

MOVE YOUR WAY!

2021 Week Two

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Research and Extension

Walk Kansas

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Can You Prevent Heart Disease?

We all want to live a longer, healthier life, and one way to achieve that is to prevent or delay development of chronic disease. Currently, in the United States, 6 in 10 adults have a chronic disease and 4 in 10 have two or more. If current trends in Kansas continue, by the year 2030 the per person medical and productivity cost of chronic disease will be \$8,400. With better prevention and treatment of chronic disease, 10,900 lives could be saved annually in Kansas.

The key take-a-way here is that each one of us has the power to prevent, or at least delay, chronic disease. There are common risk factors for almost every type of chronic disease, and they include: poor nutrition, obesity, lack of exercise, tobacco use, and excessive alcohol use. Watch for this common thread as we explore chronic disease in more detail during Walk Kansas.

About 1/3 of all deaths in the U.S. each year is linked to heart disease, stroke, or other cardiovascular diseases. Some risk factors for heart disease and stroke are things you can't change, like your age, family history of heart disease, and being male. Many risk factors, however, can be improved with lifestyle changes.

The first thing to do is be informed about your risk for developing heart disease. This is a simple tool that can be helpful to determine your personal risk: <https://www.mayoclinichealthsystem.org/locations/cannon-falls/services-and-treatments/cardiology/heart-disease-risk-calculator>

Now, consider risk factors that lifestyle changes can improve.

High blood pressure and high blood cholesterol. High blood pressure is often called the "silent killer" as it has no obvious symptoms. It is a major risk factor because it damages the lining of the arteries, leading to buildup of plaque, which narrows the arteries leading to the heart and brain. Excess cholesterol can build up in the wall of

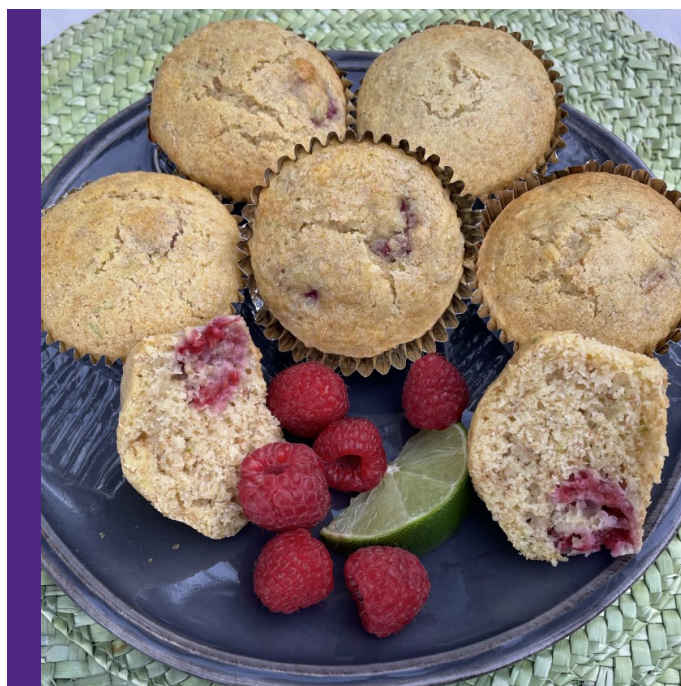
arteries and limit blood flow to the heart and other organs. A high LDL cholesterol (above 100 mg/dL) can double a person's risk of heart disease.

Diabetes. Over time, high blood sugar from diabetes can damage blood vessels that impact your heart and brain. Nearly 3 in 4 people with diabetes have high blood pressure, and adults with diabetes are two to three times more likely to die of heart disease or stroke. Managing diabetes is critical to preventing heart disease.

Smoking and second hand smoke exposure. Smoking damages cells that line the blood vessels, can cause blood vessels to narrow, and it makes blood sticky and more likely to clot – which can block blood flow to the heart and brain. It also raises triglycerides (a type of fat in the blood) and lowers HDL cholesterol, which is the “good” cholesterol.

Obesity, poor diet, and lack of physical activity. Those who are above a normal weight are at increased risk of heart disease and stroke, as well as some of the other risk factors already mentioned. In the U.S., 72% of adults are overweight or obese. A poor diet and lack of physical activity also increase heart disease risk. In fact, not getting enough physical activity can lead to heart disease – even for those who have no other risk factors.

