



SESSION 3

Lesson 3A:

Act in Time to Heart Attack Signs



Overview

- **Facts**
 - “Act in Time to Heart Attack Signs” video
- **What Is a Heart Attack**
 - “What is a Heart Attack” animation
- **Importance of Rapid Treatment for a Heart Attack**
- **Warning Signs of a Heart Attack**
 - What do you think are the reasons people do not recognize that they are having a heart attack?
- **Delay Can Be Deadly**
- **The Role of Emergency Medical Services**
- **Plan Ahead**
 - My Emergency Card
- **Review Key Points**

Facts

- Each year about 1.2million people in the United States will have a heart attack
- About 1/2 of them will die.
- About 1/2 of the people who die of a heart attack will die before they reach the hospital.



[Click here for “Act in Time to Heart Attack Signs” video](#)

- What did you see in the video?



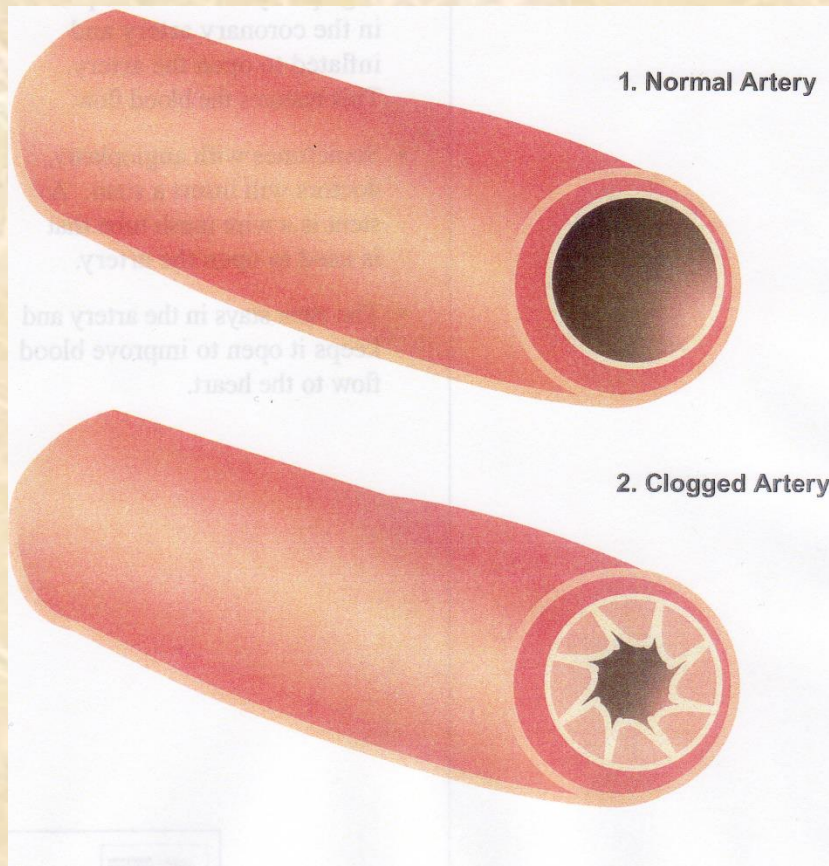
- What did you hear in the video?



- How did the video make you feel?



What is a Heart Attack?



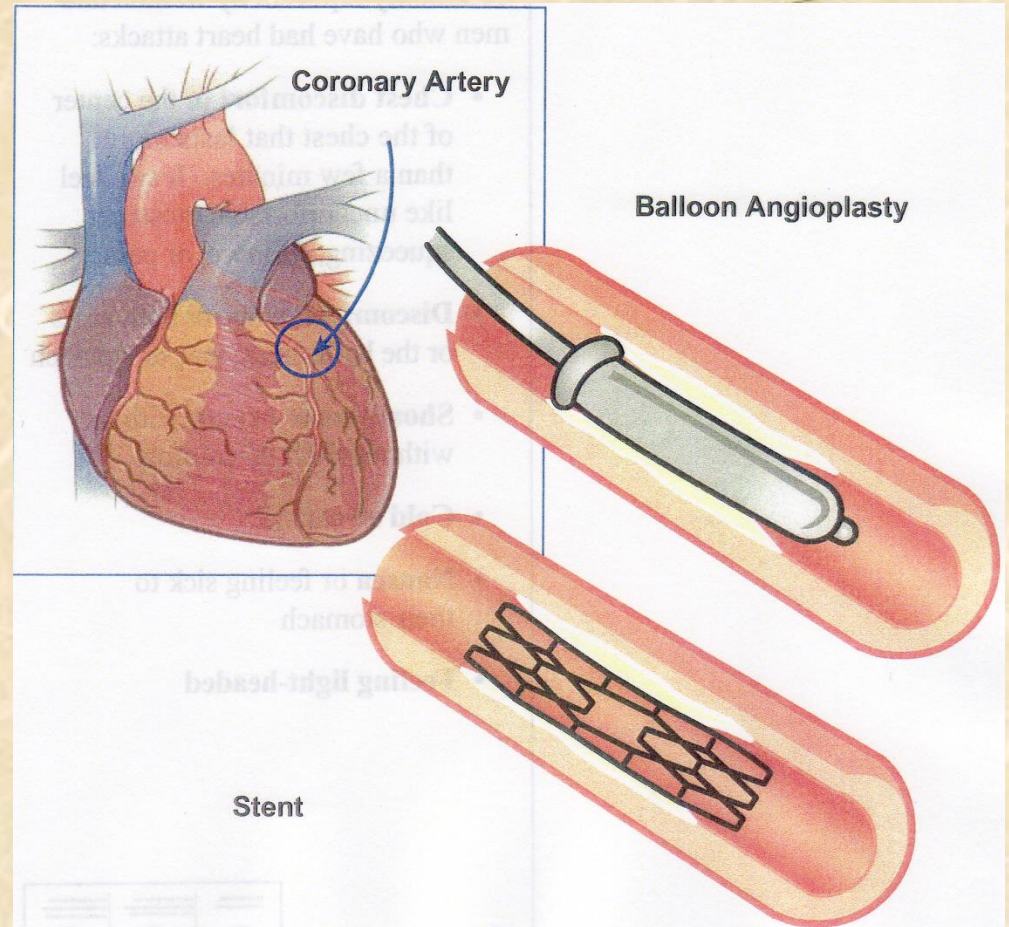
- Medical treatment can restore the blood flow to the heart. It keeps the heart muscle from dying.
- Get treatments as soon as possible.
- When a part of the heart muscle dies, nothing can be done to restore it.

