



**CHECK  
CHANGE  
CONTROL**

**it**

**YOUR HEART DEPENDS ON IT**

**HIGH BLOOD PRESSURE  
AND HIGH CHOLESTEROL**  
A Guide to Heart Health For  
You and Your Loved Ones

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# CHECK IT. CHANGE IT. CONTROL IT.

High blood pressure and high cholesterol are major risk factors for cardiovascular disease – diseases of the heart and blood vessels. Cardiovascular disease can lead to heart attack and stroke.

**Why should you care? Because cardiovascular disease is a leading cause of death among African Americans.**

African-American women die from heart disease more often than any other racial or ethnic group. 50,000 die from heart attacks each year in the U.S. alone.

And African-American men have a higher risk of dying from stroke before age 65 compared to other groups.

Among African-American men, nearly 45 percent have borderline-to-high cholesterol. And nearly half of African-American women have total cholesterol levels that are too high.

African Americans have the highest rate of high blood pressure of all groups and tend to develop it at a younger age, even in their teens.

In the 20 and older age group, 41 percent of African-American men and 44 percent of African-American women have high blood pressure.

## **In Ohio:**

- African-American men are 53 percent more likely to die from stroke than white men and women.
- African-American women are 24 percent more likely to die from stroke than white men and women.



Check out the tip sheets in your **Check It. Change It. Control It.** toolkit. They include many simple ideas about how to change your lifestyle to lower blood pressure and cholesterol.

## CHECK IT.

**I had a stroke and woke up in the hospital. They told me I had high blood pressure.**

– ROBERT, 43

Cardiovascular disease happens over many years. It can be a silent killer, because the high blood pressure and high cholesterol that are primary risk factors don't have symptoms. If left untreated, they may limit your ability to spend time with or care for your family. Don't ignore how high blood pressure and high cholesterol may be damaging your health. Instead, CHECK IT. Do it for yourself, and for your loved ones.

### **Make an Appointment with Your Doctor Today**

If you don't see a doctor to check your blood pressure and cholesterol levels, you won't know if these conditions are harming your health. If you find out that you have high blood pressure and high cholesterol, remember that you can CHANGE IT. Since a family history may make an individual more susceptible to these conditions, encourage your family members to CHECK IT, too.

## CHANGE IT.

**I feel a real responsibility to be here for my kids and to set a good example: eating healthy, exercising, not smoking or drinking too much.** – JAMES, 30

If you have high blood pressure, high cholesterol or both, partner with your doctor to improve your numbers. If your numbers are normal, adopting or maintaining a healthy lifestyle can prevent you from developing them in the future. Either way, ask your family for support.

### **Adopt a Healthy Lifestyle**

Enjoying a healthy lifestyle is the best way to prevent getting high blood pressure and high blood cholesterol. And if you already have one of these conditions, doing healthier things is just as important as taking medication your doctor may have prescribed.

**Enlist the help of your loved ones. And, pass on what you learn to family and friends so they can be healthy, too.**

## CONTROL IT.

**After my doctor explained I have a high risk of diabetes, I cook much healthier, and my family has really come to appreciate that.**

– TANYA, 27

### **Make a Long-term Commitment to Better Health**

High blood pressure and high cholesterol can lead to heart disease and other serious or life-threatening illnesses. You won't know you have them unless you have them measured. If you do find out that you have high blood pressure, high cholesterol or both – you can change your numbers for the better and stay on the healthy path that will help you control your blood pressure and cholesterol levels for life.



High blood pressure and high cholesterol can't be cured, but they are manageable conditions. First, you need to know where you stand. If you **Check It**, you can **Change It** and **Control It**. **Your life and your loved ones depend on it.**

## FACTS ABOUT HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL

### BY THE NUMBERS

- African Americans have the highest rate of high blood pressure of all groups, and tend to develop it at a younger age than other groups.
- Nearly 45 percent of African-American men have borderline to high cholesterol.
- Among African-American women age 20 and older, 44.3 percent have high blood pressure.
- Your blood pressure and cholesterol numbers have a lot to do with your chances of having a heart attack or a stroke.
- Heart attacks and strokes are leading causes of death among African-American men and women.

### THE SILENT KILLERS

High blood pressure and high cholesterol are silent – they typically don't cause symptoms. That means you can have high blood pressure and high cholesterol even if you feel fine. Know your risk factors. If you have one or more and you aren't already being treated, make an appointment with your doctor to CHECK IT. If someone in your family has risk factors, encourage him or her to see a doctor, too.

### HIGH BLOOD PRESSURE

High blood pressure is a condition where the force of the blood against your artery walls is high enough that it may cause serious health problems. For yourself and your loved ones, be safe: visit your doctor to find out your blood pressure numbers – even if you feel fine.

High blood pressure risk factors include:

- Excessive weight
- A family history of high blood pressure
- Diabetes
- Inactivity
- High dietary salt and fat
- Low intake of potassium (found in fruits and vegetables)
- Smoking
- Increased age

Two numbers make up a blood pressure measurement, for example 149/96 (149 over 96). A simple blood pressure check will tell you whether you have normal blood pressure or high blood pressure.

