



American Heart Association | American Stroke Association

Learn and Live.

Industry, Business and Labor Committee Meeting

February 4, 2010

Chairman Keiser and members of the Industry, Business and Labor Committee, for the record, I am June Herman, Senior Director of Advocacy and State Health Alliances for the American Heart Association. Your last interim committee meeting identified some key issues of how to reduce health care costs through prevention, rather than pay disease treatment costs. In addition to what individuals pay for healthcare, the costs are also born by employers, public funding, and charitable hospital care. Disease care is costly, and when you consider stroke, it's the leading admission to long term care, on the rise in a younger age group.

As noted at your prior meeting, it's important to consider the school environment where our youth spend significant time. In 2007, the legislature advanced the following –

- PE as a graduation requirement (1 unit, or ½ unit PE/1/2 unit health)
- PE required to be offered each year in high school
- PE – concept based taught at least every 4 years

What didn't make it through session -

- House passed school beverage bill
- Bill protecting school recess (received a do not pass recommendation)

An exciting school initiative currently underway that this committee may want to learn more about is the Coordinated School Health pilot project that has placed a CSH director within a Regional Education Association. This has provided member school districts with someone to help work with them to improved student and employee health. Areas being addressed –

- PE curriculum review
- Helping to secure grants such as "PEP grants"
- Exploring PE and academics
- Workplace health
- Potential collaboration on school menus

A look at heart health in America

- Nearly four in ten American adults believe they have ideal heart health (39%). Less than one in ten believes they have poor heart health (5%).
- The majority of adults have visited a doctor or healthcare professional within the past year (80%).
- 70% of Americans report being told to make lifestyle changes by a doctor or other healthcare professional.
- One third report being told each to exercise more (35%) and that they are overweight (33%).
- One in five adults report currently being a smoker (19%).
- Fewer than two in ten American adults (15%) achieve AHA's recommended levels of moderate aerobic exercise, which is 150+ total minutes per week.
- For more than four of ten adults, eating 9 servings of fruits and veggies (44%) or eating fish at least 2 times per week (45%) is a rare activity.

We know that most of us are in denial about our health. Remember the 39 percent of those surveyed who rated their health as ideal? 67 percent polled also said they were obese or overweight. Fewer than half of adults know their cholesterol, BMI or glucose numbers. That's unacceptable. We must enable people to live healthier to stop heart disease and stroke's devastating toll.

The American Heart Association's new 2020 Impact Goal is a roadmap to help all Americans live longer, stronger lives. Empowering people with tools to make minor changes that will make major improvements in their health—instead of giving advice on how not to die. We'll provide tools on how best to live. And we'll measure our progress by the percentage of people who move into predefined categories of greater health.

- Behavior perspective: individuals move through several states – precontemplative to a contemplative state, from preparatory to action, then maintenance state
- Consumers and patients must be educated and engaged, motivate healthy behaviors
 - Aware of the scope and impact of heart disease and stroke
 - Understand both general risks and their individual risk
 - Once motivated, individuals given the tools to take action for themselves

At a societal level, regulatory or legislative changes may be needed to support healthy lifestyles and engagement.

Steps we are taking

Go Red North Dakota is a \$1.25 million four year demonstration project funded by the Dakota Medical Foundation through the American Heart Association. 92 percent of women who joined Go Red made at least 1 lifestyle change to reduce their risk, 64 percent increased their exercise, 60 percent made heart healthy dietary changes, and 40 percent lost weight. Based on these outstanding results, not only are we seeking how to continue this program beyond the demonstration's end in September, we are looking at ways to help men to now go red in their way. For women, educating about their risk of heart disease, encouraging them to know their numbers, and undertaking life style changes appears to work through special "cause" engagement and supporting community interventions. Our interest is to see if North Dakota men can be motivated to go red and know their numbers, and improve their heart health prior to going orange in the fall hunting season.

Another area of promising outreach is working with the Pathways program in the Dickinson area. A combination of federal HRSA funding, and an AHA bequest from the county has enabled the development of a project to start a sister program of heart screenings in conjunction with the highly successful Woman's Way program. Tremendous response to the first screenings has project coordinators excited about the potential for both programs – drawing women in for the heart screenings and then connecting them into the Woman's Way screenings.

