



sharecare

Take Charge! Live Well!
Staying Heart-Healthy Together

Today's Session...

- The basics:
 - What is heart disease?
 - How can I reduce my risk?
- Activities that take care of your heart, and your loved ones'
- Helpful resources



What is Heart Disease?

Cardiovascular (Heart) Disease

A wide variation of conditions that make it hard for your heart to perform



Cardiovascular Disease Risk Factors

Risk factors that you cannot change:

- Gender (male)
- Older age (over age 65)
- Family history of cardiovascular disease
- Being a post-menopausal woman
- Race (High Blood Pressure and Heart Disease)
 - African Americans, Mexican Americans, Native Hawaiians, Native Americans, and some Asian Americans



Taking Care of Your Heart

How Can I Reduce the Risk?

Be mindful of
your diet

Practice
mindfulness

Avoid substance
abuse and
smoking

Stay positive

Reach a healthy
weight

Get a good
night's sleep

Seek support

Plan ahead

Physical Activity Guidelines*

- Adults should move more and sit less throughout the day.
- Some activity is better than none.

For substantial health benefits, adults should do at least:

150-300 minutes a week of moderate intensity activity

or:

75-150 minutes of vigorous intensity aerobic activity a week

or a combination of moderate and vigorous activity

Adults should also do muscle strengthening activities of moderate or greater intensity that involve all major muscle groups 2 or more days a week.

Additional health benefits are gained by engaging in physical activity beyond 300 minutes of moderate intensity exercise.

*Always consult your physician or other health care professional before starting this or any other fitness, nutrition and/or weight management program to determine if it is right for your needs appropriate and safe for you.

Screening Recommendations

Preventive Screenings:

- Blood pressure
- Cholesterol
- Blood glucose
- Body weight
- Behavioral lifestyle factors



A man in a dark t-shirt and a light-colored apron stands on the left side of a kitchen counter, facing right. A woman in a black and white striped long-sleeved shirt and dark pants stands on the right side of the counter, facing left. They appear to be in conversation. The kitchen has white cabinets, a white brick backsplash, and open shelves with various items. The entire image is overlaid with a semi-transparent teal color.

Heart Healthy Activities for You and Your Partner

Move Your Body

Get moving together

- Try to get moving for 30 minutes per day
 - Breaking it into 10-minute increments is ok!
- Challenge your partner to a steps competition
- Schedule walks to catch up with each other
- Try a seasonal, winter activity with your family
- Warm up with an indoor rock climbing wall
- Give your furry friends some love!



Mindful Meals

Make a heart healthy meal

- Skip the reservation and pick a heart-healthy recipe to cook at home.
- Take a date to a cooking class
- Reconsider the gift of sweets
 - Save it for later in the freezer
- If you go out, split an entrée

Fruits
Vegetables
Lean protein
Low-fat dairy
Healthy fats

Sodium
Saturated fats
Sugar

Recipe searches:

- D.A.S.H. diet
- Mediterranean diet

Share the Love

Gift self-care

- Think about gifts that act as stress relievers
- Schedule a couple's massage
- Give the gift of sleep
- Check out a comedy show

Write a love note

- Practice gratitude: write a note to your loved one



Give to One Another by Giving Back

Give back

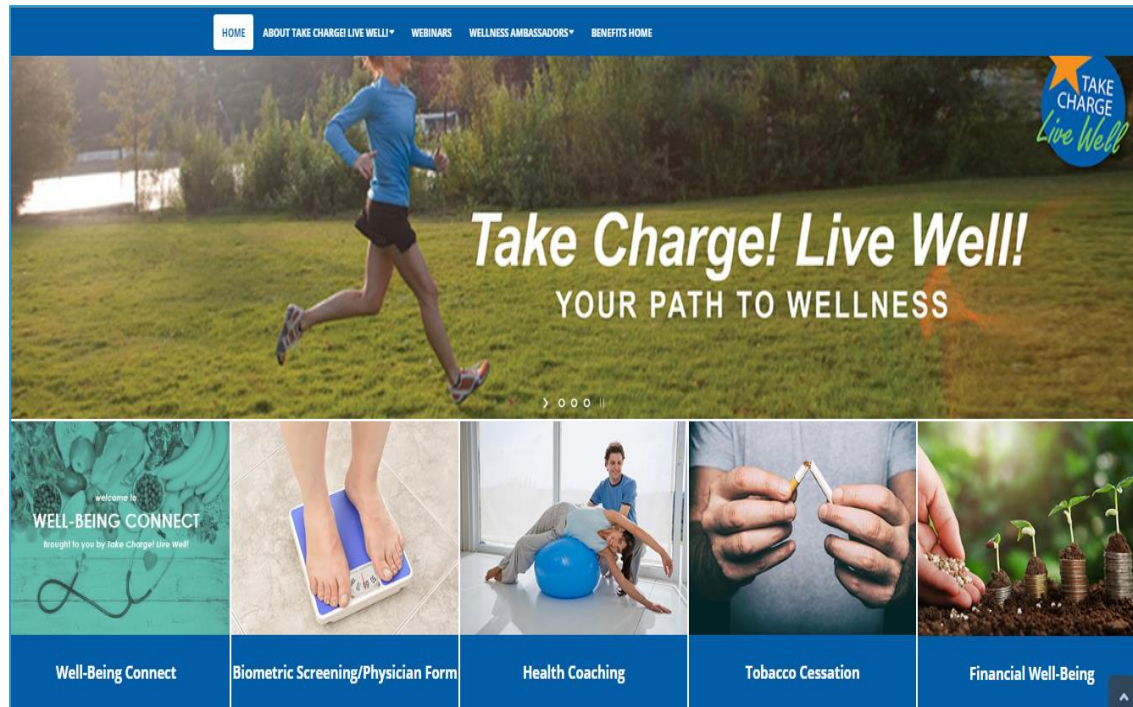
- Volunteer together
- Register for a local heart health walk
- Make a donation in a loved one's name



