



HEART HEALTH: 3 Healthy Goals for your Family



PeaceHealth



Welcome



YOUR MODERATOR

Summer Meyer, BA, LMT

Certified Health Coach



Please join in!

- *Vote in the polls*
- *Ask questions*
- *Complete the survey*

Your speaker

**Cecelia Jacobson, RD, LD,
CDCES**

Clinical Dietitian

- *Dietitian and diabetes educator*
- *Roots in Bellingham, WA*
- *Bastyr University grad*
- *Loves spending time cycling*



A hiker is seen in silhouette on a dirt trail winding along a mountain ridge. The background features a vast mountain range under a bright, hazy sky. A semi-transparent white box is overlaid on the right side of the image, containing a numbered list. The overall color palette is dominated by teal and blue tones.

Overview

1. Risk factors
2. Mediterranean eating style
3. Get moving and de-stress



Heart History Lesson

- February is American Heart month
- 800,000 (1 in 3) die each year of Cardiovascular disease
- Youth are being diagnosed with heart disease earlier than ever
- Heart disease kills more than all cancer
- 72% of Americans think they aren't at risk





Risk factors
you CAN
control



Smoking



High blood
pressure



High
cholesterol



Diabetes



Being
overweight



Lack of exercise



Stress



Metabolic
syndrome



Age



Family history



Gender



Poll

What risk factors for **heart disease** concern you?

- A. Blood pressure, diabetes, cholesterol
- B. Smoking, lack of exercise, overweight
- C. Age, family, gender
- D. Other (type in the chat)





Mediterranean Eating

- Meats & sweets
- Poultry, eggs, dairy
- Fish & seafood
- Fruits, vegetables, whole grains, fats