Other ways we work to expand heart and stroke health efforts include:

- Assisting NDPERS with program offerings for their worksite efforts
- Providing overview of AHA worksite resources to ND Worksite Wellness Coordinators
 - START!walking program; Go Red For Women resources/community support

Newly developed '**My Life Check**' Assessment www.heart.org/MyLifeCheck, a tool to identify and improve seven health factors. Participants answer questions about the "Simple 7"—cholesterol, blood pressure, blood sugar, smoking status, weight, physical activity and diet—then create a simple action plan to work toward excellent heart health. The payoff? Even modest improvements in health bring the benefit of a longer, healthier and happier life. A chart of these recommendations is attached. Improving the health of North Dakota residents is an area showing great opportunities for the state, employers and our workforce.

I'm happy to answer any questions you may have.

Subject: BMI – Do you know your number?

BMI stands for Body Mass Index, a numerical value of your weight in relation to your height. BMIs are good indicators of healthy or unhealthy weights for adult men and women, regardless of body frame size. Weight in kilograms is divided by height in meters squared (kg/m^2). BMIs under 25 are considered healthy. People with BMIs of 25 or higher are more likely to develop heart disease and stroke even if they have no other risk factors.

Excess weight increases the heart's work. It also raises blood pressure and blood cholesterol and triglyceride levels and lowers HDL (good) cholesterol levels. It can make diabetes more likely to develop, too. **Obesity is recognized as a major, independent risk factor for heart disease.** If you're overweight or obese, you can reduce your risk for heart disease by successfully losing as few as 10 pounds and keeping it off.

To calculate your BMI, type your height and weight into the online BMI calculator at www.americanheart.org/bmi. Select a status option if you're under 20 years old, highly trained/athletic, pregnant or breastfeeding. If one of these situations applies to you, the BMI may not be the best method of assessing your risk from overweight or obesity.

In studies by the National Center for Health Statistics,

- BMI values less than 18.5 are considered underweight.
- BMI values from 18.5 to 24.9 are healthy.
- Overweight is defined as a body mass index of 25.0 to less than 30.0. A BMI of about 25 kg/m^2 corresponds to about 10 percent over ideal body weight. People with BMIs in this range have an increased risk of heart and blood vessel disease.
- Obesity is defined as a BMI of 30.0 or greater (based on NIH guidelines) — about 30 pounds or more overweight. People with BMIs of 30 or more are at higher risk of cardiovascular disease.
- Extreme obesity is defined as a BMI of 40 or greater.

Height	Minimal risk (BMI under 25)	Moderate risk (BMI 25–29.9) Overweight	High risk (BMI 30 and above) Obese
4'10"	118 lbs. or less	119–142 lbs.	143 lbs. or more
4'11"	123 or less	124–147	148 or more
5'0"	127 or less	128–152	153 or more
5'1"	131 or less	132–157	158 or more
5'2"	135 or less	136–163	164 or more
5'3"	140 or less	141–168	169 or more
5'4"	144 or less	145–173	174 or more
5'5"	149 or less	150–179	180 or more
5'6"	154 or less	155–185	186 or more
5'7"	158 or less	159–190	191 or more
5'8"	163 or less	164–196	197 or more
5'9"	168 or less	169–202	203 or more
5'10"	173 or less	174–208	209 or more
5'11"	178 or less	179–214	215 or more
6'0"	183 or less	184–220	221 or more
6'1"	188 or less	189–226	227 or more
6'2"	193 or less	194–232	233 or more
6'3"	199 or less	200–239	240 or more
6'4"	204 or less	205–245	246 or more

American Heart Association 2020 Impact Goal



Cardiovascular health defined using “Life’s Simple 7”

For the first time, the association has defined cardiovascular health into three categories, using seven easy-to-understand measures called “Life’s Simple 7.” The chart below details how Life’s Simple 7 determines poor, intermediate and ideal cardiovascular health.

