

Eat what is good...



...and your soul will delight in the richest of fare.

Isaiah 55:2

Outline for the bulletin board:

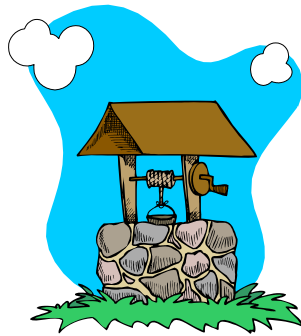
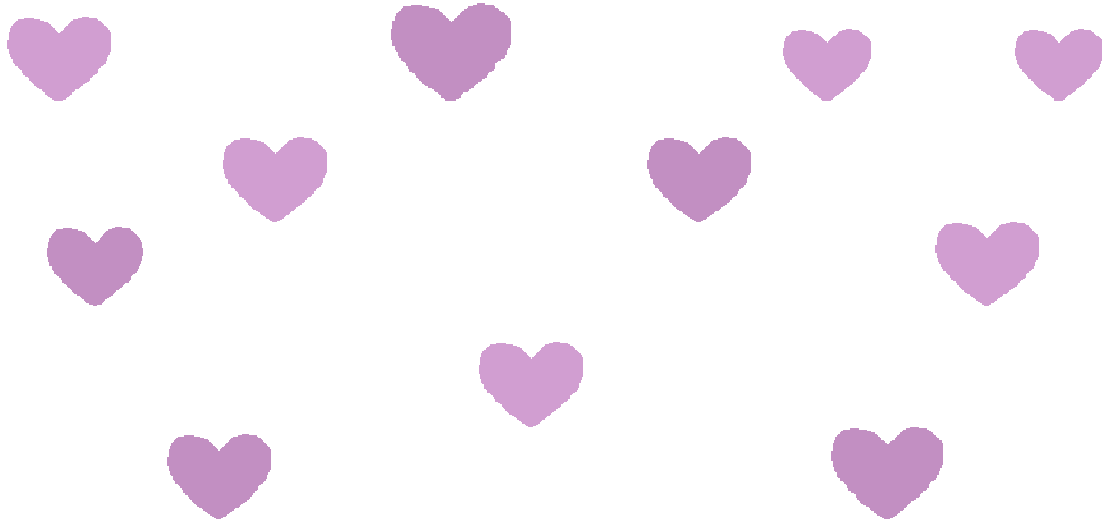
For visuals, use pictures of a variety of fruits, vegetables, meats, and breads; and then heart healthy substitution facts are spread throughout the board.

A list of possible heart healthy substitution facts to use:

- Try whole grain bread instead of standard white bread.
- Mayo is high in fat, try mustard as a condiment.
- Low-fat cream cheese or humus are great sandwich spreads.
- Turkey and roast beef have less fat and cholesterol than meats like bologna and taste great too!
- Dark leafy greens have more nutrients than iceberg lettuce.

- Natural cheeses like cheddar and Swiss have less fat and sodium than processed cheese.
- Add spinach to a cheese layer in pasta.
- Try more veggies on your pizza like broccoli, olives, peppers, red onions, and mushrooms.
- Add grilled chicken instead of pepperoni or sausage to pizza.
- Try whole kidney beans rather than refried beans in tacos.
- Try a salad instead of fries at a fast food place.
- Choose yogurt parfait instead of ice cream.
- Eat smaller portions if you must have a burger and fries.
- Don't super size fast food meals
- Instead of a donut for breakfast, try low-fat yogurt with fresh fruit.
- Whole grain toast with jelly, peanut butter, or low-fat cream cheese makes a great breakfast.
- Marinades can be used to add flavor without adding fat.
- Use low-fat dressings such as Italian and vinaigrettes as marinades.
- Rubs, dry herbs, and spices patted into meat before baking, grilling, and broiling add flavor.
- Use the freezer to stock up, which reduces time spent grocery shopping.
- Freeze individual or family size portions of ground beef in freezer storage bags...it saves time and money!
- Try grilling instead of frying foods.
- Try grilling whole corn on the cob.
- Try fruit kebabs for desserts and drizzle them with honey.
- Reduce sugar by using sweet tasting spices like ginger, vanilla, cinnamon, nutmeg, cloves, allspice or anise.
- Use black pepper, garlic powder, curry powder, cumin, basil, onion, or dill seeds to replace the taste of salt.
- Healthy eating is about balance, variety, moderation, and a healthy relationship with food.
- Bake, poach, or roast foods instead of eating battered, deep fried items.
- Have portion control and add color to your plate with a variety of foods.
- Use spices to add flavor.

ABOVE ALL ELSE, GUARD YOUR HEART,



FOR IT'S THE WELLSPRING OF LIFE.