Normal Blood Pressure*	High Blood Pressure*
Less than 120 over less than 80; <120/80 mm Hg	140 or higher over 90 or higher; >140/90 mm Hg

High blood pressure is a risk factor for:

- Stroke
- Heart disease
- Kidney disease
- Blindness
- Dementia
- Erectile dysfunction

\*Normal and high blood pressure can vary based on overall health and other factors. Ask your doctor about the results of your blood pressure test and what your goal levels should be.

## HIGH CHOLESTEROL

Cholesterol is a waxy, fat-like substance in your blood. Too much cholesterol can build up in the walls of your arteries and cause damage over time; arteries narrow and blood flow to the heart slows down or becomes blocked. Eventually, this causes heart disease and can lead to a heart attack.

High cholesterol risk factors include:

- Smoking
- High blood pressure (140/90 mm Hg or higher or on blood pressure medication)
- Low HDL cholesterol (less than 40 mg/dL)
- Family history of early heart disease (heart disease in father or brother before age 55; heart disease in mother or sister before age 65)

**If total cholesterol is more than 200 (mg/dL)\*\*, treatment and/or lifestyle modification are needed.**

A simple blood test will give your doctor the information he or she needs to tell if you have high cholesterol. This kind of test is called a lipid profile, and it measures:

- Total cholesterol (LDL cholesterol + HDL cholesterol)
- LDL (bad) cholesterol – the main source of cholesterol buildup and blockage in the arteries
- HDL (good) cholesterol – helps keep cholesterol from building up in the arteries
- Triglycerides – another form of fat in your blood that raises your risk of heart disease

High cholesterol is a risk factor for:

- Heart disease
- Metabolic syndrome (a condition that increases your chance of getting Type 2 diabetes)
- Hardening of the arteries (atherosclerosis)

### What if You Have One or More of these Conditions?

If you have high blood pressure, high cholesterol or both, partner with your doctor to improve your numbers. If your numbers are normal, adopting or maintaining a healthy lifestyle can help you prevent developing them in the future. Either way, ask your family for their support and encourage them to take control of their own heart health, especially if you find that a family history of heart disease is present in your family.

You should also:

- Eat healthy: five or more servings of fresh or frozen fruits and vegetables; less salt, sweets and fat; smaller portions.
- Be active: 30 minutes of physical activity most days of the week.
- Don't smoke: check out successful programs to kick the habit for good; if you don't smoke, don't start.
- Drink less or no alcohol: no more than two drinks per day for men and no more than one drink per day for women.

\*\*This is a general guideline, but it may vary based on overall health and other factors. Ask your doctor about the results of your cholesterol test and what your goal levels should be.



**HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL ARE MAJOR RISK FACTORS FOR HEART DISEASE AND STROKE. PLEASE ANSWER THE QUESTIONS BELOW SO YOUR DOCTOR CAN EXPLAIN YOUR INDIVIDUAL RISK.**

What is your weight? \_\_\_\_\_

What is your height? \_\_\_\_\_

What is your age? \_\_\_\_\_

Do you eat a lot of salty foods, such as canned soup and vegetables, frozen meals and fast food?  
 Yes  No

Do you consume foods high in saturated fat (such as red meats, whole fat cheeses, milk and ice cream, fried foods, pie, cookies, etc.)?  
 Yes  No

Are you physically active for at least 30 minutes, three times a week?  
 Yes  No

Do you drink beer, wine, or liquor on a daily basis?  
 Yes  No

Do you frequently consume four or more alcoholic beverages in a single occasion?  
 Yes  No

Do you experience high levels of stress on a daily basis?  
 Yes  No

Do you smoke cigarettes or cigars?  
 Yes  No

Has any member of your immediate family (children, parents, brother or sister) been diagnosed with high blood pressure?  
 Yes  No

Have you had your blood pressure checked in the last month?  
 Yes  No

Do you know your blood pressure?  
 Yes  No

Has any member of your immediate family been diagnosed with high blood pressure?  
 Yes  No

Have you had your cholesterol level checked in the past 5 years?  
 Yes  No

Do you know your current cholesterol level?  
 Yes  No

Has any member of your immediate family been diagnosed with high cholesterol?  
 Yes  No

Has any member of your immediate family suffered a heart attack or stroke?  
 Yes  No

Does any member of your immediate family have diabetes?  
 Yes  No

Risk Assessment



## WARNING SIGNS OF HEART ATTACK AND STROKE

Knowing the warning signs and symptoms of heart attack and stroke, as well as how to respond, could save your life or the life of a loved one. But many people don't know the signs. Do you?

**IF YOU EXPERIENCE ANY OF THE WARNING SIGNS FOR HEART ATTACK OR STROKE, STOP WHAT YOU ARE DOING AND CALL 911 IMMEDIATELY.**

### HEART ATTACK: WHAT ARE THE WARNING SIGNS?

Heart disease is a "silent killer." It often has no symptoms or barely noticeable pain. The most commonly recognized symptom is chest pain that doesn't go away, pressure or other discomfort, called angina. This happens when the heart is getting too little blood or oxygen. It can be felt under the breastbone and tends to happen with exercise or extreme emotional stress. Women, however, are more likely than men to experience a different type of chest pain that is sharp and temporary.

