

February 2020



NATIONAL
HEART
MONTH

Heart disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication.

Heart disease—and the conditions that lead to it—can happen at any age. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Half of all Americans have at least one of the top three risk factors for heart disease (high blood pressure, high cholesterol, and smoking).

What puts you at risk for heart disease?

- High Blood pressure
- High Cholesterol
- Smoking
- Obesity
- Hereditary
- Diabetes
- Lack of exercise
- Poor diet

HINTS FOR A HAPPY HEALTHY HEART

NEARLY 60% of overweight children ages 5-17 had at least **one risk factor** for cardiovascular disease and **25% had two or more.**

NEARLY 1 IN 3 KIDS OR TEENS in the U.S. are overweight or obese, nearly 3 times the number in 1963.

LESS THAN 30% of high school students get enough physical activity each day to keep their hearts healthy.

Obese kids have an **80% CHANCE OF STAYING OBESE** their entire lives.

Overweight children under age 13 may start developing **HEART DISEASE AS EARLY AS AGE 25.**

TO REDUCE FATTY BUILDUP IN ARTERIES, children ages 2+ should be encouraged to eat **4 to 5 cups of fruits and vegetables daily** & a wide variety of other foods low in saturated fat and trans fat.

7 heart-healthy tips

1 | GET ACTIVE

30 minutes of activity a day can help prevent heart attacks and strokes.



2 | STOP SMOKING

Your risk of coronary heart disease will be 1/2 within 1 year.



3 | MAINTAIN A HEALTHY WEIGHT

Keeping a healthy weight is key in controlling your blood pressure and lowering your risk of heart disease.



4 | KNOW YOUR NUMBERS

High blood pressure is the #1 risk factor for stroke and a major factor for around 1/2 of all heart disease and stroke.



5 | EAT HEALTHILY

A diet low in saturated fats and rich in fruit and veggies can lower your risk of heart disease by 73 percent.



6 | KNOW THE WARNING SIGNS

Heart attack symptoms often look different for women.



7 | TAKE YOUR MEDS

Carefully take any medication your doctor has prescribed.



Source: World Heart Federation

American Heart Association.



American Heart Association.

National Wear Red Day

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Always consult with your healthcare provider for questions or concerns. For comments, questions, or concerns please email jozbirn@lfdisd.org.



Student Health Advisory Council for Littlefield ISD

Fact: 1 in 3 young people experience some form of physical or sexual abuse!

TEEN DATING VIOLENCE AWARENESS MONTH

Dating abuse is more common than you think.

Sexual abuse, physical abuse, emotional or verbal abuse, financial abuse, digital abuse and stalking are all forms of intimate partner violence.

Any young person can experience dating abuse or unhealthy relationship behaviors, regardless of gender, sexual orientation, socioeconomic standing, ethnicity, religion or culture.*

*Remember, abuse is never your fault, and asking for help is nothing to be ashamed of.

National 24/7 Crisis Hotline
1-800-799-SAFE (7233)

Family Advocacy Program
406-731-2161

TALK TO TEENS!!

Everyone can make a difference by reaching out to young people in simple ways. As we interact with teens in our work or personal lives, each of us can act to stand against teen dating violence by:

- Discussing the warning signs of dating abuse (all kinds, not just physical abuse).
- Creating a positive connection to the issue – talk about the characteristics of healthy teen relationships, not just abusive ones .
- Talking about how the media portrays healthy and unhealthy relationships. For example, many popular movies, TV shows, commercials, books, and magazines portray stalking as romantic or harmless when it is actually very dangerous.
- Getting involved even if you don't have a lot of resources – an information table, classroom discussion, or school announcement can get the conversation started.



WARNING SIGNS



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