




FEBRUARY 2022: BLACK HEALTH & WELLNESS

BLACK HISTORY MONTH

 Wheeler

COMMUNITY | HEALTH | CARE



The Power of the Body and Mind on Heart Health in the Black Community

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Objectives

01

Review the cardiovascular system

02

Review facts and statistics on heart health in the Black Community

03


Review the impact of the mind and mental health on the heart

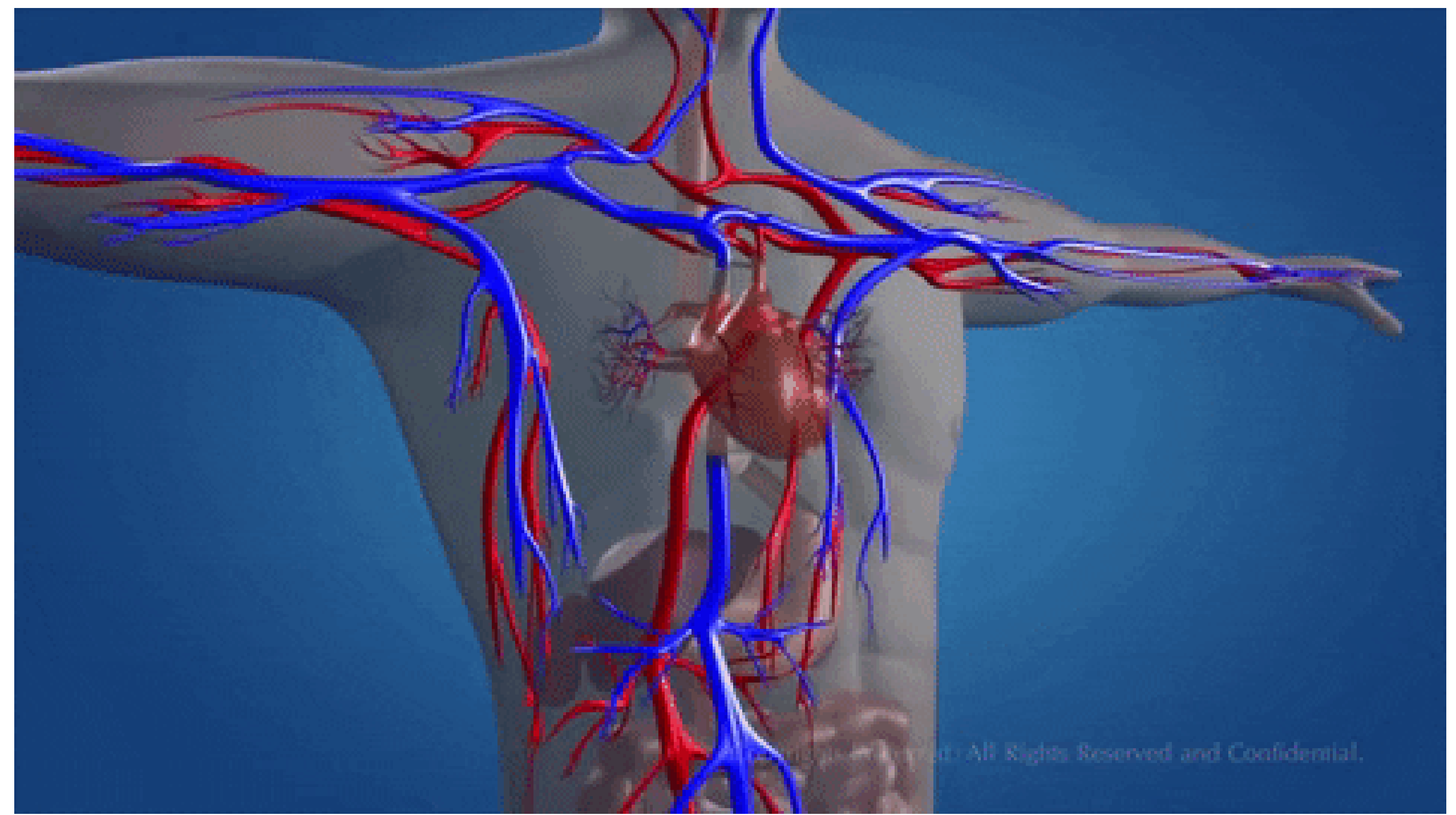
04

Discuss screening measures for heart health

05

Identify methods to improve heart health





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What do blood pressure numbers mean?