LIFE’S SIMPLE 7 (Health Factor or Behavior)	POOR HEALTH (Warning)	INTERMEDIATE HEALTH (Needs Improvement)	IDEAL HEALTH (Excellent)
1. Smoking Status			
Adults	Smoker	Quit for 12 months or less	Never smoked or quit more than 12 months ago
Children	Tried in the last 30 days		Never tried/smoked a whole cigarette
2. Body Mass Index (BMI) (a measure of body fat)			
Adults	30 or greater	25-29.9	18.5-24.9
Children	More than 95 percentile	85 th -95 th percentile	Less than 85 th percentile
3. Physical Activity			
Adults	None	1-149 minutes/wk moderate or 1-74 minutes/wk vigorous or 1-149 minutes/wk of moderate + vigorous	150+ minutes/wk moderate or 75+ minutes/wk vigorous or 150+ minutes/wk moderate + vigorous
Children	None	1-59 minutes/day moderate or vigorous	60 minutes+/day moderate or vigorous
4. Healthy Diet Score (in the context of an overall healthy eating pattern and energy balance)			
Adults	0-1 components of healthy diet	2-3 components of a healthy diet	4-5 components of a healthy diet
Children	0-1 components of healthy diet	2-3 components of a healthy diet	4-5 components of a healthy diet
5. Total Cholesterol			
Adults	240 or more mg/dL	200-239 mg/dL or treated to goal	Less than 200 mg/dL untreated
Children	200 or more mg/dL	170-199 mg/dL	Less than 170 mg/dL untreated
6. Blood Pressure			
Adults	SBP ¹ of 140 or more, or DBP ² 90 mm Hg or more	SBP of 120-139 or DBP of 80-89 mm Hg or treated to goal	SBP of less than 120 and DBP of less than 80 mm Hg untreated
Children	More than 95 th percentile	90 th -95 th percentile or SBP of 120 or more or DBP of 80 mmHg or more	Less than 90 th percentile
7. Fasting Plasma Glucose			
Adults	126 mg/dL or more	100-125 mg/dL or treated to goal	Less than 100 mg/dL
Children	126 mg/dL or more	100-125 mg/dL	Less than 100 mg/dL

¹ SBP: systolic blood pressure; ² DBP: diastolic blood pressure

My Life Check™

SUMMARY REPORT



NAME:

DATE:

LIFE'S SIMPLE 7

	WHERE YOU ARE NOW	CHOOSE YOUR NEXT STEPS	WHERE YOU WANT TO BE
Smoking Status	Never smoked Excellent	<input type="checkbox"/> Keep up the good work <input type="checkbox"/> Stay physically active <input type="checkbox"/> Plan activities that don't involve smoking <input type="checkbox"/> Eat a healthy diet <input type="checkbox"/> Maintain a healthy weight	No smoking Excellent
Healthy Weight	167 pounds (BMI of 24.7) Excellent	<input type="checkbox"/> Continue my healthy habits <input type="checkbox"/> Avoid trans and saturated fats and added sugars <input type="checkbox"/> Learn more about the foods I eat <input type="checkbox"/> Increase my fitness; add more physical activity to my routine <input type="checkbox"/> See my healthcare provider for routine check-ups	125 to 168 pounds (BMI of 18.5 to 24.9) Excellent
Physical Activity	45 min. moderate and 30 min. vigorous (weekly) Needs Improvement	<input type="checkbox"/> Look for ways to move more - take the stairs more often <input type="checkbox"/> Be active longer each time - add 10 minutes to what I do now <input type="checkbox"/> Choose activities that work all the different parts of my body <input type="checkbox"/> Write down what may be holding me back from moving more <input type="checkbox"/> Be active with friends and family; a support network helps	150 min. moderate or 75 min. vigorous (or equivalent combination) Excellent
Healthy Diet	4 components Excellent <input checked="" type="checkbox"/> 4 cups fruits/vegetables/day <input checked="" type="checkbox"/> 3 oz. or more whole grain/day <input type="checkbox"/> 2-3 servings fish/wk <input checked="" type="checkbox"/> Under 450 cal. added sugar/wk <input checked="" type="checkbox"/> Under 1,500 mg sodium/day	<input type="checkbox"/> Know the number of calories that is right for me <input type="checkbox"/> Keep saturated fat to less than 7% of calories and avoid trans fat <input type="checkbox"/> Eat a variety of foods in the right amounts from all food groups <input type="checkbox"/> Eat less than 2 servings per week of processed meats <input type="checkbox"/> Include nuts, legumes and seeds in my diet	4-5 components Excellent It is important to follow the guidelines for other dietary components like fats, etc.
Blood Pressure	SYSTOLIC 120 mm Hg DIASTOLIC 79 mm Hg Needs Improvement You should discuss this factor with your healthcare provider.	<input type="checkbox"/> See my healthcare provider to recheck my blood pressure <input type="checkbox"/> Learn to read food labels and choose foods with less sodium <input type="checkbox"/> If I'm overweight, lose weight - even 10 lbs makes a difference <input type="checkbox"/> Be more physically active; aim for at least 150 minutes per week <input type="checkbox"/> Speak to my healthcare provider about medication options	SYSTOLIC Less than 120 mm Hg DIASTOLIC Less than 80 mm Hg Excellent
Blood Cholesterol (total cholesterol)	224 mg/dL Needs Improvement You should discuss this factor with your healthcare provider.	<input type="checkbox"/> Speak to my healthcare provider about medication options <input type="checkbox"/> Speak to a dietitian to improve my eating habits <input type="checkbox"/> Eat fewer saturated and trans fats <input type="checkbox"/> Be more physically active <input type="checkbox"/> If overweight, work on losing weight	Less than 200 mg/dL Excellent
Blood Sugar (fasting)	Unknown Unknown You should discuss this factor with your healthcare provider.	<input type="checkbox"/> Make good food choices and eat modest food portions <input type="checkbox"/> See my healthcare provider to learn my blood sugar number if I'm overweight, lose weight - even 10 lbs makes a difference <input type="checkbox"/> Be more physically active; aim for at least 150 minutes per week <input type="checkbox"/> Learn to read food labels to avoid added sugars	Less than 100 mg/dL Excellent

