Health for Hearts United
LEADERSHIP INSTITUTE
(Healthy Hearts)

Training Session
June 6, 2015

Funded in part by the National Institute on Minority Health & Health Disparities
Center on Better Health and Life for Underserved Populations, Florida State University
In conjunction with Florida A&M University and the University of Georgia
Health for Hearts United
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• Aim:
Disseminate outcomes of the Reducing Cardiovascular Disease (CVD) Risk Project by implementing the Health for Hearts United Leadership Institute.

• Three Phase Model:
- Training
- Planning
- Delivery
Desired Project Outcomes:

1. Improved health behaviors & health outcomes (HHU church leaders)
   - *Increased* consumption of fruits, vegetables, and calcium rich foods
   - *Decreased* consumption of fat, sugar, and sodium
   - *Increased* habitual physical activity
   - *Improved* clinical outcomes (BMI, blood pressure, circumferences)

2. Implemented health programming in HHU churches

3. Improved CVD awareness by target audiences in HHU churches
TRAINING SESSIONS

• Three Key Messages
  • June 6 Training Session (New Jerusalem): Eat Better
  • June 13 Training Session (Old Jerusalem): Take Charge of Your Health
  • June 27 Training Session (New Jerusalem): Move Around More
PROPOSAL FOR CONDUCT OF TRAINING SESSIONS

• Interactive & participatory
• Learn from each other (co-learning)
• Hands on with immediate application
• Provide information on two levels: personal health & health ministry development
• Access to advanced information to grow in knowledge
• Make-ups provided
• Tracking of progress
Let’s Get Started!
Maintain calorie balance over time to achieve and sustain a healthy weight

- Consume only enough calories from foods in the five food groups to meet calorie needs.
- Be physically active.

Focus on consuming nutrient-dense foods and beverages

- Reduce intake of sodium, and calories from solid fats, added sugars, and refined grains.
- Choose more nutrient-dense foods and beverages—vegetables, fruits, whole grains, fat-free or low-fat dairy, lean protein.
Dietary Guidelines for Americans 2010

Add fruit to meals and snacks—fresh, frozen or canned—to get about 2 cups each day.

Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Most adults need at least 2 ½ cups of vegetables per day.
REASONS TO INCREASE FRUITS AND VEGETABLES IN YOUR DIET

1. They are provide folate, magnesium, potassium, dietary fiber, and vitamins A, C, and K

2. They are associated with a reduced risk of many chronic diseases such as CVD and Cancer

Moderate evidence indicates that intake of at least 2 1/2 cups of vegetables and fruits per day is associated with a reduced risk of cardiovascular disease, including heart attack and stroke.
DID YOU KNOW? 75% of African Americans, 51 and older, fail to meet the daily calcium requirement of 1,200 mg/day.

**Calcium Tips**

- Include non-dairy foods high in calcium in your diet such as almonds, baked beans, black-eyed peas, broccoli, collard greens, and fortified orange juice.
- Eat yogurt, milk, and hard cheeses like Cheddar, Monterey Jack, and Mozzarella.
- Discuss taking a calcium supplement with your doctor.
- If you have trouble digesting dairy products (lactose intolerance) try buying lactose-reduced or lactose free milk, consuming dairy products in smaller amounts, and discussing lactase supplements with your doctor.

**FACT**

Osteoporosis, hypertension, obesity, cancer, and diabetes have been linked to not having enough calcium in the diet. Consuming calcium rich foods also can help you lose weight.

For more information: http://www.bhlcenter.fsu.edu

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Dietary Guidelines for Americans 2010
Choose foods that provide more potassium, dietary fiber, **calcium**, and vitamin D, which are nutrients of concern in American diets. These foods include vegetables, fruits, whole grains, and milk and milk products.
1. Evidence shows that intake of milk and milk products is linked to improved bone health, especially in children and adolescents.

2. Intake of milk and milk products is associated with a reduced risk of cardiovascular disease and type 2 diabetes along with lower blood pressure in adults.

<table>
<thead>
<tr>
<th>Age range (years)</th>
<th>1-3</th>
<th>4-8</th>
<th>9-18</th>
<th>19-50</th>
<th>51+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium (mg) RDA</td>
<td>700</td>
<td>1000</td>
<td>1300</td>
<td>1000</td>
<td>1200</td>
</tr>
</tbody>
</table>
Dietary Guidelines for Americans 2010

Reduce daily sodium intake to less than 2,300 milligrams (mg)
Further reduce intake to 1,500 mg for people 51+ and those who are African American or have hypertension, diabetes, or chronic kidney disease.

Consume < 10 percent of calories from saturated fatty acids
Consume <300 mg per day of dietary cholesterol.
Keep trans fatty acid consumption as low as possible
Reduce the intake of calories from solid fats and added sugars.
# Reasons to Reduce Sodium, Fat, and Sugar in Your Diet

<table>
<thead>
<tr>
<th>Sodium</th>
<th>Fat</th>
<th>Sugar</th>
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<tr>
<td>On average the higher an individual’s sodium intake, the higher the individual’s blood pressure. Keeping blood pressure normal reduces the risk for cardiovascular disease, congestive heart failure, and kidney disease.</td>
<td>A high intake of saturated and trans fatty acids is related to higher levels of blood cholesterols and LDL (lousy) cholesterol. Replace saturated and trans fatty acids with monounsaturated and/or polyunsaturated fatty acids. Dietary cholesterol has been shown to raise blood LDL cholesterol levels—but this effect is reduced when saturated and trans fat intake is low.</td>
<td>Foods with added sugars often supply calories but few or no essential nutrients and no dietary fiber. Eating high amounts of foods with added sugars makes it hard to also eat foods with sufficient dietary fiber and essential vitamins and minerals and still stay within the calorie limits for a healthy weight. Added sugar increases the risk of dental caries.</td>
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</tbody>
</table>
FOR MORE INFORMATION

• Dietary Guidelines for Americans 2010
  • U.S. Department of Agriculture
  • U.S. Department of Health and Human Services
  • www.dietaryguidelines.gov