

**12 Months of
Healthy Living**
*Creating Healthy Living
Habits All Year Long*



Agenda

- Introduction
- Facts and risk factors
- Terms and numbers
- A heart healthy lifestyle
- Recognizing heart attacks and strokes
- Statins
- Closing

Heart Health Facts

- Heart disease is the leading cause of death for both men and women
- 690,000+ Americans die from heart disease annually
- Someone has a heart attack every 40 seconds in the US
- Heart disease is the leading cause of death across most racial and ethnic groups in the US
- Heart disease costs the US \$363 billion each year in medical costs and lost productivity

Recognizing Heart Attacks



- Discomfort or pressure in the center of the chest
- Discomfort or pressure in other areas of the upper body including one or both arms, jaw, neck, back or stomach
- Shortness of breath
- Breaking out in a cold sweat
- Lightheadedness
- Nausea or vomiting

Symptoms for Women

- Women more often feel intuitively that something is wrong
- Women tend to experience these symptoms:
- Shortness of breath
- Back pain
- Nausea
- Vomiting
- Jaw pain



Recognizing a Stroke

What is a stroke?

- A stroke occurs when an artery is damaged and the blood supply to the brain is blocked

Signs of stroke

- Sudden numbness or weakness in the face, arm or leg
- Numbness affecting only one side of the body
- Trouble speaking
- Vision changes or blurred vision
- Difficulty with balance or walking; dizziness
- Severe headache with no known cause
- It's important to recognize the signs of stroke and take immediate action!

Risk Factors

- Diabetes
- High cholesterol
- High blood pressure
- Physical inactivity
- Obesity
- Smoking
- Family history of heart disease or diabetes
- Poor diet or nutrition
- Excessive alcohol use



Terms to Know

- Lipid panel:
 - TC = total cholesterol
 - HDL = high density / “good” cholesterol
 - LDL = low density / “bad” cholesterol
 - TC/HDL = Ratio of HDL to total cholesterol
- Triglycerides = stored in body, used for energy
- Blood pressure - read as systolic / diastolic
- BMI (Body Mass Index) - calculated using height and weight
- Blood glucose - measure of the sugar level in your blood

Measurements to Know

Cholesterol: Target Levels

- TC < 200 mg/dl
- HDL > 40-50 mg/dl
- LDL < 130 mg/dl
- Triglycerides < 150mg/dl

Blood Pressure

- Normal < 120/80
- Elevated 120-129/< 80
- Stage 1 Hypertension = 130-139/80-89
- Stage 2 Hypertension = 140+/90+

Source: American Heart Association

Measurements to Know

Waist to Hip Ratio (WHR)	Women	Men
Abdominal Obesity	0.85 or more	0.9 or more

Source: World Health Organization

Body Mass Index	
Underweight	<18.5
Normal	18.5-24.9
Overweight	25.0-29.9
Obese	30.0+

Source: Centers for Disease Control

Blood Glucose	
Fasting	< 100 mg/dl
A1C	< 5.7%

Source: American Diabetes Association

Living a Healthy Heart Lifestyle



- Quit smoking
- Increase physical activity
- Add resistance training and weight bearing activities to your exercise
- Take action to de-stress
- Get a good night's sleep

Diet and Nutrition

- Eat a well-balanced diet
- Eat smaller meals
- Reduce sodium intake
- Reduce saturated fat consumption



Medical Treatments

- Statins are drugs that lower levels of LDL cholesterol
- They can have side effects such as muscle pain, nausea, constipation and depression
- Statins are not recommended for those with liver disease

Statins received FDA approval in 1987 and have shown positive results. But we now know that taking statins isn't the only answer for lowering cholesterol. Lifestyle changes must be a part of the solution.

Conclusion

- Control your blood pressure
- Lower your cholesterol
- Quit smoking
- Get sufficient exercise
- Eat a healthy diet
- Manage your weight
- Practice effective stress management techniques



Resources

- American Heart Association: heart.org
- Stroke Awareness Foundation: strokeinfo.org
- American Lung Association: lung.org
- American Diabetes Association: diabetes.org
- American Cancer Society: cancer.org
- USDA guidance on healthy eating: myplate.gov

Evaluation Survey QR Code



A woman with long dark hair, wearing a light-colored long-sleeved shirt and brown overalls, stands in a workshop or factory setting. The background is blurred, showing industrial equipment and bright lighting.

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