[Click here to view a 1 min 3-D animation about heart attack](#)

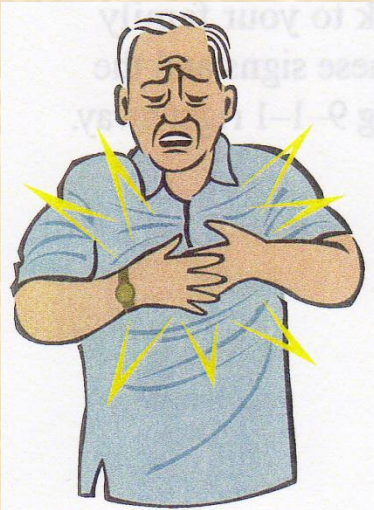
[Or click here to view a animation about heart attack](#)

Importance of Rapid Treatment for a Heart Attack

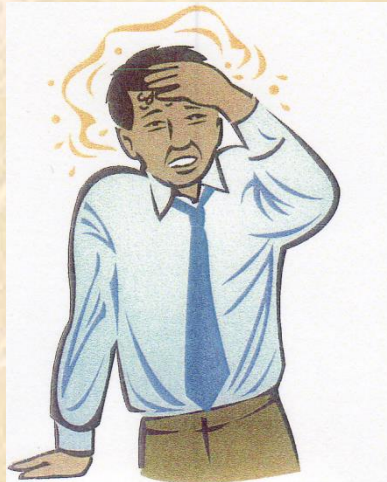
- Angioplasty
 - A balloon is placed in the coronary artery and inflated to open the artery.
- Stent
 - A wire mesh tube that stays in the artery and keeps it open to improve blood flow to the heart.



Warning Signs of a Heart Attack



Chest discomfort



**Feeling light-headed or
breaking into a cold sweat**



Arm or back discomfort



**Feeling sick or discomfort
in your stomach**



**Trouble breathing, with or
without chest discomfort**



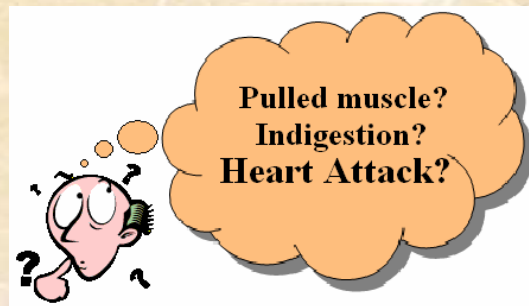
Neck or jaw discomfort

- Discomfort in the center of the chest
- Discomfort in one or both arms or the back, neck, jaw, or stomach.
- Shortness of breath,
- Cold Sweat
- Feeling light-headed
- Nausea

What do you think are the reasons people do not recognize that they are having a heart attack?



- Pain or discomfort is mild, and the signs may come and go

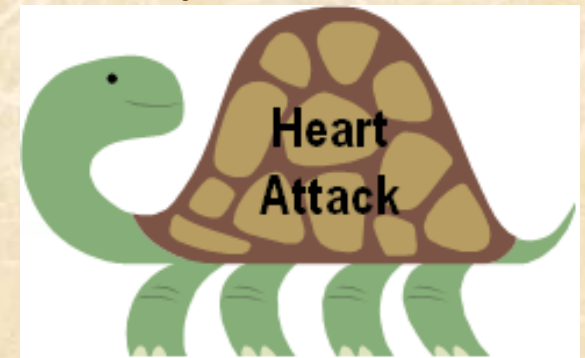


- Confuse about heart attack signs with symptoms of a pulled muscle or indigestion



- Confuse the warning signs of a heart attack with symptoms of other diseases or illnesses

- Heart attack is not always a sudden event

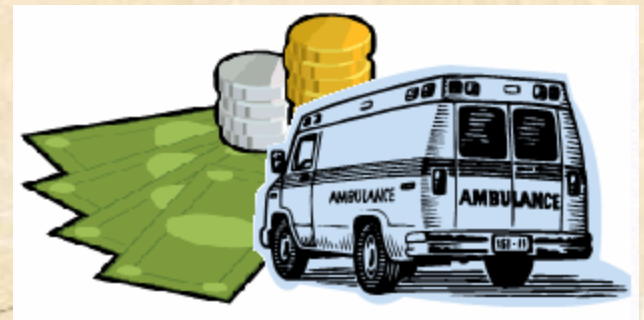


- Don't believe that they have a heart attack and ignore the warning signs

Delay Can Be Deadly

Think about yourself and your family- what might prevent you from calling 9-1-1 quickly if you think you are having a heart attack?

