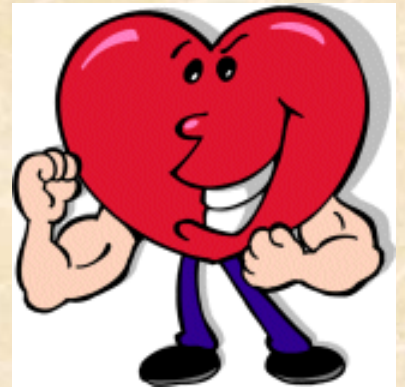




SESSION 4

Lesson 4A:

Welcome Heart Healthy Eating into Your Home & Eating Healthy on a Budget



Review of Last Week's Session

Q: Does anyone remember why a healthy weight is important to your heart health?

A: Keeping a healthy weight reduces your risk of heart disease, stroke, high blood pressure, high blood cholesterol, and diabetes.

Q: What is the healthiest way to lose weight?

A: Eat smaller portions of a variety of foods lower in fat and calories, and increase your physical activity.

Q: How does the Nutrition Facts Label help people who are trying to lose weight?

A: The Nutrition Facts Label tells you the serving size and the number of calories in a serving.

Eat in a Heart Healthy Way Even When There is Little Time

How often do you do the following?



Eating on the Run

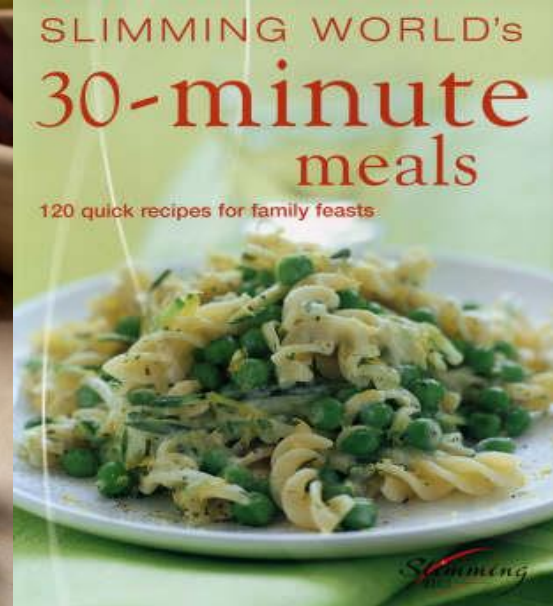
Eating on the run

may lead to eating **LARGER** portions.

HIGH in sodium, sugar, and fat!!!



Tips for Busy Families



Group Activity:

Rose's Busy Schedule



Discussion:

How can Rose make
sure that her family
eats in a heart healthy way?

Eating Out: How to Make Heart Healthy Choices at Fast Food Restaurants

Lola's Tips for Heart Healthy Chinese Food



Eating Heart Healthy

Discussion:

Discuss tips for eating out the heart healthy way.



Lesson 4B:

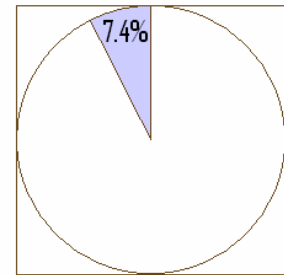
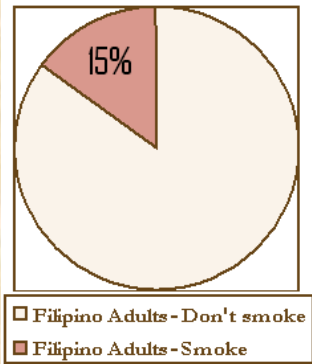
Enjoy Living Smoke Free



Overview

- **Review of Last Week's Session**
- **Smoking**
 - Facts
 - Smoking harms infants and children
- **Youth and Smoking**
 - Facts Secondhand smoke
- **Secondhand Smoke**
- **Quitting Smoking**
 - Overcome the urge to smoke
- **Review Key Points**

Facts about Smoking



☐ Filipino Adolescents- Don't smoke
☐ Filipino Adolescents- Smoke

Reasons why you should quit smoking or not start smoking:

MEANWHILE IN A PARALLEL UNIVERSE...



"MAN, I COULD KILL A HUMAN RIGHT NOW!"



