

Hancock Health & Wellness

Hancock County Health Coalition

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Women & Heart Disease – Are You At Risk?

Women especially need to take good care of their hearts considering that 1 out of every 4 women will die of heart disease according to the National Heart Lung and Blood Institute. Heart disease is a disorder of the blood vessels in the heart that lead to an attack. Often women die from complications from heart disease or become permanently disabled, rather than from the attack itself.

Women are at risk for developing heart disease if they: have high blood

pressure (above 120/80), have high blood cholesterol (over 200), have diabetes, are overweight, are not physically active, have a family history of heart disease, are 55 years-old or older, or smoke.

Another risk factor is a reduction in their body's production of estrogen due to early onset natural menopause or a hysterectomy. In fact, women who have gone through menopause are twice as likely to develop heart disease as women of the same age who are not post-menopausal.



February is
American Heart
Month

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How High is High Blood Pressure?

Normal Blood Pressure:
Systolic over Diastolic should be 120 over 80.

Prehypertension Range:
Systolic of 120-139 or
Diastolic of 80-89

High Blood Pressure Ranges:

Stage 1:
Systolic of 140-159 or
Diastolic of 90-99

Stage 2:
Systolic of 160-179 or
Diastolic of 99-109

Hypertensive Crisis (which needs immediate emergency care):
Systolic over 180
Diastolic over 110g

Heart & Lung Lunch & Learn

- Friday, February 25th, 12:00-1:00 p.m.
- Screenings 30 min. before/after
- Hawesville United Methodist Church Hall
- To Register: Call Holly at 927-8066 or send an email to ramseypam@att.net

High Blood Pressure (Hypertension) & Its Risk Factors

According to the National Heart Lung Blood Institutes, blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps out blood. If this pressure rises and stays high over time, it can do serious damage to your body. The arteries get 'stretched out' and weaken resulting in weaknesses in the vascular walls, increased risk of blood clots, increased plaque build-up, tissue and organ damage from narrowed and blocked arteries, and increased workload on the

circulatory system as cited on the American Heart Association's website, www.heart.org.

Although HBP is the silent killer, certain risk factors such as having a close blood relative who has or had high blood pressure increases your risk of getting it. Another factor is age, because your blood vessels lose their elasticity as you get older. Even gender is a risk factor. Both sexes have risks for HBP, but men have a higher risk before age 45, and women have a higher risk after 65. You

cannot change your family history, your age or your gender, but other risk factors can be affected and changed by your lifestyle. If you have very little physical activity throughout the day, live on a poor, high salt diet, are obese or even overweight, or you drink too much alcohol (more than 2/day for men or 1/day for women), you have definite risk factors for high blood pressure. In order to reverse your risk of high blood pressure, make changes to your lifestyle in these areas.

The 10 Commandments of a Healthy Heart

1. Know your risk factors for heart disease.
2. Talk to your doctor about reducing your risk for heart disease.
3. Have your blood pressure checked regularly.
4. Know your cholesterol numbers. (These include total cholesterol, HDL or "good" cholesterol, LDL or "bad" cholesterol, and triglycerides.)
5. Have your blood sugar level checked for diabetes.
6. Do not smoke cigarettes or use other tobacco products.
7. Eat for your heart health.
8. Get regular physical activity. (At least 30 minutes of moderate physical activity on most or all days of the week.)
9. Aim for a healthy weight.
10. Know the signs and symptoms of a heart attack and the importance of seeking medical help immediately.

Provided by US Dept. of Health & Human Services, National Institutes of Health, National Heart Lung Blood Institutes

Check out the American Heart Association's website for an online blood pressure tracker at www.heart360.org

Make a DASH – Dietary Approaches to Stop Hypertention

The National Heart, Lung, and Blood Institute (NHLBI) conducted two key studies, DASH and DASH-Sodium, to look at the effect of diet on high blood pressure. Within two weeks of following the DASH diet

plan, systolic blood pressure was lowered by 11.4 points and diastolic pressure by over 5.5 points. This is similar to reductions obtained with medications. Greater reductions occurred when the DASH-

Sodium plan was used by lowering the intake of sodium from 2400 mg to 1500 mg per day. 2400 mg = 1 tsp. salt/day 1500 mg = 2/3 tsp. salt/day

KY Dept. for Public Health

Dress in Blue – Friday March 4, 2011

March is National Colorectal Cancer Awareness Month. On Friday, March 4th, dress in blue to spark the conversation about colon cancer statistics and prevention as you encourage friends, family, and co-workers to get their colon checked.

Ask them if they know...