This assessment is based on the knowledge and experience of American Heart Association medical experts.

Important Notice: Health assessments are based on averages from studies of large groups of people. Your situation may be different. It is important to discuss your personal situation with your healthcare provider. It is not intended to replace medical advice from your healthcare provider, but rather help you set health goals and make healthy lifestyle decisions.

The American Heart Association is committed to preventing heart disease in America **one heart at a time.**

This assessment can be found at: www.heart.org/mylifecheck

My Life Check™

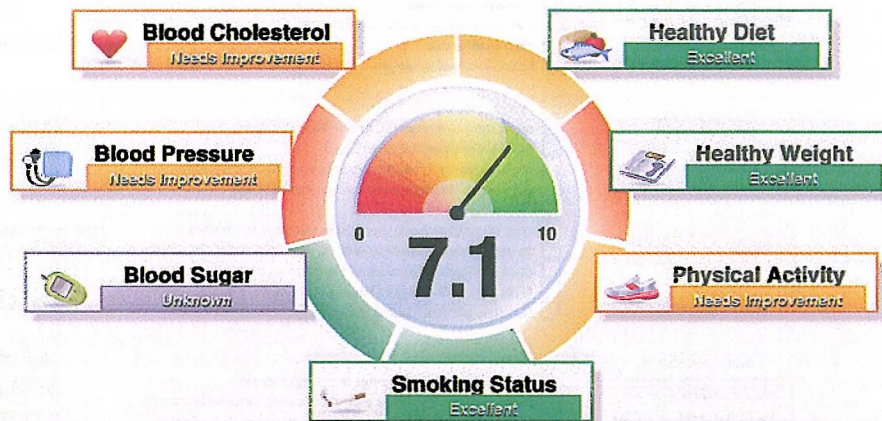
SUMMARY REPORT



NAME:

DATE:

HEART SCORE



You're doing well, but consider all the aspects of your behaviors that lead to good health.

Make adjustments to strengthen your position.

What does my heart health score mean?

The heart assessment tool not only gives you a heart score but an opportunity to create a plan for forming new, healthy habits.

The tool includes options for goal setting as well as ideas for getting past things that might get in the way of your success. The final score is an estimation of your heart health on a scale from 1 to 10, where number 10 is the ideal level and means that you have the greatest potential for a heart healthy life and the lowest possible risk of developing heart disease and stroke, based on your individual data.

Be sure to come back often and test the results of your progress!
Watch your score increase as you get healthier.

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SMOKING



The health benefits from quitting smoking start almost immediately and within a few years of quitting your risk of stroke and coronary artery disease are similar to non-smokers.

- The key to quitting smoking, or staying smoke-free, is being motivated and getting the support you need.
- Parents should talk to kids about cigarette smoking. Once cigarette smoking is initiated, it can be difficult to stop, even during adolescence.

HEALTHY WEIGHT



People with a BMI of 25 or higher (overweight or obese) are more likely to develop cardiovascular disease even if they have no other risk factors.

Healthy body weight for children is determined by their age, gender, and height.

Being overweight is bad for your health. It increases your risk for:

- Heart disease
- Stroke
- Diabetes
- High blood pressure
- High blood cholesterol

If you have too much body fat, especially around your waist, you are at higher risk for heart problems. But there is good news. If you are overweight, losing just 10 pounds can improve your health.