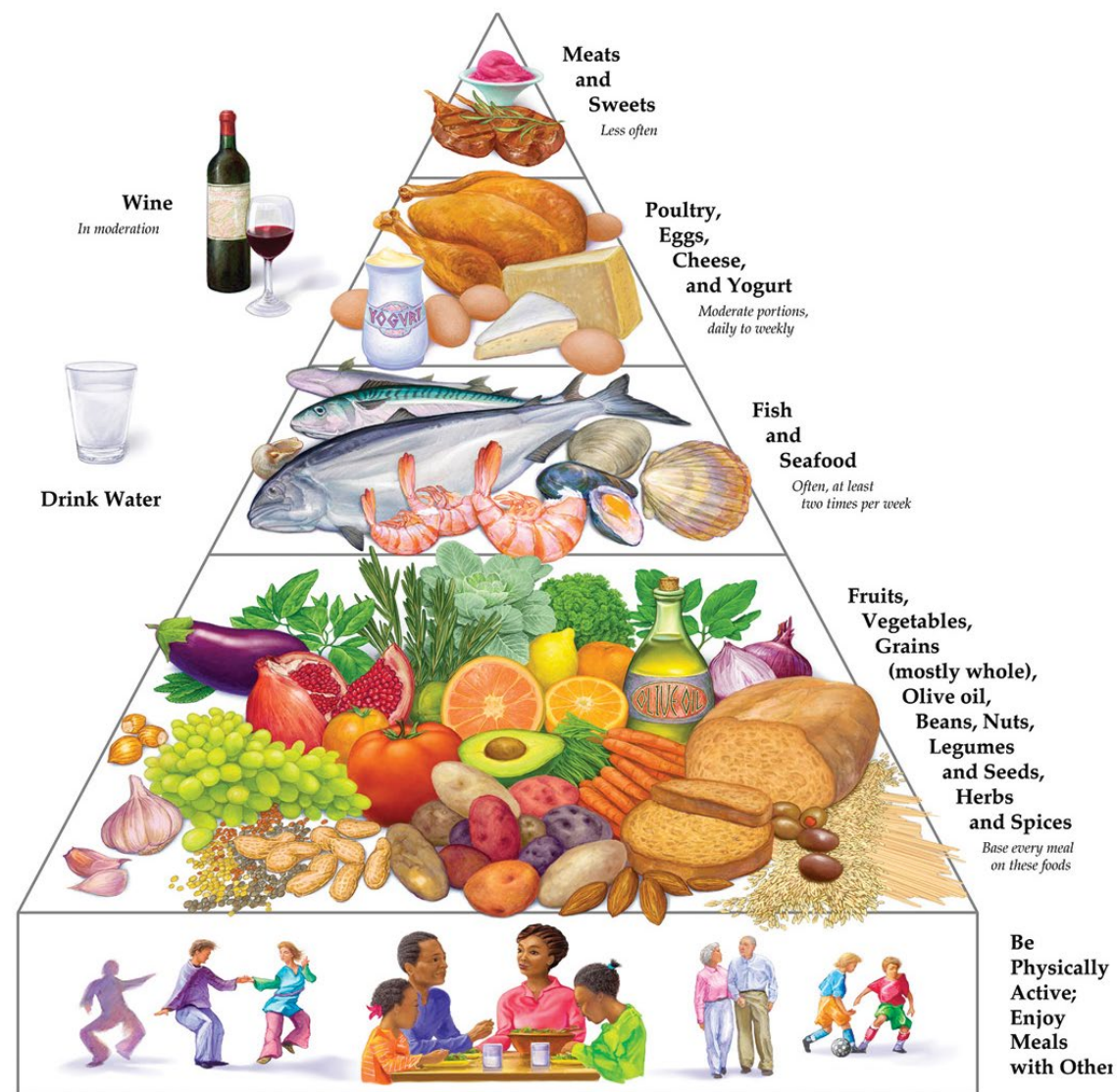


Illustration by George Middleton

© 2009 Oldways Preservation and Exchange Trust

www.oldwayspt.org



Part 1: **Eliminating** foods high in fat and cholesterol



Part 2: **Replacing** with plant foods rich in fiber

Both improve **heart** health



Roasted cauliflower & black bean **taco Tuesday**

Meatless Diet Research



Poll

Would you consider a “meatless” diet?

- A. No way Cecelia, are you crazy?
- B. I'll consider it...
- C. I'm all in!!!
- D. Other (type in the chat)

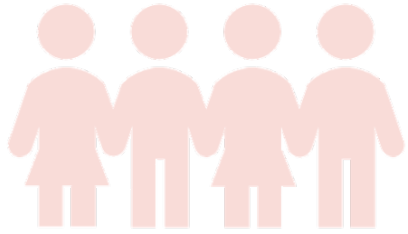




Benefits of physical activity

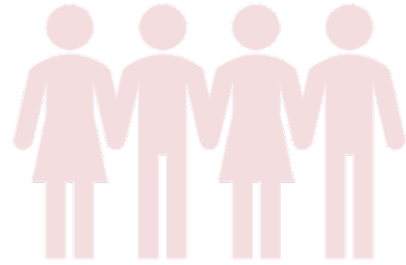
- Have more energy
- Better focus
- Independence
- Reduce health risks
- Improve mood
- Healthy bodies





Ages 6-17

60 minutes/day



Adults

Moderate 150-300 min/week or
Vigorous 75-150 min/week and
2+ days/week
muscle
strengthening



Regularity

Walking
Activity partner
Enjoyment



Variety

Activity
Place
Time

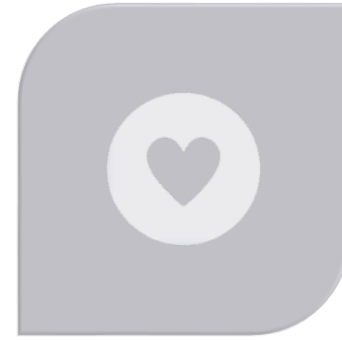
Fitness Recommendations



identify



reduce



relieve

Get Stress Under Control



Track your Stress:

1. When did you feel stress?
2. What caused it?
3. How did you react?

A calendar grid is visible in the background, partially obscured by a red text box. The grid shows dates from 04 to 30. The numbers 10, 17, and 24 are highlighted in blue on the right side of the grid, corresponding to the dates 04, 11, and 18 respectively.

