October

Frequently Asked Questions About Heart Healthy Eating

Why do I need to be concerned about heart healthy eating?
Diet is one of the things that can affect your heart health, and your risk for getting heart disease. And people of all ages need to be concerned about heart disease because it is the #1 killer of Americans. The good news is that diet is one of the things you can control to improve your heart health and lower your risk for heart disease. Making relatively simple changes in your daily eating habits will pay off quickly. Not only will you feel better, your overall health will improve as well!

What diets can help me maintain a healthy blood pressure level?
Research has shown that diet affects the development of high blood pressure. As blood is pumped from your heart through your body, the blood puts force or pressure against the artery walls. Your blood pressure is a reading, or measure, of this pressure. When that pressure goes above a certain point, it is called high blood pressure, another name for hypertension. High blood pressure is called the "silent killer " because it most often has no signs or symptoms. It makes the heart work too hard and if not controlled over time, hypertension can lead to heart and kidney disease, and stroke.

What else can I do, besides diet, to keep my heart healthy?
Regular physical activity can help you reduce your risk of heart disease. Being active helps you take off extra pounds, helps to control blood pressure, and boosts your level of "good " cholesterol. Some studies show that being inactive increases the risk of a heart attack. To reduce your risk for heart disease:

- Quit smoking – talk with your health care provider if you need help quitting.
- Exercise at least 30 minutes a day on most (if not all) days of the week.
- Lose weight if you are overweight and keep at a healthy weight.
- Check blood pressure, cholesterol, and blood sugar levels and keep them under control.

Source: American Dietetic Association, www.eatright.org

Healthy Heart
Healthy You

The vision of the Whitehall Cardiovascular Disease Task Force is to improve the heart health of all Whitehall residents. Please visit our website: www.co.franklin.oh.us/board_of_health/Whitehallheart.htm