The best approach to losing weight is the right combination of healthy eating and regular physical activity. That means using up more calories than you take in. Set a goal to try to lose at least one pound a week (burn up 3500 calories more than you take in). That may not sound like much, but over time it is enough to reduce your blood pressure and blood cholesterol and help control your blood sugar levels. The key is developing healthy habits that will help you keep the weight off throughout your life.

In children, be sure to match energy intake with the energy needs for normal growth and development.

PHYSICAL ACTIVITY



All adults should be physically active for at least 150 minutes per week (2 hours 30 minutes) by doing aerobic moderate intensity movement. Adults should also do activities to strengthen muscles and bones at least 2 days a week.

Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily. Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week. Children should also participate in regular muscle and bone strengthening activities.

Physical activity provides many benefits including:

- Aiding in weight loss and maintenance
- Reducing stress
- Lowering blood pressure and increasing HDL (good) cholesterol.

If you are an adult with a disability you should consult your health-care provider about the amounts and types of physical activity that are appropriate for your ability.

HEALTHY DIET



A healthy diet is one of the best weapons you have to fight cardiovascular disease.

There are five measurable diet components to the heart score:

- Fruits and vegetables (more than 4.5* cups/day)
 - Fish (preferably oily fish) (2 or more 3.5 oz. servings/week)
 - Fiber-rich whole grains (more than 3* one ounce servings/day)
 - Limited amounts of sodium (less than 1,500 mg/day)
 - Limited amounts of added sugars or sugar-sweetened beverages (less than 450 calories/week)
- *Based on a 2,000 calorie diet

The food you eat (and the amount) can affect other controllable health factors: cholesterol, blood pressure, diabetes and weight. And to maintain a healthy weight, coordinate your diet with your physical activity level so you're using up as many calories as you take in.

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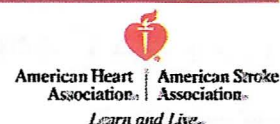
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BLOOD PRESSURE

You should try to keep your systolic blood pressure (top or first number) under 120 mm Hg and your diastolic blood pressure (bottom or second number) under 80 mm Hg.

Recommended blood pressure for children depends on their age, gender and height.

High blood pressure increases the heart's workload, causing the heart to thicken and become stiffer.

High blood pressure puts an extra strain on your body — especially your heart, blood vessels and kidneys. It increases your risk of stroke, heart attack, kidney failure and heart failure. The risk of these diseases increases as your blood pressure increases.

When high blood pressure exists with obesity, smoking, high blood cholesterol levels or diabetes, the risk of heart attack or stroke increases several times.

You can help lower your blood pressure by:

- Losing weight
- Increasing physical activity
- Limiting your salt intake
- Limiting the amount of alcohol you drink
- Not smoking
- Taking medication, if prescribed by your healthcare provider



BLOOD CHOLESTEROL

Ideal total blood cholesterol in adults is less than 200 mg/dL. Children are advised to keep their total blood cholesterol less than 170 mg/dL.

As blood cholesterol rises, so does risk of coronary heart disease.

When other risk factors (such as high blood pressure and tobacco smoke) are present, this risk increases even more. A person's cholesterol level is also affected by age, sex, heredity and diet.

If you have high blood cholesterol, it's very important to:

- Control high blood pressure
- Avoid tobacco smoke
- Eat a healthy diet
- Get regular physical activity
- Maintain a healthy weight
- Control or delay the onset of diabetes
- Take medication, if prescribed by your healthcare provider

Taking these steps will help lower your risk of heart disease and stroke. If you still need drugs to reduce your blood cholesterol, a healthy diet and active lifestyle will help lower your cholesterol and improve your overall cardiovascular health.



BLOOD SUGAR

Ideal fasting blood sugar in both children and adults is less than 100 mg/dL.

If your fasting blood sugar level is between 100 mg/dL and 125 mg/dL, you are said to have "pre-diabetes." If you have prediabetes, then your risk of developing heart disease (including heart attack) or diabetes is higher.

You have diabetes if your fasting blood sugar level is 126 mg/dL or higher. If you have diabetes, it's extremely important to work with your healthcare provider to manage it and control any other cardiovascular disease risk factors you have. Diabetes seriously increases your risk of developing cardiovascular disease.

You may be able to reduce your blood sugar levels by:

- Losing weight
- Following a healthy eating plan
- Doing physical activity regularly
- Taking medicines as your healthcare provider prescribes

Taking these steps, along with working with your healthcare team, should help to keep your blood sugar levels in your target range.

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