- Didn't think their symptoms were severe enough
- Unaware that calling 9-1-1 has many lifesaving advantages.
- Thought driving themselves to the hospital would be faster.
- Concerned about being embarrassed when an emergency vehicle showed up at their door.
- Concerned about the cost of the ambulance and medical alarm.
- Afraid the symptoms were a false alarm



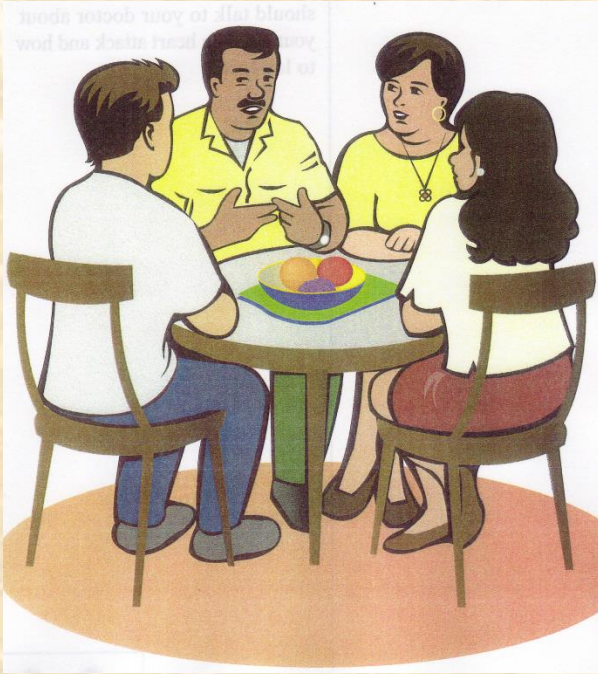
The Role of Emergency Medical Services

What are the benefits of calling emergency medical services?

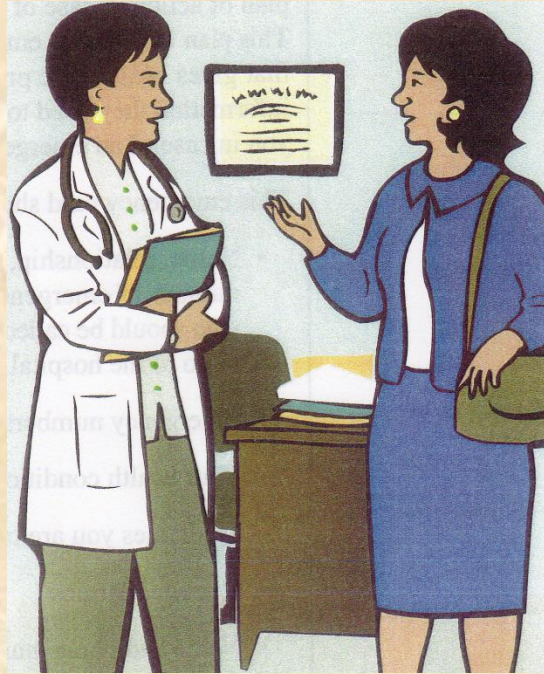


What would you plan to do if you suddenly had to go to the hospital in an ambulance?

Plan Ahead

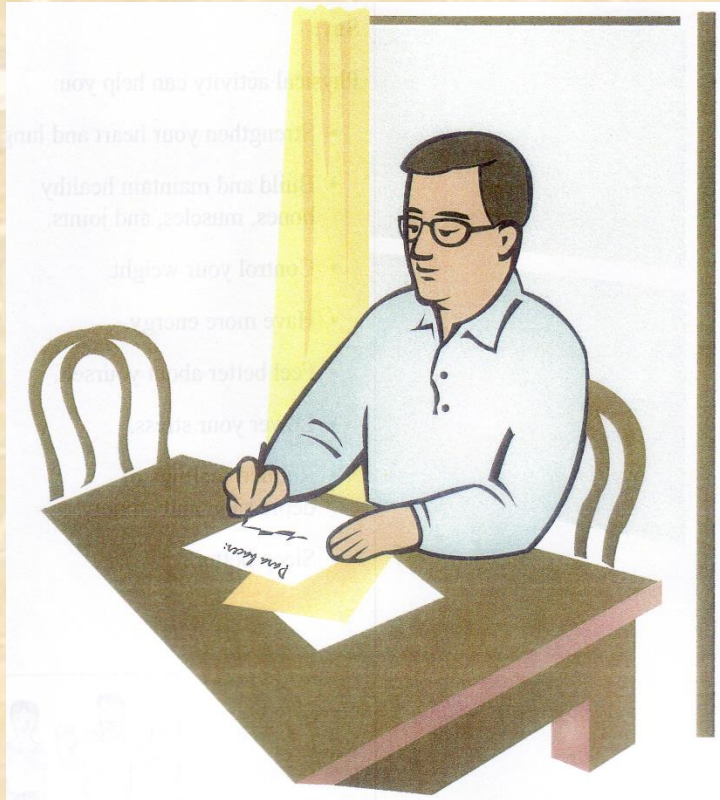


Talk to your family and friends about the warning signs of a heart attack and the importance of calling 9-1-1.



