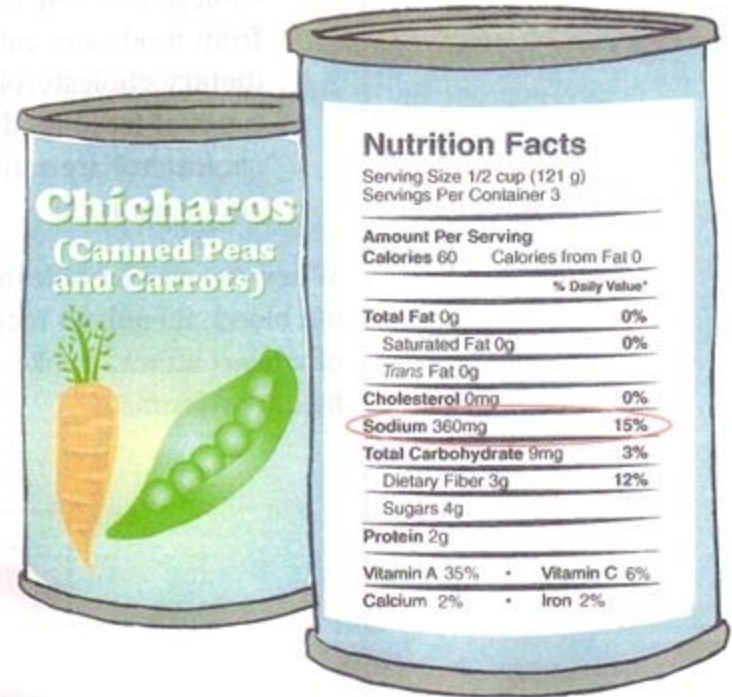
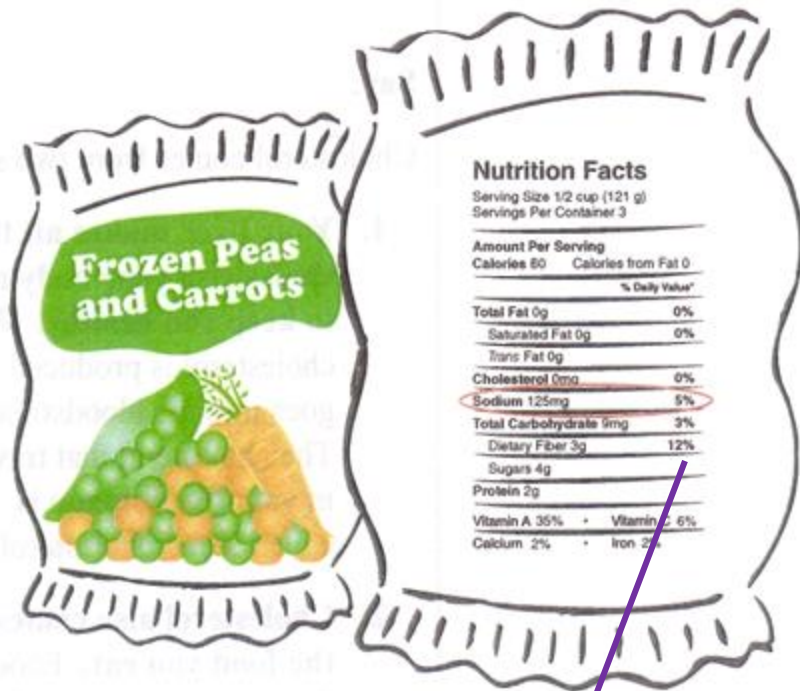
- Body only needs 500 mg ($\frac{1}{4}$ teaspoon) of sodium each day.
- Most people in the U.S. eat about 4000 -6000mg of sodium every day ($2 \frac{1}{2}$ teaspoons) !!! = 8-12 times more than what the body needs!!
- If you have high blood, decrease sodium intake to < 2300 mg sodium (or about **1 teaspoon of salt**) per day



Which foods are high in sodium?