PROVERBS 4:23

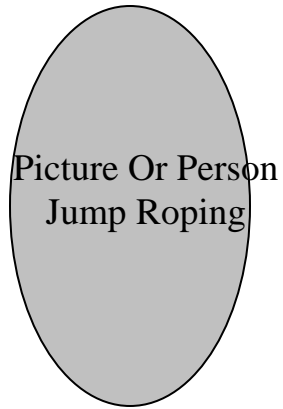
Note: Bulletin board is not to scale, and the visuals may be arranged according to the size of the board and what looks best to the displayer.

### Outline for Bulletin Board:

- Border: red.
- Background: white.
- Lettering: black, except for heart (red), wellspring (blue), and life (yellow/gold).
- Heart healthy facts on the red hearts.

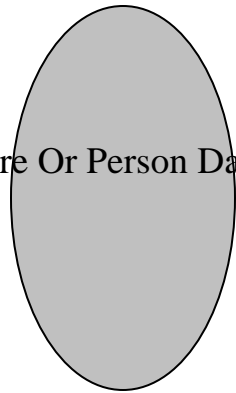
### List of possible facts to place on the hearts:

- Eat lean cuts of meat or cut off the fatty parts.
- Minimize your stress.
- Don't smoke.
- Plan your meals.
- Make your snack a bag of grapes instead of a candy bar.
- Park farther away when you go to the grocery store.
- Get support from a walking buddy or walking group.
- Eat less salt. It increases your blood pressure.
- Reduce red meat, sweets, and sugary drinks.
- Season meat and vegetables with herbs and spices instead of sauces, butter, and salt.
- Cook with olive, canola, sesame, soybean or peanut oils instead of lard, butter, palm, and coconut oils.
- Eat popcorn or unsalted pretzels instead of salted potato chips.
- If you are 20 or older, have your cholesterol measured at least once every 5 years.
- Eat baked, steamed, or boiled foods instead of fried foods.
- See your doctor to have your blood pressure and cholesterol checked.
- Eat a big leafy green salad instead of fries.
- Get at least 30 minutes of moderate physical activity.



Picture Or Person  
Jump Roping

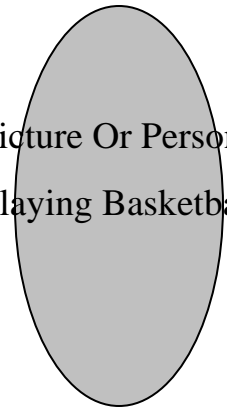
Jump Rope



Picture Or Person Dancing

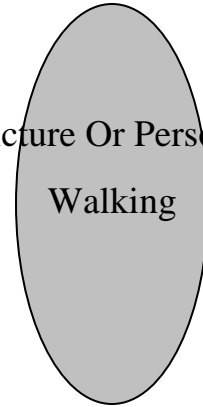
Dancing

**Exercise  
Is For  
Every Body**



Picture Or Person  
Playing Basketball

Basketball



Picture Or Person  
Walking

Walking

*“Scripture relating to Exercise.....*

*”*

## **Items you will need for this Bulletin Board:**

- Letters for written words
- Either hand drawn, clip art, photographs, or purchased people doing the activities
- Borders
- Background paper to wrap the board.

## **Places to purchase items:**

- Office Supply Stores
- Craft Stores

# Are You Heart Smart?



A message from the *Search Your Heart* campaign  
And  
The American Heart Association's *Know The Facts Get The Stats* Publication

Do you know what could happen if your heart does not get enough blood? This is what is known as a heart attack and is the leading cause of death killing about 480,000 people a year. Heart attacks usually begin with fatty deposits building up inside the arteries in the heart, ultimately creating a block in blood flow. When the blood supply to the heart is cut off, the heart cells become damaged or die. So how do you keep yourself from becoming a statistic?

## **Know the Warning Signs and Know the Risks!**

### **Warning Signs:**

Chest discomfort  
Pain in other areas of the upper body~ arms, back, neck, jaw, stomach  
Shortness of Breath  
Cold Sweat  
Nausea  
Vomiting

### **Risks:**

High blood pressure measured greater than 140/90  
Tobacco  
High Cholesterol~ greater than 200mg/dL or HDL <40 mg/dL  
Physical Inactivity~ less than 30 minutes of physical activity 5 days a week  
Overweight and Obesity~ BMI greater than 30  
Diabetes Mellitus  
Age  
Gender~ Male and Women after menopause  
Heredity~ Family history and race. African Americans are more likely to suffer from heart disease

While you cannot control your age, gender, or heredity, you can control the other risks. Keep your heart healthy by exercising daily, not eating foods high in sodium or fat, and by not smoking. You can *Search Your Heart* and decrease your risk for heart disease.