#### Men

Typical heart attack symptoms include:

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back.
- Pain that spreads to the shoulders, neck or arms.
- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

#### Women

Not all women are aware that heart attack symptoms can be different than men. Women are more likely to experience other, less common warning signs of heart attack including:

- Unusual chest pain (pain that is sharp and temporary).
- Stomach, back or arm pain.
- Nausea or dizziness, without chest pain.
- Shortness of breath and difficulty breathing, without chest pain.
- Unexplained anxiety, weakness or fatigue.
- Heart palpitations, cold sweat or paleness.

### STROKE: WHAT ARE THE WARNING SIGNS?

Understanding the warning signs of stroke is so important, because stroke can be treated, but every minute counts. The most effective stroke treatments are only available if the stroke is recognized and treatment is started within the first three hours of the first symptoms.

**Note the time the first stroke symptom appears, because this information is important for making treatment decisions.**

#### Men and Women

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

#### Women

While women can experience the classic symptoms of stroke above, they can also experience different symptoms that can be dismissed as something else. These include:

- Sudden nausea and vomiting: These symptoms are usually very sudden and are often accompanied by other more common stroke symptoms.
- Pain on one side of the body: In addition to or instead of the traditional numbness or tingling, women often feel pain that can occur anywhere in the body, such as the face, arm or leg.
- Hiccups: These involuntary contractions of the diaphragm are controlled by nerves in the brain that, when irritated, may cause a stroke. It is unknown why this occurs in women but not in men.
- Extreme exhaustion: Women often experience a sudden fit of sleepiness, such as the urge to lie down and take a nap before having a stroke. However, taking a nap is the worst thing you can do when having a stroke – your brain needs to stay awake so you can take action and get help right away.

**IF YOU ARE WITH SOMEONE YOU BELIEVE MAY BE HAVING A STROKE, ACT F.A.S.T. AND DO THIS SIMPLE TEST:**

- F** **Face Drooping?** See if the person is able to smile.
- A** **Arm Weakness?** Determine if the patient can raise their arms.
- S** **Speech Difficulty?** If the person's speech is slurred or strange, it could be a sign of stroke.
- T** **Time to Call 9-1-1.** If the person is experiencing any of the above signs, call 9-1-1 immediately.

Sources:

National Stroke Association: [stroke.org](http://stroke.org)

American Stroke Association: [strokeassociation.org/STROKEORG](http://strokeassociation.org/STROKEORG)



This program was created by the Ohio Department of Health, in collaboration with Ohio physicians.  
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## QUESTIONS TO ASK YOUR DOCTOR ABOUT HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL

Going to your doctor with a list of questions will help you get the most from your visit. Write down the answers or take someone with you who can take notes while you talk with your doctor.

- What are my blood pressure numbers?

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- What should my blood pressure be?

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- What are my blood cholesterol numbers?

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- What should they be?

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- How can I change my eating habits to help lower my blood pressure and cholesterol?

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- What is a healthy weight for me?

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- What kind of physical activity do you recommend for me?

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- What else can I do to take control?

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## QUESTIONS IF YOUR DOCTOR PRESCRIBES MEDICATION:

- What is the name of my medication?  
\_\_\_\_\_
- Can I get it as a generic? (Most medical plans have a lower copay for generic drugs.)  
\_\_\_\_\_
- Does the maker of the medication offer any discounts or coupons? (If you'll have trouble paying, some companies offer discounts on their medications for those who can't afford them.)  
\_\_\_\_\_
- What are the possible side effects of my medication?  
\_\_\_\_\_
- What should I do if I have side effects?  
\_\_\_\_\_
- When should I start taking my medicine?  
\_\_\_\_\_
- How much should I take?  
\_\_\_\_\_
- Do I need to take it at a certain time of day?  
\_\_\_\_\_
- Should I take it with or without food?  
\_\_\_\_\_
- What should I do if I forget to take my medication at the recommended time?  
\_\_\_\_\_
- How long will I need to be on medication?  
\_\_\_\_\_
- Do any of my medications interact with each other?  
\_\_\_\_\_



## I WILL TAKE CONTROL

African-American men and women are at high risk for heart disease and stroke. High blood pressure and high cholesterol lead to heart disease, stroke and other serious or life-threatening illnesses. High blood pressure can even affect sexual functioning in men. You won't know if you have high blood pressure or high cholesterol unless you have them checked. Simple tests can be done to check your blood pressure and cholesterol. If you find out that you have high blood pressure, high cholesterol or both, you are in control. You can change the picture and lead a healthy life.

### CARDIOVASCULAR DISEASE RISK FACTORS THAT YOU CAN CONTROL

- High blood pressure
- High cholesterol
- High triglyceride levels
- Diabetes and prediabetes
- Overweight and obesity
- Smoking
- Lack of physical activity
- Unhealthy diet
- Excessive alcohol drinking (more than two standard drinks for men and more than one standard drink for women; a standard drink is 12 oz. of beer, 4 oz. of wine, 1.5 oz. of 80-proof spirits, or 1 oz. of 100-proof spirits)
- Stress

### I WILL TAKE CONTROL

The list below includes ways you can manage risk factors that are controllable. Check each one that you can commit to:

- Have my blood pressure checked regularly.
- Have my cholesterol levels checked as recommended by my doctor.
- Make a list of physical activities that I like.
- Talk to my doctor about a realistic plan for getting physical activity.
- If I'm overweight, talk to my doctor about setting a weight goal and a realistic plan to lose weight.
- Learn to read food labels so I can choose foods with less fat and salt in them.
- Eat five or more servings of fruits and vegetables daily.
- Keep my loved ones informed of my goals and progress.
- Take the salt shaker off the dinner table.
- Ask for low-sodium foods when you eat out.
- Avoid prepared meals with high salt content.
- Skip salt-based seasonings like sea salt and garlic salt while cooking.
- Drink no more than two alcoholic drinks each day if I am a man.
- Drink no more than one alcoholic drink each day if I am a woman.
- Ask my family and friends for support.
- If I smoke, learn about programs to quit.
- If I smoke, take the necessary steps to quit.
- If I smoke, ask family and friends for support.
- If I smoke, I will keep trying until I quit for good.



