Heart smart strategies for cardiovascular health & wellness in African-American women

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In partnership with:

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Today’s presenters

**Opening remarks**
- Lisa M. Tate, Chief Executive Officer, WomenHeart

**Introduction**
- J. Nadine Gracia, MD
  - Deputy Assistant Secretary for Minority Health
  - Director, Office of Minority Health
  - U.S. Department of Health and Human Services

**Presentation**
- Jennifer H Mieres, M.D., FACC, FAHA, FASNC
  - Professor of Cardiology & Population
  - Sr. Vice President Office of Community and Public Health
  - Chief Diversity and Inclusion Officer
  - North Shore –LIJ Health System
  - Hofstra North Shore –LIJ School of Medicine
  - Long Island, New York
  - Co-author of Heart Smart For Black Women and Latinas
  - Member of WomenHeart Scientific Advisory Council
J. Nadine Gracia, MD, MSCE
Deputy Assistant Secretary for Minority Health
Director, Office of Minority Health
U.S. Department of Health and Human Services
Jennifer H. Mieres, MD, FACC, FASNC, FAHA
Professor of Cardiology & Population Health
Hofstra North Shore-LIJ School of Medicine
Chief Diversity and Inclusion Officer, North Shore-LIJ Health System
WomenHeart Scientific Advisory Council Member
Heart smart strategies for cardiovascular health & wellness in African-American women

- The scope of the problem of cardiovascular disease in women
- What is cardiovascular disease
- Importance of cardiovascular disease to African American women
- Risk factors for heart disease
- Strategies to prevent and control heart disease
- Heart Smart for Black Women and Latinas
Scope of the problem: Cardiovascular disease in women

- Cardiovascular disease is the No. 1 killer of women (coronary heart disease & stroke)
- Cardiovascular diseases cause one in three women’s deaths each year, killing approximately one woman every minute
- An estimated 43 million women in the U.S. are affected by cardiovascular disease
- 90% of women have one or more risk factors for developing heart disease
The state of heart health in 2014

- Gender and racial disparities exist:
  - High risk: African-American women, South Asian men and women, and Latino women
- Women less likely than men to be aware of their overall risk of heart disease
- 80% of heart disease can be prevented
- Lifestyle changes are crucial in reducing risk
All women are at risk for cardiovascular disease across their lifespan.
Trends in awareness that heart disease is the leading cause of death in women

American Heart Association. Heart Disease and Stroke Statistics 2013 Update
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What is cardiovascular disease?

Atherosclerosis - A disease of the arteries in which fatty material is deposited on their inner walls.
Heart Attack

Occurs when blood flow to a section of heart muscle becomes blocked, most often, the result of coronary artery disease.
Percentage breakdown of deaths attributable to cardiovascular disease (United States: 2010)

- Coronary Heart Disease: 49.0%
- Stroke: 16.4%
- Other: 16.2%
- High Blood Pressure: 7.8%
- Heart Failure*: 7.2%
- Diseases of the Arteries: 3.4%
- Other causes: 4.0%
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Cardiovascular disease in the African-American community

❤ Race and ethnicity affect your risk

❤ ~ 44% of African-American men & 48% of African-American women have some form of cardiovascular disease.

❤ African American women have a high burden of stroke, hypertension, congestive heart failure and renal dysfunction, all due to undetected or poor control of high blood pressure.
High blood pressure in African-American women

- African-Americans are more likely than any other racial or ethnic group to have:
  - High blood pressure; 47% of African-American women have high blood pressure
  - Develop high blood pressure earlier in life
  - ~2 in 5 African-American adults have high blood pressure
  - < 50 % have the condition under control
African Americans are more impacted by stroke than any other racial groups within the American population. African American women and men are twice as likely to die from stroke as Caucasians. The rate of first strokes in African American women is almost double that of Caucasians. Strokes tend to occur earlier in life for African American women than Caucasians.