**For more information about heart disease and stroke, contact your nearest American Heart Association, call 1800-242-8721, or visit [americanheart.org](http://americanheart.org).**

### Source

American Heart Association (2002). *Know the facts get the stats*. [www.americanheart.com](http://www.americanheart.com)

## Ladies, Are You Heart Smart?



A message from the *Search Your Heart* campaign and  
The American Heart Association's *Go Red for Women*

Cardiovascular disease is a disease that develops over time, often affecting the blood vessels which carry blood to your heart. Damage to these vessels can occur as early as childhood, with a gradual development of plaque in the vessels. This is made up of fats, cholesterol, and other substances carried in the blood. These collections of plaque can narrow the vessel and reduce blood flow to the heart, or break off cause a clot in the vessels.

### **Know the Warning Signs and Know the Risks!**

**Women may experience different symptoms than men; do you know your warning signs, Ladies?**

#### **Warning Signs:**

Chest discomfort  
Pain in other areas of the upper body~ arms, back, neck, jaw, stomach  
Shortness of Breath  
Cold Sweat  
Nausea  
Vomiting  
\* Women are more likely to experience other symptoms than chest discomfort

#### **Risks:**

High blood pressure measured greater than 140/90  
Tobacco use  
High Cholesterol~ greater than 200mg/dL or HDL <40 mg/dL  
Physical Inactivity~ less than 30 minutes of physical activity 5 days a week  
Overweight and Obesity~ BMI greater than 30  
Diabetes Mellitus  
Age ~ Risk increases in Women after menopause  
Heredity~ Family history and race. African Americans are more likely to suffer from heart disease

While you cannot control your age, gender, or heredity, you can control the other risks. Keep your heart healthy by exercising daily, not eating foods high in sodium or fat, and by not smoking. You can *Search Your Heart* and decrease your risk for heart disease.

**For more information about heart disease and stroke, contact your nearest American Heart Association, call 1800-242-8721, or visit [americanheart.org](http://americanheart.org).**

Source: American Heart Association: Go Red for Women. 2006  
[www.goredforwomen.org](http://www.goredforwomen.org)

## Are You Heart Smart, about Strokes?



A message from the *Search Your Heart* campaign  
The American Heart Association and The American Stroke Association

### **What is a Stroke?**

A stroke occurs when a blood vessel is blocked and oxygen is no longer passed on to part of the brain. When the brain is deprived of oxygen, the sensitive nerves in the brain will die. The nerves that make up the brain matter are very sensitive and unable to regenerate or regain function after a stroke. Blockages are caused by plaque in the vessels, which is made up of fats, cholesterol, and other substances carried in the blood, same as the plaque causing Heart attacks.

### **Know the Warning Signs and Know the Risks!**

#### **Warning Signs:**

Sudden numbness or weakness of the face, arms, or legs, especially on one side of the body  
Sudden confusion, trouble speaking or understanding  
Sudden trouble seeing in one or both eyes  
Sudden trouble walking, dizziness, loss of balance or coordination  
Sudden severe headache with no known cause  
Know the warning signs and take immediate action, every second counts!

#### **Risks:**

High blood pressure measured greater than 140/90  
Tobacco use  
High Cholesterol~ greater than 200mg/dL or HDL <40 mg/dL  
Physical Inactivity~ less than 30 minutes of physical activity 5 days a week  
Overweight and Obesity~ BMI greater than 30  
Diabetes Mellitus  
Age ~ Increases with age  
Gender ~ more common in men than women  
Heredity~ Family history and race. African Americans are more likely to suffer from heart disease and stroke

While you cannot control your age, gender, or heredity, you can control the other risks. Keep your heart healthy by exercising daily, not eating foods high in sodium or fat, and by not smoking. You can *Search Your Heart* and decrease your risk for heart disease.

**For more information about heart disease and stroke, contact your nearest American Heart Association, call 1800-242-8721, or visit [americanheart.org](http://americanheart.org).**

Source: American Heart Association 2006 [www.americanheart.org](http://www.americanheart.org). & American Stroke Association 2006 [www.strokeassociation.org](http://www.strokeassociation.org)





**What is Diabetes?** Diabetes is when your body does not make enough insulin, cannot use insulin, or both. Insulin helps sugar to get into the body's cells. Sugar from food we eat is used by the body for energy. However, if insulin doesn't work, then sugar builds up too high in the blood.

Diabetes is a major risk factor for heart disease and stroke. Those who have diabetes are four times more likely to develop heart disease. Diabetes is often associated high blood pressure, high cholesterol, smoking, obesity, and lack of physical activity.

A person with diabetes may delay or avoid the onset of heart disease by controlling the risk factors. Weight loss and weight management, physical activity, and a healthy diet help to reduce risk of heart disease, diabetes, and high blood pressure.