Talk to your doctor about your risk of heart attack

My Emergency Card



The emergency card should includes:

- Name, relationship, and phone # of emergency contacts who should be called if you have to go to the hospital
- Emergency # in your area
- Your health conditions
- Current medicines
- Known allergies
- Name and phone # of your doctor or clinic
- Any other important information

*** Make copies for all adults in your family and encourage them to fill them out.**

Review Key Points

- **What is a heart attack?.**
 - Occurs when a coronary artery becomes blocked and blood flow is closed off
 - When blood flow is stopped, parts of the heart muscle start to die
- **What stops a heart attack?**
 - Quick action and medical treatment
- **Why is it important to get treatment quickly?**
 - It can prevent the heart muscle from dying.
 - Receive treatment within 1 hour after warning signs start. It will improve chances of survival and will help save the heart muscle
 - “Clot-busting” and other medicines open up the artery and restore blood flow.
 - Angioplasty opens the artery and restores blood flow.

- **What are the warning signs of a heart attack?**
 - Chest may hurt or feel squeezed.
 - One or both of your arms, your back, or your stomach may hurt.
 - Pain in your neck or jaw.
 - Cannot breathe.
 - Light-headed or break out in a cold sweat
 - Sick to your stomach.
- **What should you do if you experience these warning signs?**
 - Call 9-1-1 in 5 minutes or less, even if you are not sure you are having a heart attack. Do not drive yourself to the hospital.



Source

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

Lesson 3B:
Get Energized! Be More Physically
Active & Aim For A Healthy
Weight

Overview

- **Physical Activity**
- Facts
- Benefits
- Types of Physical Activity
 - Moderate
 - Vigorous
- Finding Time to be Physically Active
- **Healthy Weight**
- Facts
- Your Weight and Your Health
 - Healthy weight
 - Risk factors
 - The healthy way to lose weight
 - Nutrition Facts Label- Calories
- **Review Key Points**

Facts about Physical Activity

- Physical activity (exercise) keeps you strong and healthy, both physically and mentally.
- Not being physically active puts you at risk for heart disease.
 - Adults
 - at least 30-60 minutes.

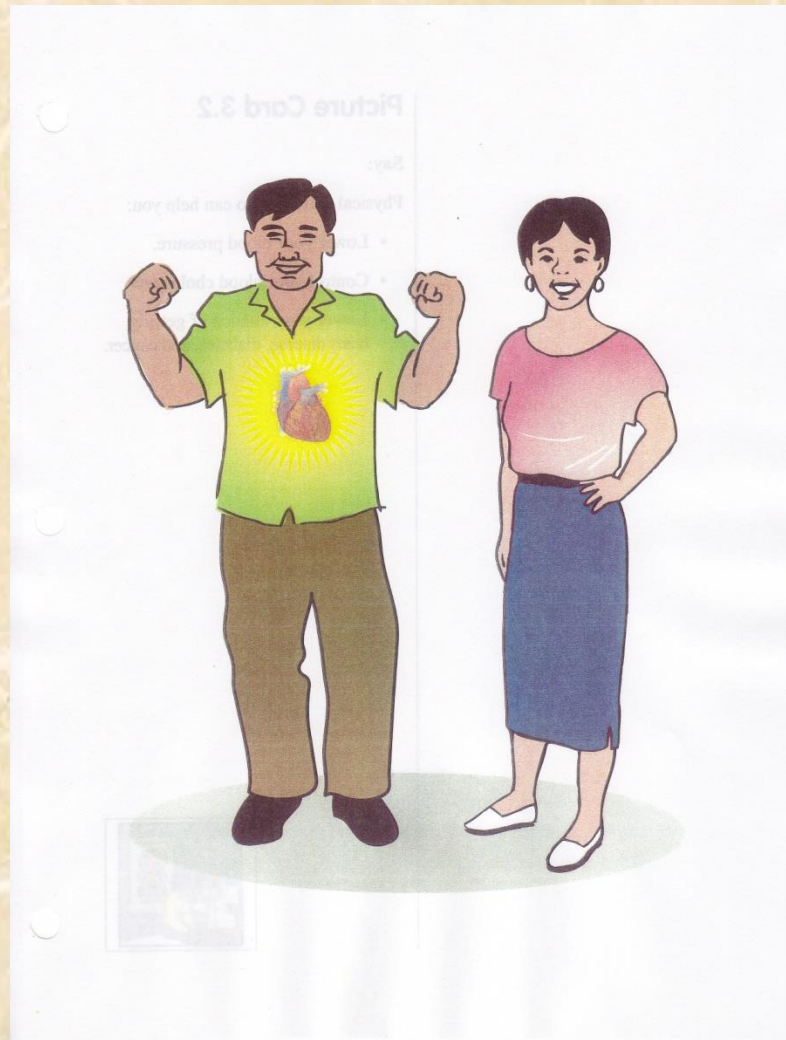


- » Children and adolescents
 - 1 hour on most days.

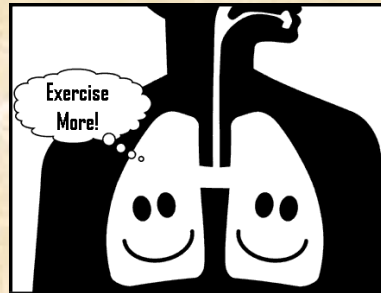
Facts about Physical Activity (con't)

- Only about 1/3 of Asians in U.S. are physically active
- Filipino residents in Hawaii have highest level of physical inactivity compared to other Asian and Native Hawaiian residents.
- In the Philippines:
 - Only 15% of Filipinos partake in vigorous physical activity regularly.
 - Less than 8% of students aged 13-15 years are physically active for at least 1 hour per day.