Source: Association of Black Cardiologists
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### Major risk factors of heart disease

<table>
<thead>
<tr>
<th>Modifiable</th>
<th>Non modifiable</th>
<th>Emerging Risk Factors/ Markers</th>
</tr>
</thead>
<tbody>
<tr>
<td>High blood pressure</td>
<td>Family history</td>
<td>Elevated lipoprotein (a) levels</td>
</tr>
<tr>
<td>Abnormal cholesterol levels</td>
<td>Age</td>
<td>Pregnancy complications (high blood pressure, diabetes, preeclampsia)</td>
</tr>
<tr>
<td>Diabetes</td>
<td>Gender</td>
<td>Clotting factors</td>
</tr>
<tr>
<td>Cigarette smoking</td>
<td></td>
<td>Markers of inflammation (CRP)</td>
</tr>
<tr>
<td>Obesity and Physical Inactivity</td>
<td></td>
<td>(inflammatory diseases: rheumatoid arthritis, lupus, etc.)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Work and environmental stress, depression</td>
</tr>
</tbody>
</table>

- **Markers of inflammation (CRP)**
- **Pregnancy complications**
- **Clotting factors**
- **Markers of inflammation (CRP)**
- **Work and environmental stress, depression**
Controllable risk factors

- High blood pressure (hypertension)*
- High blood cholesterol
- Smoking
- Obesity*
- Physical inactivity*
- Diabetes*
- Stress*

* Major risk factors for African American women
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What can we do to prevent and control heart disease?

❤️ Good News: **You can lower heart disease risk**

❤️ Small steps = big gains

❤️ Know your heart healthy numbers

❤️ Manage high blood pressure, diabetes, high blood cholesterol and obesity through living a healthy lifestyle

❤️ Take medication, if prescribed for high blood pressure, diabetes and cholesterol

❤️ Choose to be active every day

❤️ Recognize the signs of a heart attack and call 911
Recognize the signs of a heart attack

**Typical in both sexes**
- Pain, pressure, squeezing, or stabbing pain in the chest
- Pain radiating to neck, shoulder, back, arm, or jaw
- Pounding heart, change in rhythm
- Difficulty breathing
- Heartburn, nausea, vomiting, abdominal pain
- Cold sweats or clammy skin
- Dizziness

**Can be seen more commonly in women**
- Milder symptoms (without chest pain)
- Sudden onset of weakness, shortness of breath, fatigue, body aches, or overall feeling of illness (without chest pain)
- Unusual feeling or mild discomfort in the back, chest, arm, neck, or jaw (without chest pain)
Heart-health Goals

No tobacco or secondhand smoke
LDL cholesterol $\leq 100$ mg/dL
HDL cholesterol $>50$ mg/dL
Triglycerides $<150$ mg/dL
Blood pressure $<120/80$ mm Hg
Fasting blood sugar $<100$ mg/dL
Weight control: BMI $<25$
Waist circumference: $<35$ inches for women and $<40$ inches for men
30 minutes of exercise at least 5 days/wk.
10 minutes of laughter/day
Women’s heart health 2014: National efforts make a difference

The first and still only national organization solely devoted to women’s heart health and providing patient support. This year celebrating 15 years of advancing women’s heart health!

Federally funded campaign to educate and raise awareness about heart disease as the leading cause of death in women

Promotes the advancement of gender specific research to improve women’s health

Raises funds for research and raises awareness about women’s heart health
Women’s heart health 2014: Impact of national efforts

❤ Impact of *The Heart Truth®*/Red Dress
  – Today nearly 70% of women know that heart disease is their leading health threat, compared with just 33% 12 years ago

❤ Impact of WomenHeart Support Networks
  – Enhanced quality of life (93%)
  – Improved treatment compliance/adherence (85%)
  – Improved ability to communicate with health care providers (85%)
  – Increased understanding of heart disease (93%)
  – Improved ability to communicate and explain condition to family members, co-workers and friends (86%)