Physical activity can be cleaning the house, walking the dog, playing sports, gardening or anything else that gets you moving. A healthy diet is low in fat and cholesterol and high in fruits and vegetables. It is also important to not to smoke.

**For more information concerning diabetes and heart disease contact your local Health Department, the nearest American Heart Association office, call 1-800-242-8721, or visit [www.americanheart.org](http://www.americanheart.org).**

Source: American Heart Association. (2006).

# **Searching the Heart of Tennessee**

**Materials For The American Heart Association's Search Your Heart Program**



**Materials Developed By Spring 2006 Public Health 552 Students in Healthy Heart Blount County**

**Under the direction of**

**Carrie Thomas, MPH at the Blount County Department of Public Health, Dr. June Gorski  
and**

**Aimee Pehrson, MPH student intern at Blount County Department of Public Health**

# Moving For A Healthy Heart



A message from the Search Your Heart Campaign  
and  
The American Heart Association and American Stroke Association

Physical inactivity and obesity are risk factors for both heart disease and stroke. With your doctor's help, you can get your body moving toward a healthy heart. Here are some tips to help you get started on an exercise program:

**Start slow-** Start a walking group at your organization, walk in the neighborhood, walk with your friends around the mall.

**Do activities you enjoy-** When exercising, try to do activities you like. When you enjoy what you are doing you are more likely to stick with it.

**Make small changes-** Small changes can increase your physical activity. You can get off the bus one stop before you need to, park further from the entrances to stores, and take the stairs.

**Set a realistic goal-** If you set a realistic goal like walking thirty minutes five days a week, you will be more likely to work physical activity into your day.

**Reward yourself for meeting your goal-** When you make your goal, decide on a healthy reward you will give yourself if you meet that goal. You could buy a new pair of shoes or go to a movie.

**Keep up the good work-** Even if you forget to exercise one day, do not give up. Keep on moving for your heart and your health.

Physical activity is important for keep your heart healthy. Try to get at least thirty minutes of physical activity into your day five days a week. By doing this you can help keep your heart healthy and decrease your risk for heart disease and stroke.

Source: American Heart Association, 2006 [www.americanheart.org](http://www.americanheart.org)  
American Stroke Association, 2006 [www.strokeassociation.org](http://www.strokeassociation.org)

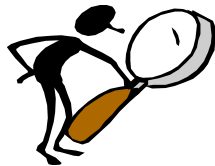
## Bulletin Inserts for Faith-Based Organizations

# Bulletin Board Outlines For Faith-Based Organizations

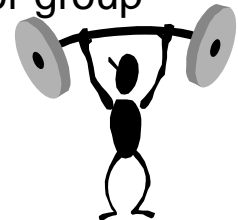
## Activity Suggestions For Search Your Heart Modules

# Activity Suggestions for the Activities For Life Module

**Walking Scavenger Hunt Activity for Faith Based Organizations:** This would be an activity where organizations develop a walking scavenger hunt for individuals and families. Each group will have a list of items they need to locate and **MUST** walk to each place to receive credit. The group that finishes the quickest or has the most items located by the time limit will be the winners.



**Start a Group Exercise Class:** Even if an organization cannot afford or locate a group exercise leader, they can still have a group exercise class. All they would need is a VCR or DVD player, TV and a recording of an exercise class. Have the organization set up a time to meet and do the workout routine together. This method of activity allows for group encouragement that often results in greater participation.



**Summer Swing:** Faith-Based organizations could start a dance class by utilizing members of the congregations to teach dance moves like swing or ballroom dancing. This could be a weekly class lasting for about four weeks with a dinner and dance activity to conclude the event. Organizations could also use this to teach ethnic dances with a cultural event at the end of the classes.

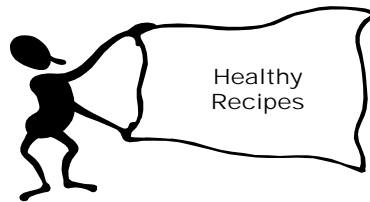


## Activity Suggestions for the Bread of Life Module

**Conduct a Healthy Eating Cooking Class:** Utilize a heart healthy recipe and conduct a cooking class based upon this recipe. This class should help to teach faith-based organizations how to cook healthy. At the end of the class provide a tasting session for the healthy food that was made.



**Create a Healthy Recipe Cookbook:** After conducting a cooking class, organizations can re-do recipes they have home to create their own healthy recipe cookbook for their group or to share with other organizations.



**Have a Healthy Recipe Bake Off:** Have members of the faith-based organizations create entrées, desserts, sides and more using healthy recipes. The organization could then hold a bake off event and award the winners a prize.