How do you think physical activity can help you?



Benefits of Physical Activity



Weight
Control



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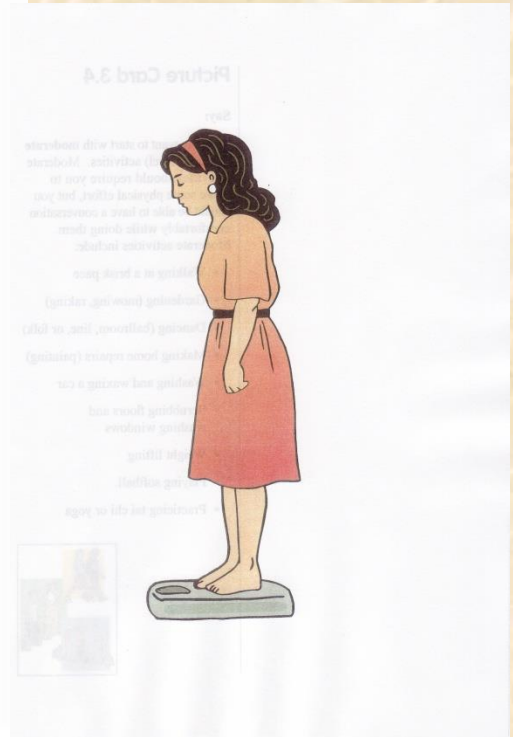
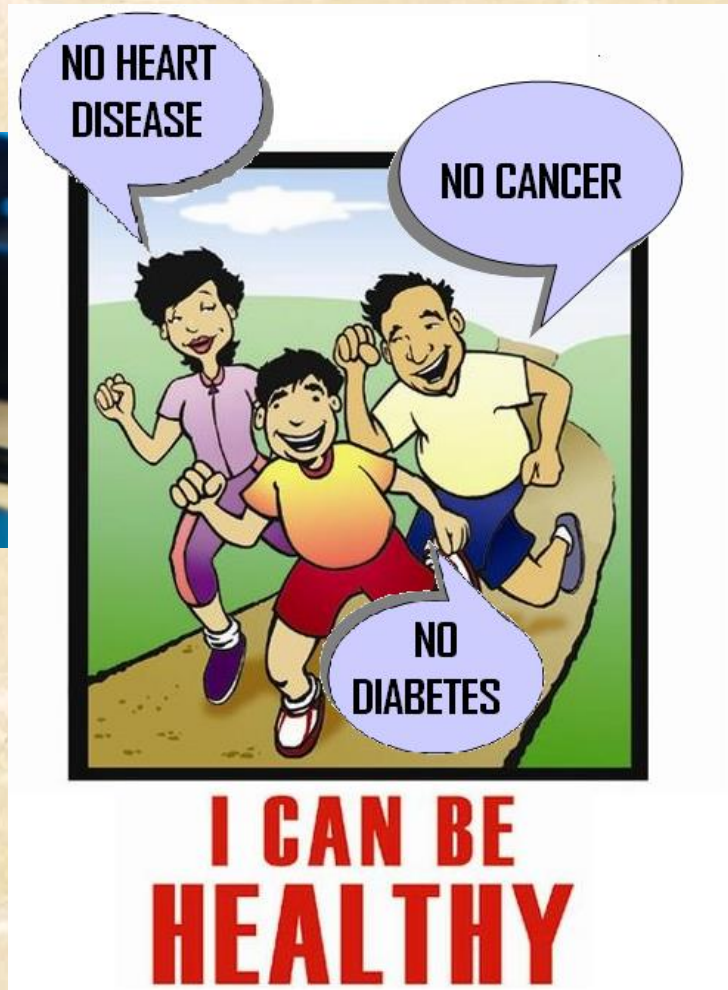


- Have more energy
- Build and maintain health bones, muscles, and joints

Benefits of Physical Activity (con't)



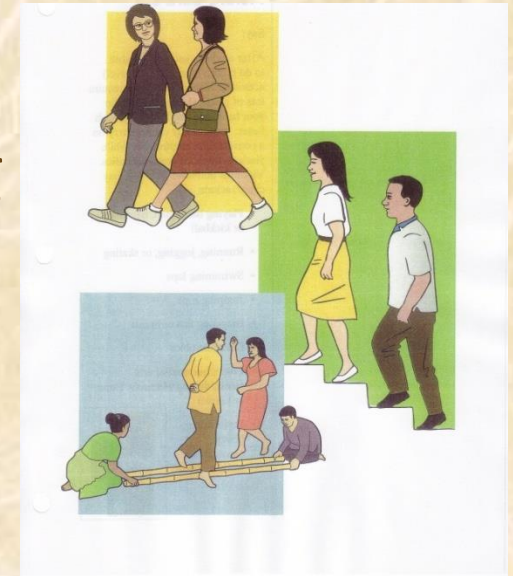
- Lower your blood pressure and control your blood pressure



Types of Physical Activities

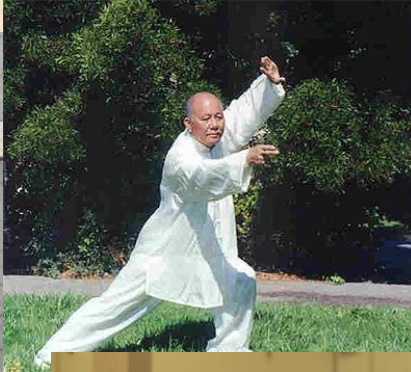
What do you do to be physically active?