04	05					10
11	12					17
18	19					24
25	26	27	28	29	30	



- ✓ **Make lists**
- ✓ **Prioritize**
- ✓ **Brainstorm coping methods**



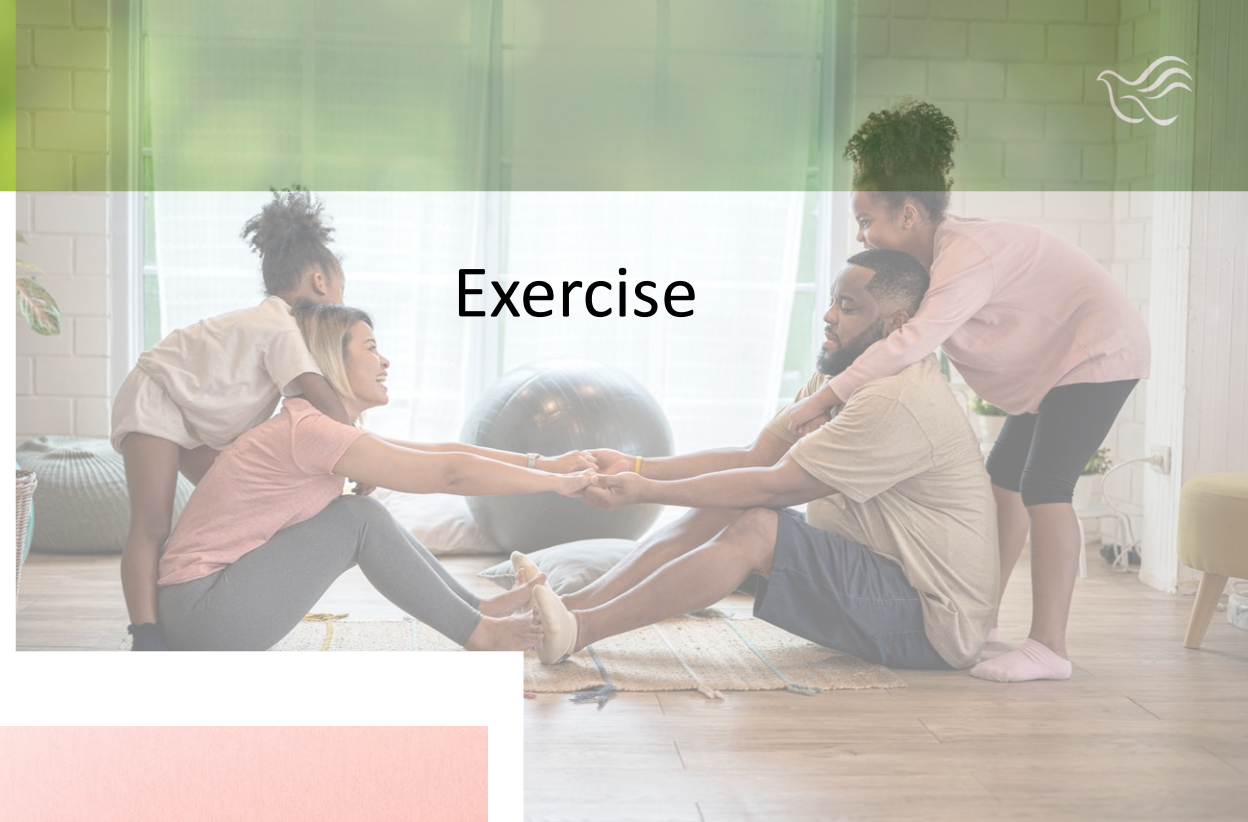
Write

Exercise

Relax your body

Focus on the present

Do something you enjoy





Resources & Handouts

- Recording
- Slides
- Infographic: Risk factors
- Heart health quiz

www.peacehealth.org/healthy-you/webinar-heart-healthy-family





Q & A

Questions after the webinar?

Send to healthyyou@peacehealth.org



Sign Up



- **Monthly e-newsletter**


- Alerts about future webinars
- Health news
- Local events

Sign up at:

peacehealth.org/healthy-you/subscribe



Survey



*Let us
know what
you think.*



***PeaceHealth is
here to help.***

Healthy **You**

peacehealth.org/healthy-you