

Sources Of Information



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Credible Information

American Heart Association
Learn and Live

Choose MyPlate.gov

American Diabetes Association
Care • Cure • Commitment.

Park Nicollet

NUTRITION FROM THE GROUND UP
eat right.
National Nutrition Month® March 2010
American Dietetic Association

CDC

NIH News
National Institutes of Health

AMERICAN LUNG ASSOCIATION
Fighting for Air

National Heart Lung and Blood Institute

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Factors that Influence Health

Leading causes of death – U.S. 2009

- Heart disease: 652,091
- Cancer: 559,312
- Stroke: 143,579
- Chronic lower respiratory diseases: 130,933
- Accidents (unintentional injuries): 117,809
- Diabetes: 75,119
- Alzheimer's disease: 71,599
- Influenza/Pneumonia: 63,001

- Centers for Disease Control and Prevention

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Factors that Affect Health

- Lifestyle 53%
- Environment 19%
- Heredity 18%
- Medical Care 10%

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Guidelines and Recommendations

- Blood Pressure
- Cholesterol
- Triglycerides
- Glucose
- BMI



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What is Blood Pressure?

- Force the blood places on the walls of blood vessels
- Created by heart as it pumps blood throughout the body
- Two numbers define blood pressure
 - Systolic (top)
 - Diastolic (bottom)



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Why we need to know

- Undetected high blood pressure is dangerous as there are no warning signs or symptoms
- High blood pressure makes the heart work too hard
- High blood pressure contributes to atherosclerosis



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Blood Pressure

Class	Systolic	Diastolic	Follow-Up
Normal	<120	<80	Recheck 2 yr
Pre-hypertension	120-139	80-89	Recheck 1 yr
Hypertension			
Stage 1	140-159	90-99	Confirm 2 mo
Stage 2	≥160	≥100	See MD within 1 wk

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What are the causes?

- Blood pressure tends to rise with age unless you take steps to prevent it
- Certain medical problems (such as chronic kidney disease, thyroid disease, and sleep apnea)
- In some women, blood pressure can go up if they use birth control pills, become pregnant, or take hormone replacement therapy.
- Decongestants have been reported to raise blood pressure and even interfere with blood pressure medications

In 90 - 95% of high blood pressure cases, the cause is unknown

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Controlling Blood Pressure

- Aggressive management
- Medication compliance
- Keeping your blood pressure healthy:

- Maintain a healthy weight
- BE ACTIVE
- Maintain a healthy diet – DASH (Dietary Approaches to Stop Hypertension)
- Moderate alcohol use
- Prevent and control diabetes
- No tobacco



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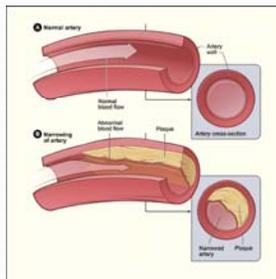
What is Total Cholesterol?

- Cholesterol is a waxy, fat-like substance that is found in all cells of the body. Your body needs some cholesterol to work the right way. Your body makes all the cholesterol it needs.
- Your body uses cholesterol to make hormones, vitamin D, and substances that help you digest foods.
- Cholesterol is also found in some of the foods you eat.
- Made up of: HDL, LDL, VLDL, triglycerides

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Why we need to know

Normal artery
VS
Artery containing
plaque buildup



Source: National Heart, Lung and Blood Institute

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Why we need to know

- People with high blood cholesterol have a greater chance of getting heart disease.
- High blood cholesterol on its own does not cause symptoms, so many people are unaware that their cholesterol level is too high.

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Causes of High Cholesterol

Controllable Factors

- What you eat
- Your BMI
- Your activity

Not controllable Factors

- Heredity
- Age and Gender



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Cholesterol

Value	Classification	Recommendations
< 200	Low Risk	Continue healthful eating and regular physical activity
200 -239	Borderline	Lower fat intake and increase physical activity
≥ 240	High	Confirm results with MD

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What is HDL 'Good' Cholesterol?

High-density lipoprotein (HDL) cholesterol is sometimes called good cholesterol.

- HDL carries cholesterol from other parts of your body back to your liver.
- The liver removes the cholesterol from your body.
- The higher your HDL cholesterol level, the lower your chance of getting heart disease.

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HDL Cholesterol

Value	Classification	Recommendations
< 40mg/dl	High Risk	Confirm results with MD
40 – 60mg/dl	Normal Range	Focus on healthful eating and regular physical activity
> 60mg/dl	Low Risk	Continue healthful eating and regular physical activity

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LDL Cholesterol

- High LDL cholesterol leads to a buildup of cholesterol in arteries. The higher the LDL level in your blood, the greater chance you have of getting heart disease.

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LDL

Value	Classification
<100 mg/dl	Optimal
100-129 mg/dl	Near optimal
130-159 mg/dl	Borderline high
160-189 mg/dl	High
≥190 mg/dl	Very high

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Triglycerides

- Triglycerides are a form of fat carried through the bloodstream.
- High blood triglyceride levels alone do not necessarily cause atherosclerosis.
- High triglycerides are often accompanied by other factors (such as low HDL or a tendency toward diabetes) that raise heart disease risk.