- There are different types, e.g., walking, climbing stairs, or doing household chores.

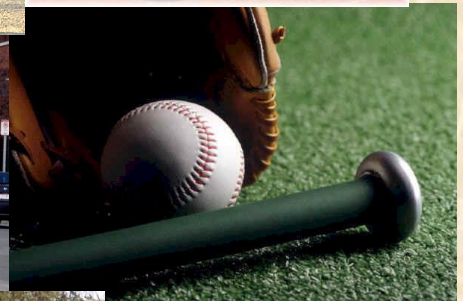


- Physical activities can help improve strength and flexibility
 1. **Moderate** (medium-level) activities
 2. **Vigorous** (high-level) activities

Moderate Physical Activities



Vigorous activities



Finding Time to Be Physically Active

- If you cannot set aside 30-60 minutes at one time to be active, break your activity into shorter periods of 10 minutes or longer.

– Example:

Practice tai chi or yoga for 10 minutes before you go to work.....10

Take a 10-minute walk with your kids after work.....10

Practice dancing for 10 minutes later in the day.....+10

30 minutes

☐ *Choose an activity that fits your lifestyle.*

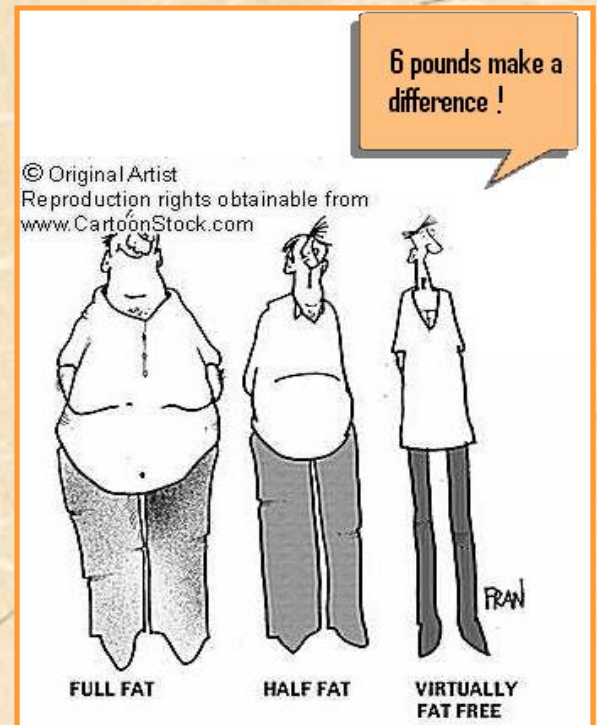
☐ *Set goals*

- *Start slowly.*
- *Get support.*
- *Be flexible.*

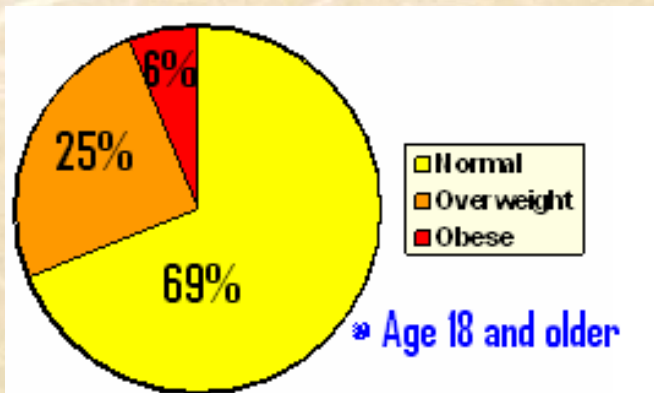
☐ *Reward yourself.*



Facts about Overweight and Obesity



Asian adults' weight in the United States



• About 34% of the Filipino residents living in Hawaii are overweight and 10% are obese.

• In the Philippines, about 24% of the adults (20+) are overweight or obese

What is a Healthy Weight?