## EAT WELL FOR GOOD HEALTH

### EAT HEALTHY FOOD

Cooking at home gives you more control over what you eat. Here are some tips to make meals healthy. Share them with your family – especially the cook, if you do not prepare most of the meals in your household.

#### Fill half of your plate with fruits and vegetables

- Eat red, orange and dark-green vegetables, such as tomatoes, sweet potatoes and broccoli, in main and side dishes.
- Have fruit for dessert instead of high-fat, high-sugar treats.
- Switch to skim or 1 percent milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Or try calcium-fortified soy products in place of dairy foods if you have trouble digesting milk.
- Eat fruit, vegetables or unsalted nuts when you snack – they are nature’s original fast foods.

#### Make at least half your grains whole grains

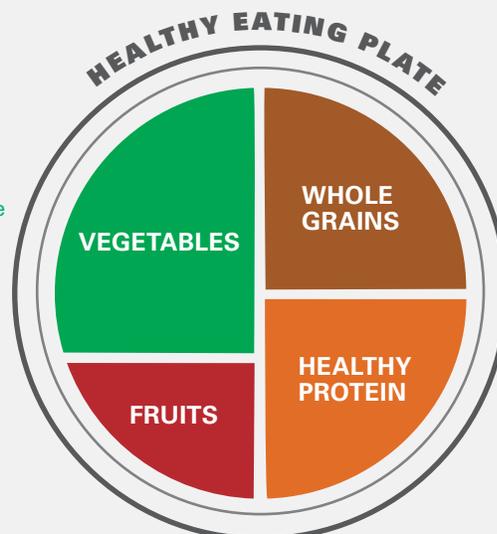
- Choose 100 percent whole-grain cereals, breads, crackers, rice and pasta.
- Check the ingredients list on food packages to find whole-grain foods.

#### Vary your protein food choices

- Twice a week, make fish (but not fried fish) the protein on your plate.
- Eat beans, which are a natural source of protein and fiber.
- Keep meat and poultry portions small, about the size of a deck of cards, and with as little fat as possible.

#### Limit or eliminate sugary beverages

- Choose unsweetened drinks like water, sparkling or flavored water with no sugar, 100% fruit juice, unsweetened tea or coffee, or fat-free unflavored milk.
- Avoid sugary drinks like regular soda, sports drinks, sweet tea, energy drinks, lemonade, and other drinks with added sugar.



Green beans  
Leafy greens, like kale  
Broccoli  
Carrots  
Beets

Blueberries  
Strawberries  
Apples  
Grapes

Rolled or steel cut oats  
Whole wheat  
Brown rice  
Quinoa

Salmon, Tuna, Sardines  
Chicken, Turkey (white meat)  
Beans, like black, kidney,  
Great Northern, pinto  
Tofu

### Use fats wisely

- Steer clear of lard and foods, oils and shortening that have the words “trans fats” on the label. Use unsalted butter (a saturated fat) sparingly.
- Good fats are high in monounsaturated fatty acids (MUFAs). Use them in place of other fatty foods, not in addition to them.
- Choose liquid vegetable oils that have the highest percentages of MUFAs, like olive oil. You can sprinkle olive oil on foods to make them healthier – try drizzling a little olive oil and squeezing some fresh lemon juice on steamed vegetables – try carrots, broccoli, green beans, chard, asparagus and spinach; add garlic and/or fresh herbs if desired.
- All oils are high in calories, so use good oils sparingly and don’t use to deep-fry.
- Check out the Cooking Oil Comparison Chart at [eatingrules.com/2012/02/cooking-oil-comparison-chart](http://eatingrules.com/2012/02/cooking-oil-comparison-chart).

### Limit salt and salt-based seasonings

- Don’t add salt while cooking, and taste food before adding salt. Season food with spices, herbs, garlic, vinegar or lemon juice.
- Avoid sea salt and seasonings like garlic salt while cooking, too. Try garlic *powder* instead.
- Eat frozen or fresh vegetables and fruits whenever possible, or rinse and cook canned vegetables in water to get rid of some of the salt.
- Limit sauces, mixes and “instant” products, including flavored rice and ready-made pasta.
- Also limit the salt you get from canned, frozen, boxed and prepared foods. Read food labels and check the amount of sodium (salt) in a serving. Your daily intake of salt from everything you eat should be 2,300 mg (about 1 teaspoon) or less.

### Eat a meatless meal several times a week

- Try observing “Meatless Monday.”
- Look for recipes that combine beans and rice, which together make a complete protein.
- Eat main-dish salads (search “quick, easy main-dish salads” on the Internet).