=



Smoking harms the health of your *family, children, friends and everybody around you!*

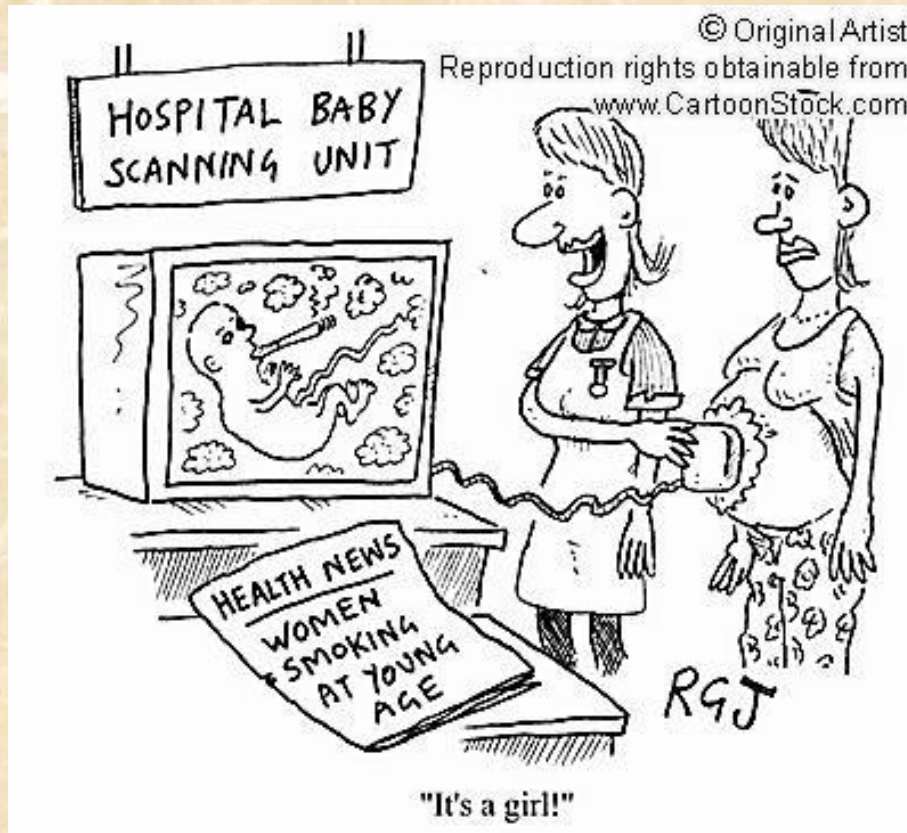
Artist
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"WE CURED YOUR CIGARETTE ADDICTION, BUT YOU NOW NEED TREATMENT FOR NICOTINE PATCH ADDICTION."