First Step-> BMI

Name: Cesar
Weight: 175lbs/79.4kg
Height: 5'6"/1.68m

Name: Mila
Weight: 125lbs/56.7kg
Height: 5'"/1.52m



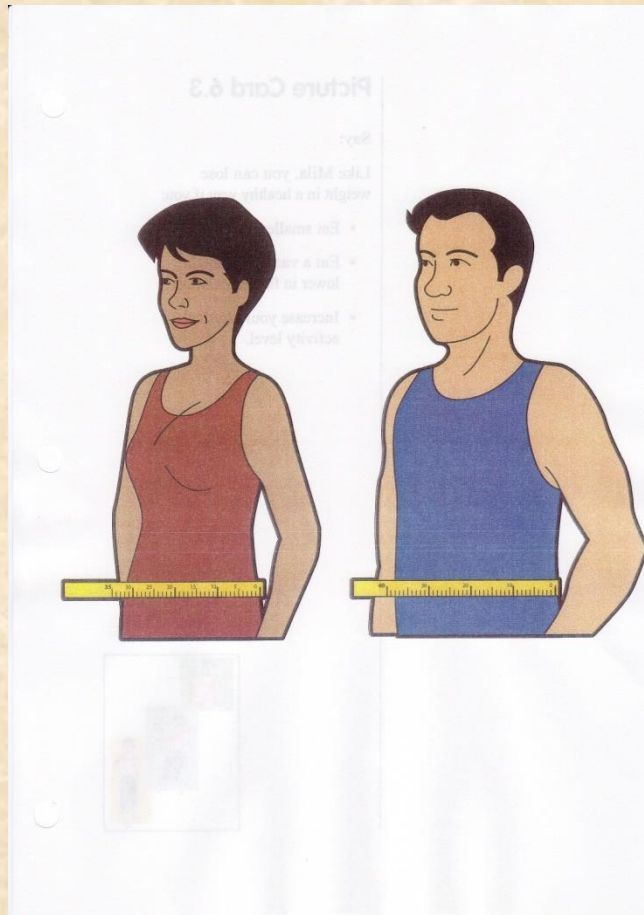
Do they have healthy weight?

Body Mass Index

	Weight in Pounds (lbs)															
	100 lbs 45 kg	110 lbs 50 kg	120 lbs 54 kg	130 lbs 59 kg	140 lbs 63 kg	150 lbs 68 kg	160 lbs 73 kg	170 lbs 77 kg	180 lbs 82 kg	190 lbs 86 kg	200 lbs 91 kg	210 lbs 95 kg	220 lbs 100 kg	230 lbs 104 kg	240 lbs 109 kg	250 lbs 113 kg
4'8" 1.46 m	22	25	26	29	31	34	36	38	40	43	45	47	49	52	54	56
4'9" 1.47 m	22	24	26	28	30	33	35	37	39	41	43	45	48	50	52	54
4'10" 1.49 m	21	23	25	27	29	31	34	36	38	40	42	44	46	48	50	52
4'11" 1.50 m	20	22	24	26	28	30	32	34	36	38	40	42	44	46	48	51
5'0" 1.52 m	20	22	23	25	27	29	31	33	36	37	39	41	43	45	47	49
5'1" 1.55 m	19	21	23	25	26	28	30	32	34	36	38	40	42	44	45	47
5'2" 1.57 m	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'3" 1.60 m	18	20	21	23	25	27	28	30	32	34	35	37	39	41	43	44
5'4" 1.63 m		19	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'5" 1.65 m		18	20	22	23	25	27	28	30	32	33	35	37	38	40	42
5'6" 1.67 m		18	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'7" 1.70 m			19	20	22	24	25	27	28	30	31	33	35	36	38	39
5'8" 1.73 m			18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'9" 1.75 m			18	19	21	22	24	25	27	28	30	31	33	34	36	37
5'10" 1.78 m				19	20	22	23	24	26	27	29	30	32	33	35	36
5'11" 1.80 m				18	20	21	22	24	25	27	28	29	31	32	34	35
6'0" 1.83 m			16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'1" 1.85 m			16		19	20	21	22	24	25	26	28	29	30	32	33

■ Healthy Weight ■ Overweight ■ Obese

Second Step-> Waist Measure

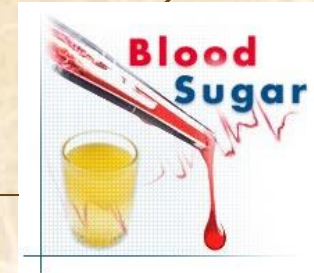


- **Woman** <35in / 88cm
- **Men** <40in / 102cm
- *A high waist measure increases your risk for heart disease*

Risk Factors

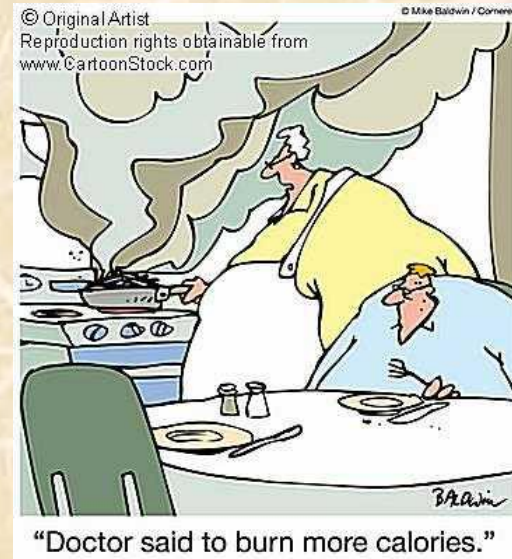
How many of these risk factors do you have?

- High blood pressure
- High LDL cholesterol (bad cholesterol)
- Low HDL cholesterol (good cholesterol)
- High triglycerides
- High blood glucose
- Family history of heart disease
- Not being physically active
- Smoking



The Healthy Way to Lose Weight

- Choose foods with fewer calories
- Burn more calories than the calories you eat
- More physically active



- Pregnant women should not try to lose weight.

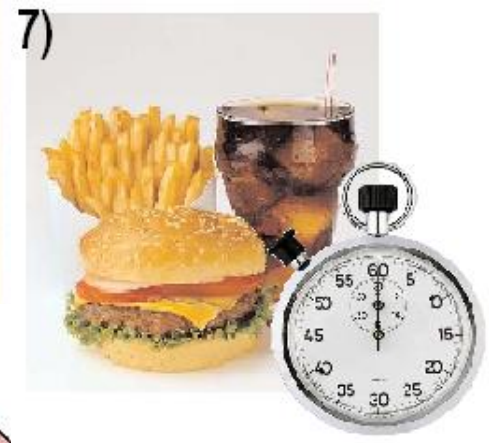


Why do you think it is difficult for some people to lose weight or keep off the weight they lose?