### KEEP YOUR KITCHEN STOCKED WITH HEALTHY FOODS

- Fresh fruit – apples, oranges, grapefruit, purple or red grapes, berries
- Fresh vegetables – salad greens, bitter greens, onions, green beans, broccoli, cauliflower, cabbage
- Eggs
- Reduced fat cheeses, milk, yogurt
- Lean meats (broil or grill)
- Fish (broil, grill or steam)
- Whole-wheat flour or pastry flour (store opened packages in the refrigerator or freezer)
- Whole-grain pasta
- Brown rice or instant brown rice
- Pearl barley or quick-cooking barley
- Rolled or steel cut oats
- Dried or no salt added canned lentils
- Dried or no salt added canned beans, such as pinto, black and Great Northern
- Nuts (dry-roasted low or no-salt peanuts; unprocessed/raw walnuts, almonds, cashews)
- Natural peanut butter (which doesn’t have trans fats)
- Olive oil to cook with (do not use to fry)
- Plain, unsalted (saltless) butter (use sparingly)

## UNDERSTANDING FOOD LABELS

Make the most of the information on food labels:\*

- 1 **Start here.** Note the size of a single serving and how many servings are in the package compared to what you usually eat.
- 2 **Check total calories per serving.** Look at the serving size and how many servings you're really eating. If you double the servings you eat, you double the calories and nutrients, including the Percent Daily Value (% DV).
- 3 **Limit these nutrients.** You need to limit your total fat to no more than 56 to 78 grams a day — including no more than 16 grams of saturated fat and less than two grams of trans fat—and less than 300 mg cholesterol (for a 2,000 calorie diet). Check the sodium content, too. Your total sodium intake should be less than 2,300 milligrams a day (about 1 teaspoon).
- 4 **Get enough of these nutrients.** Make sure you get 100 percent of the fiber, vitamins and other nutrients you need every day (not from a single package of food, but from your daily total food intake).
- 5 **Quick guide to % DV.** The % Daily Value section tells you the percent of the daily recommended amount for each nutrient that's in a single serving. Generally, if you want to eat less of a nutrient (such as saturated fat, cholesterol or sodium), choose foods with a lower % DV — 5 percent or less is low. If you want to eat more of a nutrient (such as fiber), pick foods with a higher % DV — 20 percent or more is high.

Pay special attention to serving size, which can be deceiving. If one container has two servings, the calorie content of the package is double what is listed on the label.

Limit these nutrients

Get enough of these nutrients

Nutrition Facts	
Serving Size 1 slice (47g) Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories From Fat 90
	% Daily Value*
<b>Total Fat</b> 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2.5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	12%
<b>Total Carb</b> 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Check total calories per serving

Quick guide to % of daily value. 5% or less is low 20% or more is high

Source: [heart.org](http://heart.org)

\*Enter "food labels" in the search window at [heart.org](http://heart.org) for more information, such as definitions for "sodium free/ no sodium," "very low sodium," "low sodium" and "reduced/less sodium" on food labels. Also see Understanding the Nutrition Facts Label: [fda.gov/food/ingredientpackaginglabeling/labelingnutrition/ucm274593.htm](http://fda.gov/food/ingredientpackaginglabeling/labelingnutrition/ucm274593.htm)

## DISCOVER HEALTHY EATING RESOURCES

### Special Diets & Portion Control

DASH (Dietary Approaches to Stop Hypertension):

[nhlbi.nih.gov/health/public/heart/hbp/dash/new\\_dash.pdf](http://nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf)

Healthy lifestyles and healthy eating resources, Healthy Ohio:

[healthy.ohio.gov/healthylife/healthyeating/healthyeating.aspx](http://healthy.ohio.gov/healthylife/healthyeating/healthyeating.aspx)

Portion control, food groups, one-page fact sheets, Choose My Plate:

[choosemyplate.gov/food-groups/downloads/MyPlate/MyPlateCommunityToolkit.pdf](http://choosemyplate.gov/food-groups/downloads/MyPlate/MyPlateCommunityToolkit.pdf)

Eight Tips for Controlling Portion Size, Health Magazine:

[health.com/health/gallery/0,,20405321,00.html](http://health.com/health/gallery/0,,20405321,00.html)

### Recipes

Heart Healthy Home Cooking African American Style, U.S. Department of Health and Human Resources: [nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.pdf](http://nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.pdf)

Heart-healthy recipes and easy meal plans, Healthy Eating & Lifestyle Resource Center, Million Hearts® Initiative: [recipes.millionhearts.hhs.gov](http://recipes.millionhearts.hhs.gov)

Healthy dining out options and healthy recipes, Healthy Dining Finder:

[healthydiningfinder.com](http://healthydiningfinder.com)

Search online for your favorite foods, along with phrases such as “low salt recipes” or “low fat recipes” to discover or try new takes on your favorite dishes.