Sources: <https://www.cdc.gov/chronicdisease/resources/infographic/chronic-diseases.htm>; <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/heart-disease-stroke.htm>



DASH to a Healthy Heart Eating Style

Are you familiar with the DASH (Dietary Approaches to Stop Hypertension) Diet? Rather than a short-term “diet,” DASH is actually a lifetime eating style that supports overall health and wellness. No foods are off-limits and there are no specific calorie requirements.

The DASH eating style is for everyone in the family. If you follow this plan you can expect to see your blood pressure decrease, along with other health benefits. The plan promotes reducing sugar; eliminating heavily processed, sodium-rich foods; and increasing fruits and vegetables.

The DASH eating plan is easy to follow and includes common foods available in your grocery store. What it doesn't include is highly processed and pre-packaged foods. In the U.S., we rely on this type of food as part of our “grab-and-go” lifestyle. Avoiding these could be one of the greatest challenges in following the DASH plan.

So, what are processed foods and why eliminate them? Some examples include: chips, soda, cookies, hot dogs, lunch meat, cheese slices and spreads, bacon, cereal, canned foods, candy and packaged snacks, and ready-made meals. The American family consumes most of their calories from these types of foods and avoiding them is almost impossible. Reducing the amount of processed foods you eat is a good start. These foods typically contain increased amounts of salt, sugar, or fat, and often contain additives or preservatives to improve taste, texture, and to extend shelf-life. An easy way to identify processed food is to look at the label. If you see a laundry list of ingredients that you don't recognize and can't pronounce, it is safe to say it's processed.

Information about the DASH eating plan is easy to find through an online search. Here is a link to get you started: nhlbi.nih.gov/health-topics/dash-eating-plan There are many DASH recipes that are tasty and healthful, including this Three Grain Raspberry Muffin. You will find more recipes here: mayoclinic.org/healthy-lifestyle/recipes/dash-diet-recipes/rcs-20077146

The Best Exercise for Your Heart

As you have heard before, the best exercise is the one you will actually do, and exercise is one of the most effective tools for strengthening your heart muscle. Aerobic and strengthening exercises are the most important. Stretching exercises may not contribute directly to heart health, but flexibility is important because it helps you perform aerobic and strength exercises better.

What is aerobic exercise? The term aerobic means “with oxygen,” and your breathing and heart rate will increase during these activities. Any activity you do at a level where you can barely talk can be aerobic, such as walking, jogging, biking, swimming, rowing, dancing, in-line skating, using a stair-climber or elliptical machine, some team sports, and more. Doing these activities will improve circulation, and over time they can reduce your blood pressure and heart rate. Ideally, you should get at least 30 minutes of aerobic activity at least five days a week.

Strengthening exercises are also beneficial, especially for those who carry a lot of body fat. These exercises create leaner muscle mass and can help reduce body fat. As you gain muscle, your body burns calories more easily.



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Three Grain Raspberry Muffins

Makes 12 Servings

Ingredients:

- ½ cup rolled oats
- 1 cup 1% low-fat milk
- ¾ cup all-purpose flour
- ½ cup cornmeal
- ¼ cup wheat bran
- 1 tablespoon baking powder
- ¼ teaspoon salt
- ½ cup honey
- 3½ tablespoons canola oil
- 2 teaspoons grated lime zest
- 1 egg, lightly beaten
- 2/3 cup raspberries

Directions:

1. Wash hands with soap and water.
2. Wash raspberries under cold running water and place on paper towel.
3. Heat oven to 400°F. Line a 12-cup muffin pan with paper or foil liners.
4. In a large microwave-safe bowl, combine the oats and milk. Microwave on high until the oats are creamy and tender, about 3 minutes. Set aside.
5. In a large bowl, combine the flour, cornmeal, bran, baking powder, and salt. Whisk to blend.
6. In another bowl, combine the honey, canola oil, lime zest, oat mixture, and egg. Combine wet ingredients with dry ingredients and mix until moistened but still slightly lumpy. Gently fold in raspberries.
7. Spoon batter into muffin cups, filling each about 2/3 full.
8. Bake until the tops are golden brown and a toothpick inserted into the center comes out clean, 16 to 18 minutes.
9. Transfer the muffins to a wire rack and let cool before serving. Muffins can also be frozen to enjoy later.

Nutrition Information for 1 muffin:

161 calories; 5 g fat (0.5 trans fat, 0.5 g saturated fat); 26 g carbohydrates; 3 g protein; 2 g fiber; 126 mg sodium.