Some people have a hard time losing weight because:



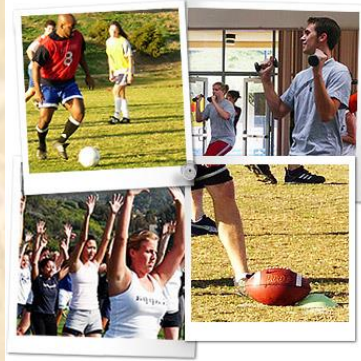
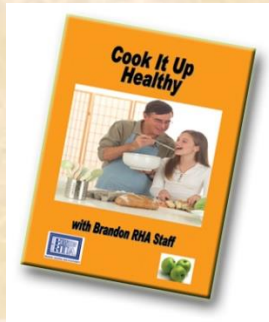
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8) They attend many social gatherings and do not want to offend the host by not enjoying the food.

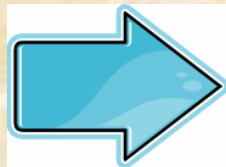
9) Some foods remind them of the Philippines, so they eat them even if they are high in fat, cholesterol, and sodium.

Have you found ways to beat the barriers to losing weight?



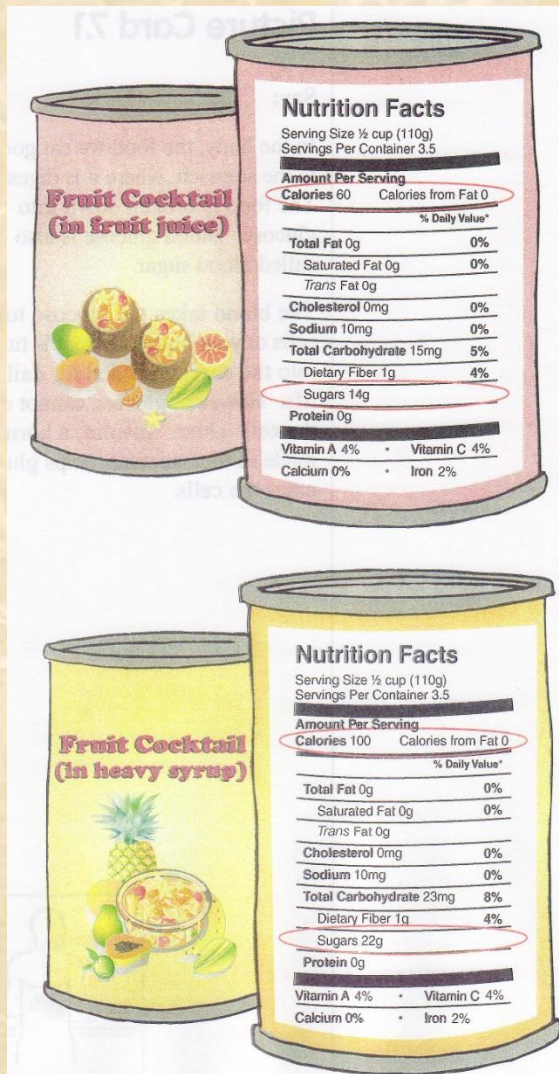
- Walk and plan activities with another person
- Share healthy recipes
- Recreation Programs
- Find another person that also wants to lose weight
- Find activities that the whole family enjoy

30 libras (pounds)
30 días (days)
\$30
1-800-FARSA
(1-800-FRAUD)



- Make your wallet "lighter"
- Rarely work
- Not providing enough nutrients and energy that your body needs
- Not healthy

Nutrition Facts Label- Calories



- *Which canned fruit cocktail has fewer calories?*
- Canned fruit cocktail (in fruit juice) has fewer calories.
- *“Fat-free” does not mean free of calories; look at the calories and fat when comparing Nutrition Facts labels.*

Review of Key Points- Physically Active

- Regular physical activity can:
 - Strengthen your heart and lungs.
 - Build and maintain healthy bones, muscles, and joints.
 - Help you lose excess weight and prevent weight gain.
 - Control blood cholesterol and lower blood pressure.
 - Help you sleep better, reduce stress, increase energy, reduce feelings of depression.

- **What is an activity that just about everyone can do?**
 - Brisk walking
- **What are simple ways to become more active throughout the day?**
 - Take a walk, dance to favorite music
- **What is the minimum amount of physical activity recommended daily?**
 - Adults need at least 30 minutes
 - Children/adolescents need at least 1 hour

Review of Key Points- Healthy Weight

- **Why is it important to maintain a healthy weight?**
 - Being overweight many increase your risk of heart disease, high blood pressure, high blood cholesterol, diabetes, and some types of cancer.
- **What is the healthiest way to lose weight?**
 - Eat smaller portions of a variety of foods lower in fat and calories, and increase your physical activity.
- **How can the Nutrition Facts label help you if you need to lose weight?**
 - The Nutrition Facts label tells you the serving size and the number of calories per serving. You can compare calories on different packages to choose foods that are lower in calories.

Source:

- Healthy Heart, Healthy Family: A Community Health Worker's Manual for the Filipino Community (2006 and 2008)