### Weight Loss Tools

SuperTracker, plan a diet that’s right for you, set and track progress toward your goals, U.S. Department of Agriculture: [supertracker.usda.gov/default.aspx](http://supertracker.usda.gov/default.aspx)

How many calories do you need, Calorie King:

[calorieking.com/interactive-tools/how-many-calories-should-you-eat/?ref=nav](http://calorieking.com/interactive-tools/how-many-calories-should-you-eat/?ref=nav)

### Pantry

Healthy foods to keep on hand, WebMD:

[webmd.com/parenting/family-health-12/healthy-food-pantry-refrigerator](http://webmd.com/parenting/family-health-12/healthy-food-pantry-refrigerator)

Good Fats 101: [goodfats101.com](http://goodfats101.com)



## PHYSICAL ACTIVITY FOR HEART HEALTH

Many people don't like to exercise. But some like to dance, garden or play with their pets or children. Dancing, gardening and playing are physical activities that can get your heart rate up into the moderately aerobic range. You don't need to be an Olympic-class athlete to improve your heart health. Simple, enjoyable activities can help improve your heart health and even offer an opportunity to spend time together as a family, indoors and outdoors. For many people, walking is the easiest place to start a more active lifestyle.

### HOW MUCH EXERCISE DO YOU NEED?

The American Heart Association (AHA) recommends 40 minutes of aerobic activity of moderate to vigorous intensity three to four times a week to lower your risk for heart attack and stroke.

### WHAT IS MODERATE INTENSITY?

While doing physical activity, if your breathing and heart rate are noticeably faster but you can still carry on a conversation — it's probably moderately intense.

### WHAT IS VIGOROUS INTENSITY?

Your heart rate is increased substantially and you are breathing too hard and fast to have a conversation.

The following table, adapted from Mayo Clinic's website, shows calories used in common physical activities at moderate and vigorous levels.

MODERATE PHYSICAL ACTIVITY (30 min. duration)	WEIGHT OF PERSON AND CALORIES BURNED		
	160 lbs.	200 lbs.	240 lbs.
Light gardening/yard work	144	180	216
Walking, 3 mph	128	160	192
Hiking, no load	248	310	372
Bicycling, < 10 mph, leisure	146	182	218
Weight training, 90 seconds between sets	200	250	300
Dancing, moderate to fast	160	200	327
Golfing, carrying clubs	157	196	235
Housework	144	180	216

VIGOROUS PHYSICAL ACTIVITY (30 min. duration)	WEIGHT OF PERSON AND CALORIES BURNED		
	160 lbs.	200 lbs.	240 lbs.
Heavy yard work, snow shoveling	312	390	468
Aerobics, high impact	267	332	398
Basketball	292	364	436
Bicycling, 13 mph	320	400	480
Weight lifting, heavy	408	510	612
Running, 8 mph	488	610	732
Swimming, 50 yards per minute	360	450	540
Walking, 5 mph	296	370	444

Source: [mayoclinic.org/healthy-living/weight-loss/in-depth/exercise/art-20050999](http://mayoclinic.org/healthy-living/weight-loss/in-depth/exercise/art-20050999)

**WALKING AND 10,000 STEPS A DAY**

Walking is an activity that is easy to start and to maintain for many people. You only need walking shoes and clothing that allows you to walk when it's cold, hot or rainy.

10,000 Steps a Day is a walking program that lets you start anywhere you want, for example with 2,000 steps a day, and work up. 10,000 steps is equal to about five miles. You need a pedometer to count your total daily steps, but basic pedometers can be purchased for less than \$10. Visit [shapeup.org/resources/10ksteps.html](http://shapeup.org/resources/10ksteps.html) for information on how to make the most of a 10,000-steps program.

**Before you start a new physical activity program, talk to your doctor to make sure the physical activities you want to do are appropriate for your age, health and fitness condition.**

**STICKING WITH IT**

Research has shown that a good way to stick with a physical activity program is to track your activities and watch your progress. For example, you might start out walking twice a week for 20 minutes and work up to 40 minutes five days a week. Seeing your progress motivates you to keep going. Below is a simple activity tracker. A free AHA online walking tracker is available at [startwalkingnow.org](http://startwalkingnow.org), or you can try one at [presidentschallenge.org](http://presidentschallenge.org).

MY PHYSICAL ACTIVITY TRACKER		FOR THE WEEK OF _____	
	CARDIO OR AEROBIC ACTIVITY Daily/Weekly Goal:	STRENGTH TRAINING Daily/Weekly Goal:	
<b>MONDAY</b> Notes To Myself:	<b>TODAY'S GOAL:</b> My Activities:	<b>TODAY'S GOAL:</b> My Activities:	
<b>TUESDAY</b> Notes To Myself:	<b>TODAY'S GOAL:</b> My Activities:	<b>TODAY'S GOAL:</b> My Activities:	
<b>WEDNESDAY</b> Notes To Myself:	<b>TODAY'S GOAL:</b> My Activities:	<b>TODAY'S GOAL:</b> My Activities:	
<b>THURSDAY</b> Notes To Myself:	<b>TODAY'S GOAL:</b> My Activities:	<b>TODAY'S GOAL:</b> My Activities:	
<b>FRIDAY</b> Notes To Myself:	<b>TODAY'S GOAL:</b> My Activities:	<b>TODAY'S GOAL:</b> My Activities:	
<b>SATURDAY</b> Notes To Myself:	<b>TODAY'S GOAL:</b> My Activities:	<b>TODAY'S GOAL:</b> My Activities:	
<b>SUNDAY</b> Notes To Myself:	<b>TODAY'S GOAL:</b> My Activities:	<b>TODAY'S GOAL:</b> My Activities:	



Physical Activity Tracker

## IMPROVING MY BLOOD PRESSURE AND CHOLESTEROL NUMBERS

### WHAT WILL HELP ME SUCCEED?

**KEEP YOUR DOCTOR APPOINTMENTS.** Your doctor will want to work with you to help improve your numbers. He or she will want to see you in the office from time to time. Following up with your doctor will keep you on track and allow your doctor to work with you to solve problems that might keep you from reaching your goals.