About the Nutrition Facts Label



Picture Card 4.7



A Percent Daily
Value of 5 or less is
LOW



A Percent Daily
Value of 20 or
more is **HIGH**

Refer to handout: "Read the Nutrition Facts Label for Sodium!"

Foods that protect against high blood pressure



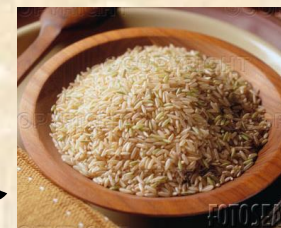
– **Potassium:** bananas, plantains, papayas, oranges, prunes, tomatoes, potatoes, spinach, dry beans



– **Calcium :** low-fat milk, low-fat, reduced-sodium cheese; low-fat yogurt; calcium fortified orange juice, leafy greens, fresh/rinsed canned fish



– **Magnesium:** whole-grain breads/cereals, oatmeal, brown rice, beans, nuts, seeds, spinach, okra



Handouts: “Ric’s food choices”

**Choosing foods low in salt and
sodium**

*Why is it hard for you to cut
back on salt and sodium?*

Go Easy on the Alcohol Now

- Too much alcohol → raises blood pressure
→ harms liver, brain, heart
→ =a lot of calories



- If you drink alcohol, drink only moderately:
 - Men – no more than 2 drinks a day
 - Women no more than 1 drink a day
 - Pregnant women should not drink *any* alcohol.

What do you think counts as one drink?



12 ounces of beer:

(Regular: 150 calories, Light: 100 calories)

5 ounces of wine (100 calories)



1 1/2 ounces of liquor (100 calories)

Managing Blood Pressure with Medicine

- If you have hypertension, making the lifestyle changes needed may not suffice to lower blood pressure.
- Many medications are available to lower blood pressure.



*[Handout: “Tips for Taking
Medicine for High Blood
Pressure”]*

Tips for Taking Medicine for High Blood Pressure




Do NOT stop taking your medicine if your blood pressure is okay. That means the medicine is working.



Discussion:
*What makes it difficult for
Filipinos to take their blood
pressure medicine?*

Medicine for High Blood Pressure

- Many people may take more than 1 medicine for blood pressure control.
- If side effects  talk to your doctor.
- To help your meds work better:
 - Eat more fruits and vegetables
 - Cut back on salt and sodium
 - Lose weight
 - Exercise



Review of Lesson 1's key points:

What are the risk factors for heart disease that we can prevent or control?

- High blood pressure
- High blood cholesterol
- Smoking
- Diabetes
- Overweight/Obesity
- Physical inactivity

Review of Lesson 2 Key Points: giveaways....

- **What is blood pressure?**
 - Force of blood against walls of arteries.
- **What are the three “levels” of blood pressure?**
 - Normal – below 120/80 mmHg
 - Prehypertension - 120/80 and 139/89 mmHg.
 - High blood pressure – 140/90 mmHg or higher
- **Why is high blood pressure dangerous?**
 - High b.p. can lead to heart attack, stroke, kidney problems, eye problems, and death.

Review of Lesson 2 Key Points (cont.)

- **What can you do to help make your bp medicine work better?**
 - Eat more fruits and vegetables
 - Cut back on salt and sodium
 - Lose weight
 - Be physically active
- **How can drinking alcohol affect your blood pressure**
 - Drinking too much alcohol can raise your BP

Review of Session's Key Point (con't)

- **Why should you cut back on salt and sodium in your food and how can you do it?**
 - To prevent or lower high blood pressure.
 - Herbs/spices; check nutrition labels; eat healthy snacks
- **What is a stroke? What are its signs?**
 - A stroke is a brain attack. Occurs when blood suddenly stop going to brain.
 - Signs include: numbness, confusion, vision/coordination trouble, severe headaches.

YOUR FEEDBACK:

What did you like about today's session?

What do you think would make the session better? (by categories: food, facilitation, etc.)

Maraming Salamat Po!