



## HealthBits

### Nutrition in the News—Heart Health Month

February 12, 2010

Heart health now has a definition. As part of The American Heart Association's 2020 impact statement, heart health is now defined as ideal, intermediate or poor. The association uses 7 factors, termed **Life's Simple 7**, to determine heart health status. The impact statement comes out after a recent survey found that 39% of Americans say they have ideal heart health although 54% of those have been told they have a risk factor for heart disease. Also, 70% of all surveyed have been told to have a risk factor for heart disease by a health professional.

The new focus on heart health follows the association's goal of not only reducing the number of cardiovascular disease and stroke related deaths by 20%, but also increasing the overall heart health of all Americans by 20%.

To determine your heart health, check out the new resource, [My Life Check](#). This online tool takes only a few minutes and will determine your overall heart health along with a plan of action based on the 7 factors for ideal health. The assessment ends with a promise, one small step towards heart health and disease prevention.

#### Life's Simple 7

- Never smoked or quit more than 1 year ago
- BMI of less than 25 kg/m<sup>2</sup>
- Physical Activity of at least 150 minutes (moderate) or 75 minutes (vigorous) each week
- Diet meeting 4 out of 5 key components consistent with Heart Association Guidelines
- Total cholesterol of less than 200mg/dL
- Blood Pressure below 120/80 mm Hg
- Fasting Blood Glucose less than 100mg/dL

### Healthy Living For a Lifetime Program



This month's Healthy Living Series will feature a spirited game show contest to test your Heart IQ. You will also be able to try a popular heart healthy Asian Noodle Soup. Come and be part of the fun! Mark your calendar for **Thursday, February 25th from 12:15-12:45, HHS Auditorium**. Pre-registration recommended: To register, contact Judy deBack at 785-9865 or e-mail her @ [deback.judy@co.la-crosse.wi.us](mailto:deback.judy@co.la-crosse.wi.us).

#### Did You Know...

- ♥The heart beats 100,000 times each day and 2.5 billion times in a 70 year lifespan.
- ♥The adult heart pumps 5 quarts of blood each minute, 2,000 gallons of blood each day.
- ♥Your system of blood vessels is over 60,000 miles long and could circle the earth twice.
- ♥The average adult woman's heart weighs 8 oz. and the average man's weighs 10 oz.

Source: <http://my.clevelandclinic.org>

### Nutrition, On a Budget

#### Oatmeal

At a base price of just **13 cents per serving**, oatmeal is a great way to start the day. Oatmeal is a whole grain and a good source of soluble fiber, which has cholesterol lowering effects. All types of oatmeal are considered whole grains, quick, regular and instant. However be careful if choosing quick or instant oatmeal as these products may have added sugars. Also be sure to buy in bulk as opposed to individual servings in order to stretch your dollar.

#### Keep it Interesting

- Top with frozen berries
  - Combine with apples and raisins
- Swirl in a tablespoon of peanut butter
- Serve with a tall, cold glass of low fat milk
- Top with sliced peaches and slivered almonds

### Heart Rate

Measuring your heart rate is a good way to monitor exercise intensity. Your target heart rate is determined by using a percentage of your maximum heart rate, the upper limit your cardiovascular system can handle. Generally, your maximum heart rate is 220 minus your age.

For beginners, aim for a rate that is 40 to 50% of your maximum heart rate. As fitness level increases, aim for a higher percentage. For adults already doing vigorous activity, a target heart rate zone of 70-85% is a good measure.

To check your heart rate, place the tip of your first two fingers over the blood vessels to the left or right of your Adam's apple. Count your pulse for 10 seconds and then multiply that by 6. Use this number as an indicator to see if you need to increase or decrease intensity.

Remember, medications and health conditions can affect your maximum heart rate. Be sure to talk to your doctor before starting any exercise program.

Source: [www.mayoclinic.com](http://www.mayoclinic.com)



**Click Pick:** For all of the latest heart healthy news, visit the American Heart Association. <http://www.americanheart.org/>

Written by: Lindsey Bertrand

Questions or Comments? E-mail [Bertrand.lindsey@co.la-crosse.wi.us](mailto:Bertrand.lindsey@co.la-crosse.wi.us) or call 785-5613