Smoking Harms Infants and Children

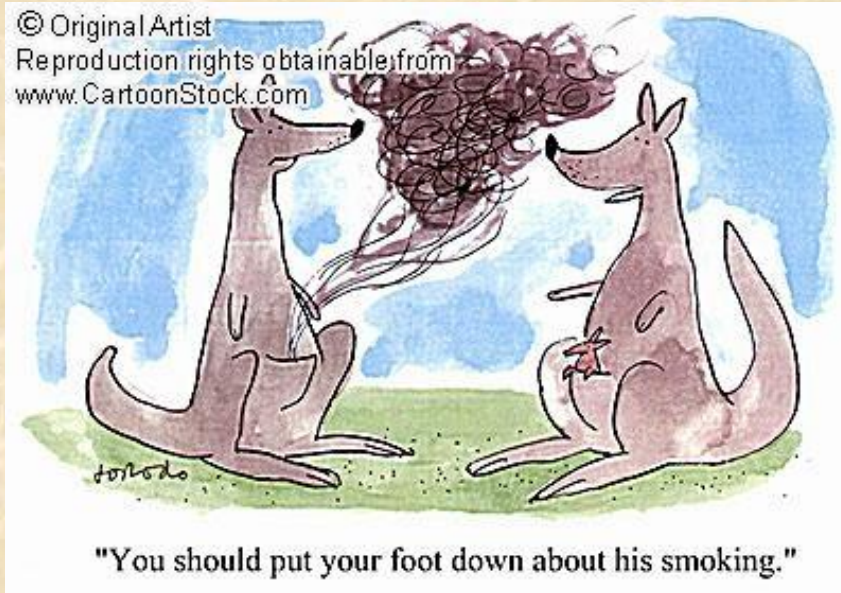
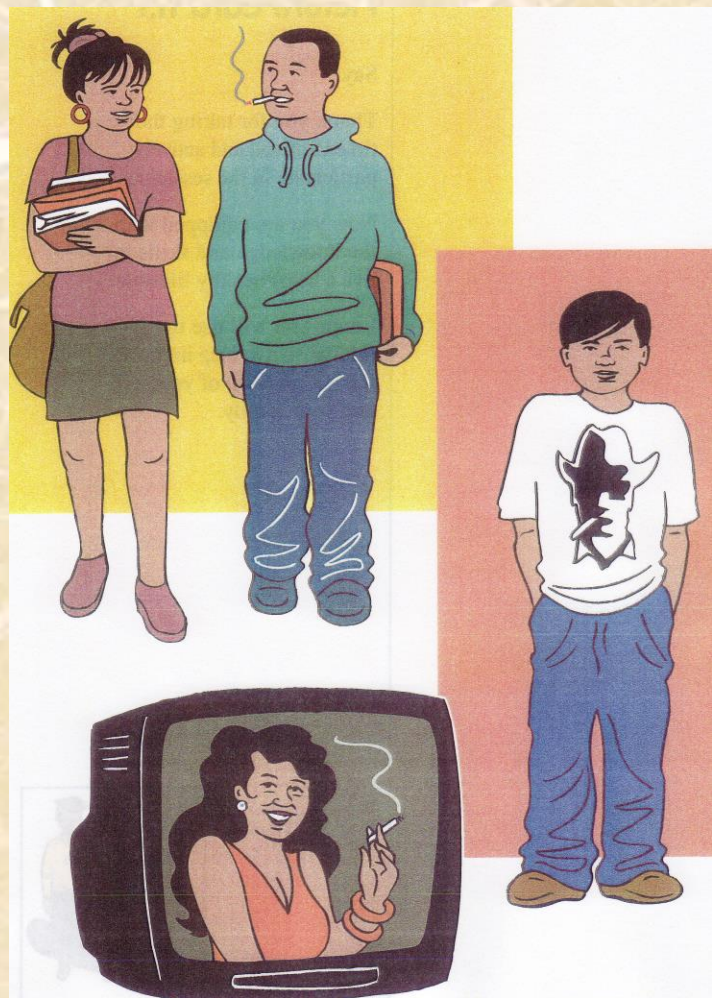
Do you think that pregnant women should smoke?



- Pregnant women should not smoke and stay away from smokers!
 - Smoking affects the babies' health and well-being