**MONITOR YOUR BLOOD PRESSURE ON YOUR OWN.** Blood pressure monitors can be purchased at discount or drug stores. If you don't want to buy one, many drugstores, fire stations and health departments offer a service that lets you take your blood pressure for free.

**HAVE YOUR CHOLESTEROL MEASURED.** At least once every five years, and your doctor will want to check it more often if you already have high cholesterol.

**TELL YOUR DOCTOR IF YOU HAVE PROBLEMS FOLLOWING HIS OR HER ORDERS AND RECOMMENDATIONS.** Don't stop treatment on your own. Instead, call the doctor's office to let them know what's happening and let them help you.

**GET YOUR LOVED ONES INVOLVED.** It's not easy to make lifestyle changes. If your loved ones understand why you need to eat healthy and be active, they can do a better job of supporting you.

**LEARN AS MUCH AS YOU CAN ABOUT HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL.** Look for trustworthy information – check out the list of resources included in your CHECK IT. CHANGE IT. CONTROL IT. toolkit.



## WHAT YOU AND YOUR LOVED ONES NEED TO KNOW ABOUT HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL, AND HOW TO PREVENT AND CONTROL THEM

### THE BEST NUMBERS FOR CARDIOVASCULAR HEALTH

**Blood pressure less than 120 over less than 80.\* Total cholesterol less than 200 (mg/dL).\***

- Check your numbers by getting simple tests at your doctor's office.
- If you have one or both of these conditions, you can improve your numbers. Remember that changing your lifestyle can be as effective as taking medication.
- If you don't have these conditions, prevention is still important so you don't develop them later on.

### WAYS TO PREVENT OR LOWER HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL

#### Follow the ABCS of Heart Health

The Million Hearts® Initiative offers these "ABCS" for reducing your heart health risks and improving your heart health:

- **A** - Take **aspirin** as directed by your health care provider.
- **C** - Manage your **cholesterol**.
- **B** - Control your **blood pressure**.
- **S** - Don't **smoke**.

#### Eat Healthy Food

You may feel that eating for heart health changes everything you've learned about eating and cooking. But it's easy to cook a healthy meal, whether it's for one person or a large family. Below are tips to help you get started.

- Fill half of your plate with fruits and vegetables.
- Limit salt and salty seasonings.
- Make at least half of your grains whole grains.
- Eat a plant-based meal several times a week.
- Vary your protein choices.
- Keep your kitchen stocked with healthy foods.
- Steer clear of high-fat and fried food.

The tip sheet on Eating Well for Good Health has more information about each of these tips, shows you how to read a food label and provides links to resources.

#### Be Active

The U.S. Centers for Disease Control and Prevention advises that getting at least 30 minutes of moderate aerobic activity five days a week (150 minutes total) is a good benchmark for almost everyone. This could include:

- Brisk walking
- Actively playing with children
- Dancing at a moderate to fast pace
- Light yard work
- Biking at a casual pace
- Light snow shoveling
- Light workout with weights

The tip sheet on Physical Activity for Heart Health offers suggestions for easy ways to add enjoyable physical activities to your daily routine.

Check with your doctor before you start being physically active if you have heart disease, if you're over age 50 and are not used to moderate-level physical activity, if you have a family history of heart disease at an early age, or if you have diabetes or other serious health problems.

\*These numbers offer general guidelines, but may vary based on overall health and other factors. Ask your doctor about the results of your high blood pressure and/or cholesterol test and what your goal levels should be.



This program was created by the Ohio Department of Health, in collaboration with Ohio physicians.  
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## CHOLESTEROL TRACKER

### HOW TO CHECK YOUR CHOLESTEROL

1. A blood test is all it takes to get the four numbers your doctor needs to determine if your cholesterol level is putting you at risk for cardiovascular disease.
2. The best time to have the test is after you fast (don't eat) for eight to 12 hours before the test. This kind of test is called a lipid profile, and it measures total cholesterol (LDL cholesterol + HDL cholesterol), LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides.
3. Record your cholesterol levels each time you have it measured. Seeing improvement will help you stay on track!

DATE OF CHECKUP		/ /	/ /	/ /	/ /	/ /	/ /
	HEALTHY* LEVELS	MY GOAL LEVELS	VISIT 1	VISIT 2	VISIT 3	VISIT 4	VISIT 5
TOTAL CHOLESTEROL	Less than 200 mg/dL						
LDL	Less than 100 mg/dL to 129 mg/dL						
HDL	40 mg/dL or more						
TRIGLYCERIDES	Less than 150 mg/dL						

\*These numbers offer general guidelines, but may vary based on overall health and other factors. Ask your doctor about the results of your cholesterol test and what your goal levels should be.