Blood pressure is measured using two numbers:
the systolic and diastolic

Blood pressure range: 90/60 to 140/90

A normal blood pressure level is less than 120/80 mmHg



What are the common conditions and disorders that affect the cardiovascular system?

Common cardiovascular problems include these heart problems:

Arrhythmia (abnormal heart rhythm).

Heart attack.

Heart valves that don't work right.

Heart failure (weakness in the ability of your heart to pump).

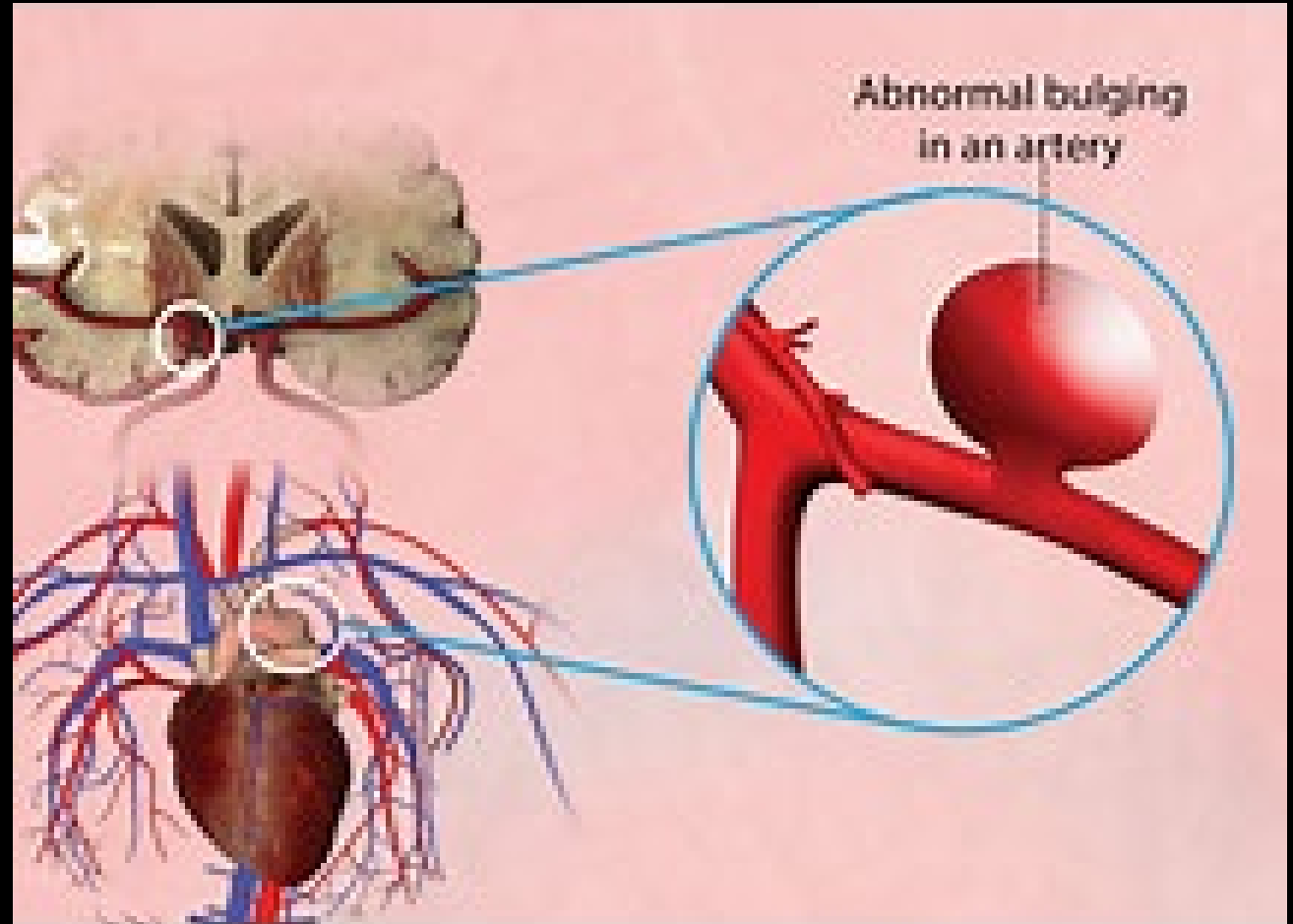
Other cardiovascular problems happen in your blood vessels:

Aneurysm

Stroke

Atherosclerosis (plaque buildup in the arteries).