Resources

Resources for Heart Health

Start at ohio.gov/tclw



Learn more about your health by getting a biometric screening, to learn your:

- Weight
 - BMI
 - HDL and LDL levels
 - Cholesterol levels
 - Blood Pressure
-
- Schedule an appointment with your doctor
 - Enroll in Well-Being Coaching: **1-866-556-2288**

Resources for Heart Health

Start at ohio.gov/tclw

The screenshot shows the top navigation bar with links for DASHBOARD, PERSONAL GOALS, CHALLENGES, REWARDS, HEALTH RECORD, and LIBRARY. Below the navigation is a large teal banner with the text: "welcome FIND YOUR OWN PATH TO A HAPPIER, HEALTHIER LIFE. Every day you can make a positive change or discover a strength you didn't know you had. It all starts here. Choose a new goal, pick a new challenge, try a new recipe and make life better every day." Below the banner are three icons: a mountain with a flag for PERSONAL GOALS, a trophy for GROUP CHALLENGES, and a fork for LIBRARY. Each icon has a short description below it.

PERSONAL GOALS
Goals are activities you complete to help improve any of your five areas of well-being. You get to choose them.

GROUP CHALLENGES
Improving your well-being is more fun when you do it with others. A touch of spirited sparring makes it even better.

LIBRARY
Find great and healthy ideas for dinner tonight (and the rest of the year). You can also check out articles and videos about the topics that interest you.

Sign into Well-Being Connect to:

- Review your biometric results ([Health Record](#))
- Find articles on stress management and heart health ([Library](#))
- Keep on track with your goals ([Personal Goals](#) and [Challenges](#))

Health Coaching

What is it?

- Working with a health coach provides personalized support to help set goals, lower your risks, manage your conditions, and change behaviors
- No pre-existing conditions necessary to participate for wellness coaching
- Each coaching program will be created and personalized to your unique needs and goals

To get started, call 1-866-556-2288 and select Option 2

The Ohio Employee Assistance Program



Mission

To assist employees and their dependents in resolving personal and work-related problems by providing quality services, support and solutions that enhance the emotional, behavioral health and overall productivity of employees in a confidential and professional manner.

Information & Assistance:

1-800-221-6327 (6EAP)

or 614-644-8545 (Franklin County only)

ohio.gov/eap

OEAP@das.ohio.gov

Optum Behavioral Solutions:

1-800-852-1091

Additional Resources

- American Heart Association
 - www.heart.org
- Ohio Employee Assistance Program
 - www.ohio.gov/eap
 - 1-800-221-6327
- Optum Behavioral Health
 - 877-229-3440
 - www.liveandworkwell.com
- Johns Hopkins School of Medicine
 - <http://www.hopkinsmedicine.org/health/awareness/stress.html>
- Harvard Health
 - <http://www.helpguide.org/articles/stress/stress-management.htm>
 - <https://www.health.harvard.edu/heart-health/mindfulness-can-improve-heart-health>
- Mental Health America (Formerly the National Mental Health Association)
 - <http://www.nmha.org>
- American Psychological Association (APA)
 - <http://www.apa.org>
 - <http://www.apa.org/news/press/releases/2007/10/stress-tips.aspx>



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Thank You!

ohio.gov/tclw | 1-866-556-2288