- Colon cancer is the second leading cause of cancer deaths in the U.S.
- All Kentuckians age 50 and older should get regular colon cancer checks.
- Early colon cancer may have no symptoms.

- 9 out of 10 colon cancers may be prevented or cured with regular checks.
- 1 in 17 people will develop colon cancer in their lifetime without proper screening.
- Colon cancer has a 90% treatable rate when detected early.

Kentucky Cancer Program

Green River Regional Health Council – 2010 Health Report Card

On January 12, 2011, the Green River Regional Health Council released its bi-annual health report card for the 7 county Green River Region. Statistics within the report card compared 2008 and 2010 data with KY and USA numbers and were obtained from www.kyhealthfacts.org.

The Profile for Hancock County indicated numbers above the KY average in 9 categories. These

included: lack of physical activity in adults, prevalence of obesity in adults, uninsured child population, uninsured adult population, lung and bronchus cancer death rate, colorectal cancer death rate, breast cancer death rate, prevalence of diabetes in adults, and the number of mentally unhealthy days in the past 30 days.

Positive indicators were

reflected in the below KY average data for categories such as: prevalence of overweight adults, oral health in adults, prostate cancer death rates, heart disease deaths, adequacy of prenatal care, low birth weight, and teen-aged (15-19) births.

You may view the Report Card on the GRADD website under the Aging, Health, and Social Services tab at www.gradd.com.

We Can!® Classes – Register Today!

FREE **We Can!®** classes for ways to enhance children's activity and nutrition begin on Wednesday, February 23rd and continue every Wednesday for four weeks (1.5 hours for each class) at the Career Center. Classes

begin at South Hancock Elementary on Thursday, Feb. 24th and continue every Thursday for four weeks (1.5 hours for each class). Participants will be eligible to win tickets to Holiday World & Splashin' Safari, Evansville Otters

baseball, Louisville Bats baseball and other area attractions based on their attendance.

To register, contact Pam Ramsey at 927-9063 by Friday, February 18.

Hancock County Health Coalition

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The Hancock County Health Coalition was formed in January of 2009 to raise awareness about health issues in our community. We have sponsored or collaborated with other agencies to provide the following events and activities since that time:

- 2009 and 2010 Heart Health Luncheons
- 2010 Stroke Awareness Ladies' Tea
- 2009 and 2010 Longest Day of Play
- 2010 Colon Cancer Awareness Luncheon
- 2009 and 2010 Back to School Bash
- 2010 Breast Cancer Awareness Lunch & Learn
- 2010 2nd Sunday Breast Cancer Awareness 5K Run/Walk
- Pink Out Breast Cancer Awareness Football Game
- 2010 Breast Cancer Awareness Survivors' Dinner
- World's Greatest Baby Shower
- ABC's of Diabetes Care
- Prostate Cancer Awareness Breakfast

Our future plans include:

- ◇ Heart & Lung Lunch & Learn – February 25th
- ◇ "We Can@" Parent Fitness & Nutrition Classes – Beginning Feb. 23rd
- ◇ Mother/Daughter Day-Out – April, 2011
- ◇ Breathing Clean Air Summit – May, 2011
- ◇ Obesity Summit – August, 2011

"Raising Awareness for a Bright Future"

The Hancock County Health Coalition also publishes weekly articles in the Hancock Clarion which reaches approximately 3,000 households.

Check us out on Facebook at Hancock County Health Council



Upcoming Events - Hancock County Health Coalition & Partners

Heart & Lung Lunch & Learn

Join us on Friday, February 25th at 12:00 p.m. for a healthy soup and sandwich lunch. Guest speakers include local lung cancer survivor Clarence Robinson, and Ronda Rodgers, Manager of the OMHS Heart Center, among others.

Lung cancer screenings will be available to the first 8 registrants who request one for the 30 minutes prior to and after the event.

Blood pressure screenings will be

conducted throughout the luncheon by our local EMT Association and local nursing students.

Sleep apnea exhibits will be available as well as coupons for free Radon test kits.

The Hancock County Partners Coalition will be registering students for Cooper Clayton Smoking Cessation Classes. Call Holly at 927-8066 or email ramseypam@att.net to register by Monday, February 21.

Sponsored by KY-ASAP, Green River District

Health Department, Hancock County Health Coalition, Domtar Paper Co., Owensboro Mercy Health System and Perry County Memorial Hospital.

Diabetes Screening Day

Join us on Wednesday, March 23rd at the Hancock County Health Center for information and a free diabetes screening. Contact Pam Ramsey at 927-9063 or the Hancock County Health Center at 927-8803 for more details.