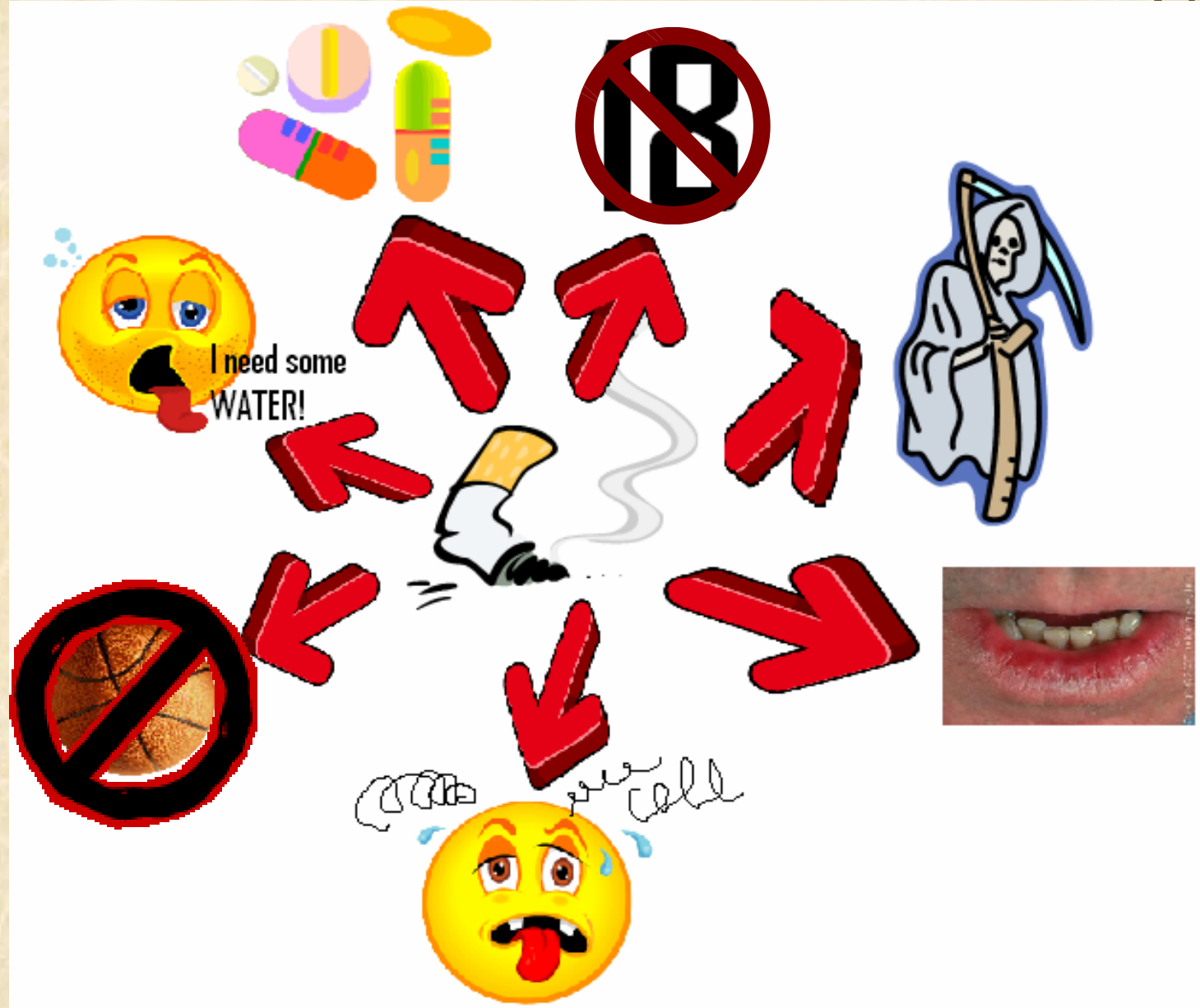
Youth and Smoking

Why do you think many people begin smoking as teenagers?



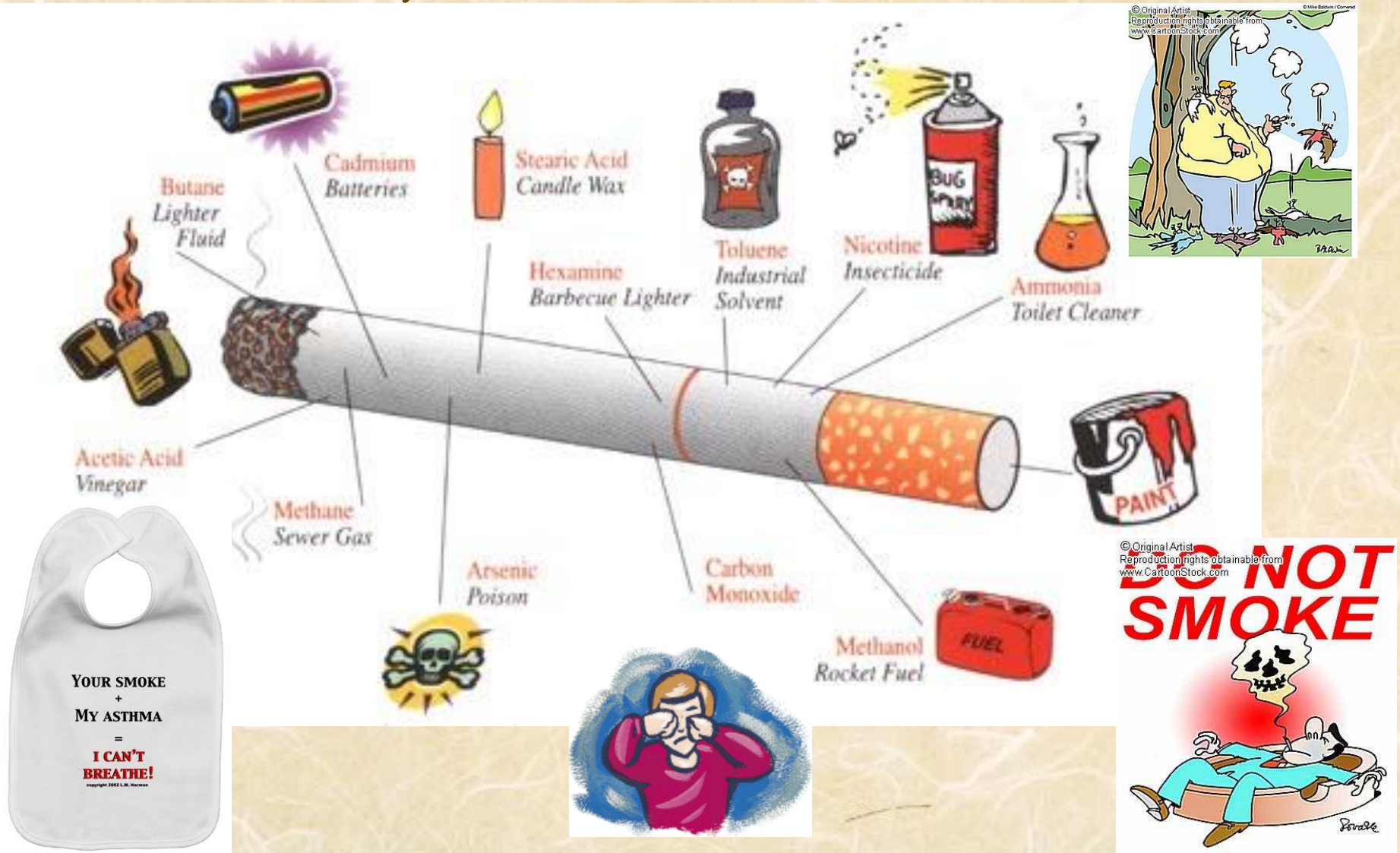
- Get along with friends
- Imitate actors that are in the movies/ on the television
- Like the prizes (clothes/ hats) that tobacco companies offer
- Influenced by advertisements/ family
 - They think smoking is not harmful
- Do things that their parents don't want them to do