❤ Impact of Go Red For Women
  – 65% modified their diet to eat more “heart healthy foods”
  – 54% exercise more frequently
  – 53% have checked their cholesterol
  – 58% have checked their blood pressure
  – 35% have talked to their doctor about their risk for heart disease
Women and heart disease: Lessons from the past decade

- Gender differences: presentation, manifestation, and diagnosis of heart disease
- Gender differences in mortality
  - 38% of women vs 25% of men will die within 1 year after a heart attack
- Early recognition of symptoms, accurate diagnosis, and proper treatment are of great importance if we are to reduce the number of women dying from heart disease

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- **Heart Smart for Black Women and Latinas**
The Heart Smart Approach to Heart Healthy Living: Small Changes Make a Big Difference!

❤️ Five Week Plan – 3 Steps: Passport to Heart Health
❤️ Week 1: Take stock and get ready
❤️ Week 2: Get moving: start with 10 minutes/day
❤️ Week 3: Simple steps to healthier eating
❤️ Week 4: Stress less: Cornerstone of a heart healthy life
❤️ Week 5: Putting it all together and find a friend /family member to join you on the heart healthy journey
Week 1 - Get ready....

❤ Take stock and get ready!
❤ Prepare to “eat healthy”
  – Refrigerator and pantry purge
    • Take a good look!
  – “Garbage” and “Donate”
  – Restock with healthy choices
  – Comfortable walking shoes
Week 2 - Get moving!

“Walking is the best possible exercise. Habituate yourself to walk very far.”
- Thomas Jefferson

Benefits of “Get moving:”

❤️ **Ultimate goal** - aim for 30 minutes most days of week (start with 10 minute intervals if needed)

❤️ **Walking is effective in reducing heart disease!**
  – Aids in controlling blood cholesterol, diabetes and obesity
  – Helps lower blood pressure
  – Builds stronger bones
  – Aids in reducing anxiety and depression
  – Increases energy levels
Week 3 – Eat well!

❤ Simple changes in your diet:
  – Increase fruits and vegetables: 5 servings per day
  – Fish - aim for 2 servings per week
  – Broil and grill instead of frying
  – Do not skip meals: Breakfast most important meal of the day!
  – Limit salt, unhealthy fats and sugar

❤ Portion control – Helpful hints at home:
  – Downsize your dinner
  – Make meat your side dish

❤ Never:
  – Eat out of a box or bag
  – Eat in front of the TV

❤ Helpful hints when eating out:
  – Resist “super sizing” meals
  – Avoid buffets
  – Take half of your meal home
Week 4 – Reduce stress

❤️ Simple steps for controlling stress:

– Make a “to-do” list, prioritize and delegate items, schedule “you” time

– Have a positive attitude

– Start your day in a healthy way – music, morning walk

– Rediscover or learn the art of relaxation

– Get enough sleep

– Enjoy your family and friends
Week 5: Conquering heart disease: The heart smart approach
Small steps = big gains

Five weeks to living a heart healthy lifestyle

Putting it all together: FEAST

Family and friends
Eat heart healthy
Activity
Stress reduction
Take control of your health

Partner with your doctor for heart healthy living!
Conquering heart disease: The heart smart approach
Small steps = big gains

5 small steps to a heart healthy lifestyle

1. **Get moving**: aim for 30 mins/day (benefit from 3 x10min)
2. **Heart smart food choices**: daily 5 servings Fruits and Veggies; 2 servings oily fish per week (salmon, trout, herring), portion control
3. **Stress reduction**: effective coping with stress: 10 minutes of meditation, relaxation, music, yoga
4. **Family and friends**
5. **Partner with your doctor/nurse practitioner/health coach** for heart healthy living
Questions

For more information on African American women and heart disease visit [www.womenheart.org](http://www.womenheart.org) for these resources:

- **Article by Jennifer Mieres, MD**

- **Women and Heart Disease**
  - Produced by WomenHeart and the Association of Black Cardiologists
  - [http://www.healthyheartsforwomen.com/whd/#/1/](http://www.healthyheartsforwomen.com/whd/#/1/)