TOTAL CHOLESTEROL LEVEL	CATEGORY
Less than 200 mg/dL	Desirable

LDL (BAD) CHOLESTEROL LEVEL	CATEGORY
Less than 100 mg/dL	Optimal

HDL (GOOD) CHOLESTEROL LEVEL	CATEGORY
60 mg/dL or more	Desirable
Less than 40 mg/dL	Low (increased risk)

TRIGLYCERIDE LEVEL	CATEGORY
Less than 150 mg/dL	Normal
150-199 mg/dL	Borderline High



## DISCOVER APPS AND RESOURCES THAT HELP YOU REACH YOUR GOAL

These apps and resources will help you check, change and control high blood pressure and high cholesterol. You'll find tools to track your progress, programs to try, and contact information for organizations that can help you meet your goals.

### Mobile Apps and Online Tools

"Blood Pressure Journal," a free app for Android devices that tracks blood pressure, heart rate and weight: [play.google.com/store/apps/details?id=com.michaelfester.heart.lite&hl=en](https://play.google.com/store/apps/details?id=com.michaelfester.heart.lite&hl=en)

"Blood Pressure Companion," a free iPhone, iPod touch and iPad app that tracks blood pressure, heart rate and weight:

[itunes.apple.com/app/blood-pressure-companion-free/id458537528?mt=8](https://itunes.apple.com/app/blood-pressure-companion-free/id458537528?mt=8)

"MyFitnessPal," a free app, compatible with most mobile operating systems, that tracks calories and exercise and monitors progress: [myfitnesspal.com](https://myfitnesspal.com)

"MyHealthTracker," a free app for Apple and Android devices that records and monitors cholesterol, blood pressure, medications, weight, blood glucose, medications and more: [play.google.com/store/apps/details?id=com.halcyon.ui.screens.healthtracker](https://play.google.com/store/apps/details?id=com.halcyon.ui.screens.healthtracker)

"The Well Blog," sponsored by *The New York Times*, reviews activity trackers and updates a list as new trackers become available: [well.blogs.nytimes.com/projects/activity-trackers](https://well.blogs.nytimes.com/projects/activity-trackers)

### Medical Resources

Healthfinder: [healthfinder.gov](https://healthfinder.gov)

Healthy Ohio: [healthy.ohio.gov](https://healthy.ohio.gov)

Heart.org: [heart.org/HEARTORG](https://heart.org/HEARTORG)

MedlinePlus: [nlm.nih.gov/medlineplus](https://nlm.nih.gov/medlineplus)

National Heart, Lung and Blood Institute: [nhlbi.nih.gov](https://nhlbi.nih.gov)

Million Hearts® Initiative: [millionhearts.hhs.gov/about\\_hd.html](https://millionhearts.hhs.gov/about_hd.html)

Ohio Department of Health: [odh.ohio.gov](https://odh.ohio.gov)

The Center for African American Health: [caahealth.org](https://caahealth.org)

### High Blood Pressure Resources

"Your Guide to Lowering High Blood Pressure," National Heart, Lung and Blood Institute: [nhlbi.nih.gov/hbp](https://nhlbi.nih.gov/hbp)

Success Story: Ron Tucker [nhlbi.nih.gov/hbp/real/rt/meet.htm](https://nhlbi.nih.gov/hbp/real/rt/meet.htm)

Success Story: Carol Jackson [nhlbi.nih.gov/hbp/real/cj/meet.htm](https://nhlbi.nih.gov/hbp/real/cj/meet.htm)

### High Cholesterol Resources

"High Blood Cholesterol: What You Need To Know," National Heart, Lung and Blood Institute: [nhlbi.nih.gov/health/public/heart/cholesterol/wyntk.htm](http://nhlbi.nih.gov/health/public/heart/cholesterol/wyntk.htm)

"Your Guide to Lowering High Blood Cholesterol," National Heart, Lung and Blood Institute: [nhlbi.nih.gov/health/public/heart/cholesterol/cholesterol\\_tlc.pdf](http://nhlbi.nih.gov/health/public/heart/cholesterol/cholesterol_tlc.pdf)

### Smoking Cessation Resources

Smoking and tobacco use resources, Centers for Disease Control and Prevention: [cdc.gov/tobacco](http://cdc.gov/tobacco)

Freedom from Smoking® online, American Lung Association: [ffsonline.org](http://ffsonline.org)

The Ohio Tobacco Quitline, 1-800-QUIT-NOW (1-800-784-8669), Ohio Department of Health: [ohio.quitlogix.org](http://ohio.quitlogix.org)

If you need help to quit smoking, call the American Lung Association at 1-800-242-8721. Or call the Ohio Tobacco Quitline, 1-800-QUIT-NOW, 1-800-784-8669 (Services are free to some individuals. Please call the Quitline and they will help you determine eligibility).

### Health and Wellness Resources

Nutrition.gov: [nutrition.gov](http://nutrition.gov)

Fitness.gov: [fitness.gov](http://fitness.gov)

Nutrition fact sheets and tips for eating out, American Dietetic Association: [eatright.org](http://eatright.org)

"Aim for a Healthy Weight," National Heart, Lung and Blood Institute: [nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/index.htm](http://nhlbi.nih.gov/health/public/heart/obesity/lose_wt/index.htm)



AFRICAN AMERICANS  
ARE AT HIGH RISK  
FOR HEART DISEASE  
AND STROKE.

SIMPLE TESTS CAN BE  
DONE TO CHECK YOUR  
BLOOD PRESSURE AND  
CHOLESTEROL.

YOU CAN CHANGE THE  
PICTURE AND LEAD  
A HEALTHY LIFE.



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