Facts about Youth and Smoking



Secondhand Smoke

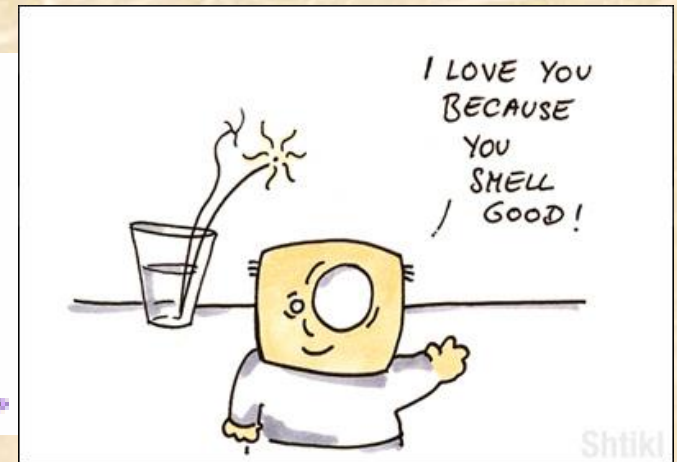
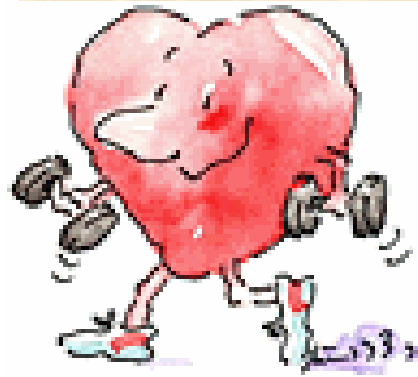
What have you heard about secondhand smoke?



Quitting Smoking

“Ang bawat sigarillo ay pako sa ataul mo.”

Have any of you quit smoking? Or do you know anyone who has quit smoking? What are the benefits of quitting smoking?



What are some of these feelings or situations that bring on the urge to smoke?



- Drinking coffee
- Drinking alcohol
- Talking on the phone
- Watching someone else smoke
- Feeling stressed/ bored/ depressed

Overcome the urge to smoke



- Find ways to relax
- Keep busy
- Keep moving
- Know what to expect

Tips To Quit Smoking

Try these positive ways to help family members or friends who want to quit:

- Help them stay away from smokers.



“Quitting is hard, but I know you can do it!”

- Suggest activities that will help them beat the urge to smoke.



Review Key Points

- **When people smoke, which diseases are they likely to develop?**
 - Heart disease, cancer, stroke, and respiratory diseases
- **Should a pregnant woman smoke?**
 - Pregnant women should not smoke.
 - It reduces the oxygen the baby receives
 - It contributes to lower birth weight
 - It increases the chance of a baby being born dead
- **What is secondhand smoke?**
 - Smoke that you breathe in from someone else's cigarette.
 - It is filled with harmful chemicals
- **What can you do if someone is smoking around you and you don't like it?**
 - Ask the person not to smoke inside
 - Leave that area
 - Post a sign in your home ("Thank You for Not Smoking" or "This Is a Smoke-Free Home")

Source

- Healthy Heart, Healthy Family: A Community Health Worker's Manual for the Filipino Community (2008)