

American Heart Month

FEATURING: SAVE-A-HEART

Matters of Your Heart



RISKS

83% believe that heart attacks and stroke can be prevented, but aren't motivated to do anything

56% of adults have been told by a healthcare professional to improve their health

60% of adults don't know their blood pressure and cholesterol numbers

44% monitor their blood pressure outside of the doctor's office

99% of Americans need to improve their heart health

72% don't consider themselves at risk for heart disease

58% put no effort into improving their heart health

Heart disease is the **#1** leading cause of death in the United States

1 of every 3 deaths in the United States is caused by heart disease and stroke

Lowering your blood pressure may decrease your risk of stroke and heart disease by about **50%**

Every **25 seconds** an American will have a coronary event

Every **39 seconds** someone dies from heart disease and stroke

Each year, an estimated **785,000** Americans will have their first heart attack

Each year, an estimated **470,000** Americans will have another heart attack

FACTS

More than **62,000** visits per day on heart.org and strokeassociation.org

f 329 Join our Facebook communities every day

Join our conversation every day at facebook.com/AmericanHeart

Heart Disease

Heart Disease describes diseases that affect the heart and its vessels. This includes diseases that cause inefficient pumping of the heart, occluded heart vessels, or abnormal heartbeats. Common heart diseases include coronary artery disease, heart attack, heart failure, and arrhythmias. The heart provides oxygen rich blood to the entire body through the cardiovascular system and a loss in heart function can lead to cardiac arrest and an increased risk of death. Each year 600,000 Americans die from heart disease and according to the National Heart, Lung and Blood Institute, heart disease is the #1 killer of both men and women in the United States (National Heart, Lung, and Blood Institute, 2014).

Common Causes of Heart Disease and Description

Coronary Artery Disease (CAD)



In coronary artery disease plaque builds up along the walls of the coronary arteries which can develop into a condition known as, atherosclerosis. This narrows and hardens the arteries reducing the oxygen and blood supply to the heart. (U.S. National Library of Medicine, 2014b)

Heart Attack

A heart attack occurs when a portion of the heart muscle begins to die when it is not receiving a sufficient amount of oxygen and blood supply. The lack of blood flow can be caused by blocked or narrowed arteries of the heart. CAD is a common cause. (National Heart, Lung, and Blood Institute, 2015)

Heart Failure

Heart failure is when the heart fails to pump blood and oxygen effectively throughout the body. There are many conditions that can lead to heart failure; coronary artery disease, fluid overload, hypertension, diabetes, heart valve abnormalities, genetics, cardiomyopathy and myocarditis. (U.S. National Library of Medicine, 2014c)

Arrhythmia

An arrhythmia is an irregular rate or rhythm of the heart which may be caused by a problem in the heart's electrical signals (sinoatrial or atrioventricular). The most common arrhythmia is atrial fibrillation which causes a quivering movement instead of a contraction with each heartbeat (U.S. National Library of Medicine, 2014a). Arrhythmias increase the risk of a stroke. In a stroke, blood clots or the narrowing of arteries decrease or block the flow of blood in the vessels of the brain causing brains cells to die. (American Heart Association, 2014)

What are the Risk Factors?

- Obesity
- Cigarette smoker
- High blood pressure
- Family history of heart disease
- Sedentary lifestyle
- High cholesterol
- Poor diet

Raising Awareness Within Your Chapter

SAVE-A-HEART

Save a heart is a new statewide campaign that CNSA has begun to take part that involves teaching the general public hands only CPR. By teaching hands only CPR to the public many lives can be saved from bystanders who are now educated enough to provide the necessary circulation the body needs before emergency medical services arrive.

The first step is finding a sponsor, partnering with your local training center, fundraising, or applying for a grant to receive the CPR dummies. Once obtained you can find a public place on or off your campus and set a date. When the big day comes make sure that those teaching the hands only CPR are educated on what this means and how to teach it! It's always nice to have handouts and information at the event reinforce what you teach. The words CPR can be intimidating to some because they are worried about mouth-to- mouth breathing, so be clear that hands only means *only* compressions.



Healthy Snacking

If your Student Nursing Association provides snacks at your Member meetings choose **healthy snacks**.

- Carrot and celery sticks, fresh fruits, frozen grapes, unsalted rice cakes, low fat yogurt, unsweetened canned fruit, whole grain bread. (American Heart Association, 2016)
- Serve water and have slices of lemon or cucumber available for students in place of soft drinks.

Tip: Have a Nutritionist Speak at a member meeting about ways to make healthy food choices throughout the semester.

Blood Pressure Screenings

Set up a booth in the month of February and provide free blood pressure screenings. This would provide an opportunity to educate your campus on the importance of managing blood pressure and maintaining a healthy weight to decrease the risk of heart disease. The posters below are great educational tools that can be posted and discussed at your booth regarding sodium and its effects on blood pressure. Click on the Image to be directed to the image URL.

February 5th is National Wear Red Day.

Encourage everyone to wear red in an effort to raise awareness about how heart disease and strokes. It is affecting women at an alarming rate with Heart Disease being number one killer of women in the United States. The [Go Red for Women](#) campaign promotes lifestyle changes and provides educational materials to prevent Heart disease.



[Lapel Pins](#) are available for purchase in a pack of 50 at [shopheart.org](#). These can be provided to students to wear throughout the month of February in an effort to start a conversation with their community about heart health.

Valentine's Day Ideas

- Promote replacing chocolates with heart shaped fruits, watermelon, strawberries and grapes as healthy alternatives for Valentine's day gifts.
- Share the following infographics and E-cards from [Millionhearts.org](#) on your social media.



Online Tools

- [Heart360.org](#) is an online tool that tracks blood pressure, cholesterol and glucose levels with a Microsoft account.
- CDC's [Heart Age Predictor](#) for individuals between 30 and 74. It calculates heart age by using age, blood pressure and body mass index. Give it a try and see what your heart age is.
- Calculate your body mass index (BMI) using the National Institute of Health's (NIH) [BMI calculator](#).
- Print out and laminate the [serving size card](#) from NIH's campaign [Aim for a Healthy Weight](#). This webpage provides resources to the public on healthy eating, meal planning and physical activity tips.

- The Million Hearts Initiative has an [online recipe and meal planner](#) for heart healthy meals.

References

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