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Triglycerides

Value	Classification
<150 mg/dl	Desirable
150-199 mg/dl	Borderline
200-499 mg/dl	High
≥500 mg/dl	Very high

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What is Metabolic Syndrome?

If you have three or more of the following factors, you have the metabolic syndrome:

- Large waist measurement—35 inches or more for women, 40 inches or more for men (this is also one of the measurements that determine if you need to lose weight)
- Triglyceride level of 150 mg/dL or higher
- HDL cholesterol of less than 50 mg/dL in women, less than 40 mg/dL in men
- Blood pressure of 130/85 mmHg or higher (either number counts as a raised blood pressure)
- Fasting blood sugar of 100 mg/dL or higher

- National Heart, Lung and Blood, April 2007

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Controlling Cholesterol

There are two main ways to lower cholesterol:

- Therapeutic Lifestyle Change (TLC) – includes a cholesterol lowering diet, physical activity and weight management
- Drug Treatment – used together with TLC



Source: National Heart, Lung and Blood Institute

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Therapeutic Lifestyle Change

Diet

- 25–35 percent of daily calories from total fat (includes saturated fat calories)
- Less than 7 percent of your daily calories from saturated fat
- Less than 200 mg a day of cholesterol

Weight

- Only enough calories to reach or maintain a healthy weight

Physical Activity

- In addition, you should get at least 30 minutes of a moderate intensity physical activity, such as brisk walking, on most, and preferably all, days of the week.

Source: National Heart, Lung and Blood Institute

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What is Glucose?

- High glucose (blood sugar) levels may indicate a lack of insulin in the body or the improper use of insulin (insulin resistance).
- The major objective of a glucose screening program is to identify individuals at high risk for having glucose intolerance or undiagnosed diabetes.



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Glucose

Value		Classification	Recommendations
NON-FASTING	FASTING		
<140	<100	Desirable	Continue healthful eating and regular physical activity
141-199	100 - 125	Borderline	Consult your MD at your earliest convenience
200-239	126 - 199	At Risk	See MD within the week
>240	≥200	High	See MD within 24 hours

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Why we need to know

- Your body needs insulin to convert food to energy. Without enough insulin, glucose (sugar) from the food you eat builds up in the bloodstream, causing high blood glucose levels.
- Over time, high blood glucose levels can damage the nerves, eyes, kidneys, heart and blood vessels. This damage can lead to other serious health problems such as heart or kidney disease.

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Controlling/Delaying Diabetes



- While the Diabetes Prevention Program showed that some medications may delay the development of diabetes, **diet and exercise worked better.**
- Just 30 minutes a day of moderate physical activity, coupled with a 5-10% reduction in body weight, produced a 58% reduction in diabetes.

Source: American Diabetes Association

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What is BMI?

- BMI uses a mathematical formula based on a person's height and weight. BMI equals weight in kilograms divided by height in meters squared ($BMI = \text{kg}/\text{m}^2$).
- BMI is widely used because it does not rely on frame size or gender.

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About BMI

- BMI may overestimate body fat in athletes and others who have a muscular build.
- BMI may underestimate body fat in older persons and others who have lost muscle mass.

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BMI

BMI	Weight Status
18.5 – 24.9	Normal – maintain your current weight and avoid gaining extra pounds
25.0 – 29.9	Moderate risk – Weights in this range may carry a health risk. However, it is possible to have a higher BMI and still be very healthy. The guidelines recommend weight loss if you fall into this range and have one or more of the following: <ul style="list-style-type: none">• Diabetes, heart disease or high blood pressure• A family history of diabetes or heart disease• Are male and have a waist circumference 40 or greater or are a female and are greater than 35.
≥30.0	High risk – The guidelines recommend weight loss if you fall into this range.

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Why we need to know

If you have a high BMI, you are at risk of developing the following conditions or diseases:

- High blood pressure
- High blood cholesterol
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Arthritis
- Sleep apnea and breathing problems
- Some cancers
 - Endometrial
 - Breast
 - Prostate
 - Colon

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Controlling Weight

The same amount of energy IN and energy OUT over time = weight stays the same



- More IN than OUT over time = weight gain
- More OUT than IN over time = weight loss

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In Summary....

- Choose a diet with plenty of grain products, vegetables and fruits
- Choose a diet low in fat, saturated fat, and dietary cholesterol
- Choose a diet moderate in sugars, salt, and sodium
- Choose a more active lifestyle
- Balance the food you eat with physical activity

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Take charge of your health

You can take steps now to improve your health and life:

- Control your weight
- Be more physically active
- Eat healthy foods
- ... and Know Your Numbers!



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Final Thought...

Quote in the library at Mayo Clinic

“The objective of all health education is to change the conduct of individual men, women, and children by teaching them to care for their bodies well and this instruction should be given throughout the entire period of their educational life”.

Charlie H. Mayo

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