Vascular diseases (diseases involving blood vessels).

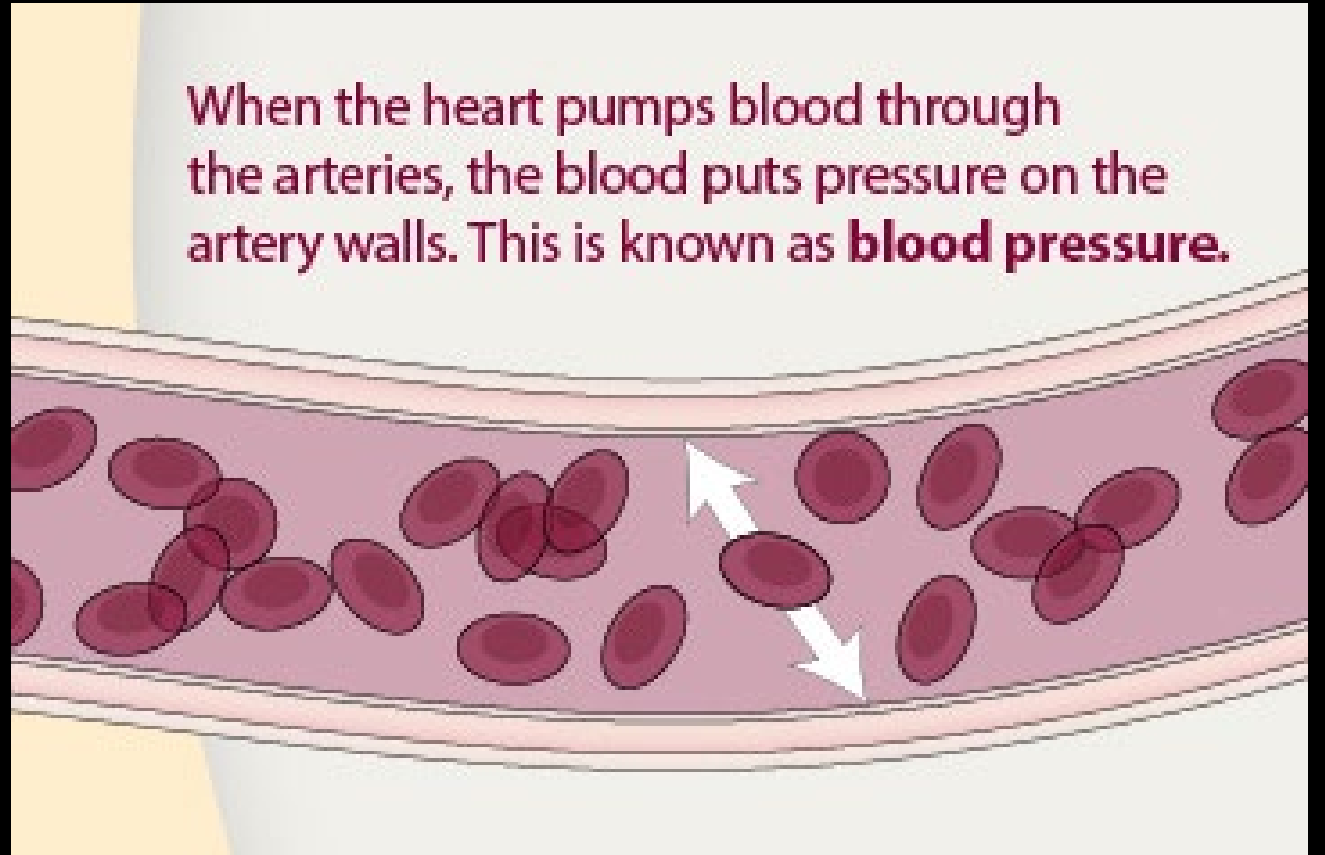


Cardiovascular disease and Blood Pressure

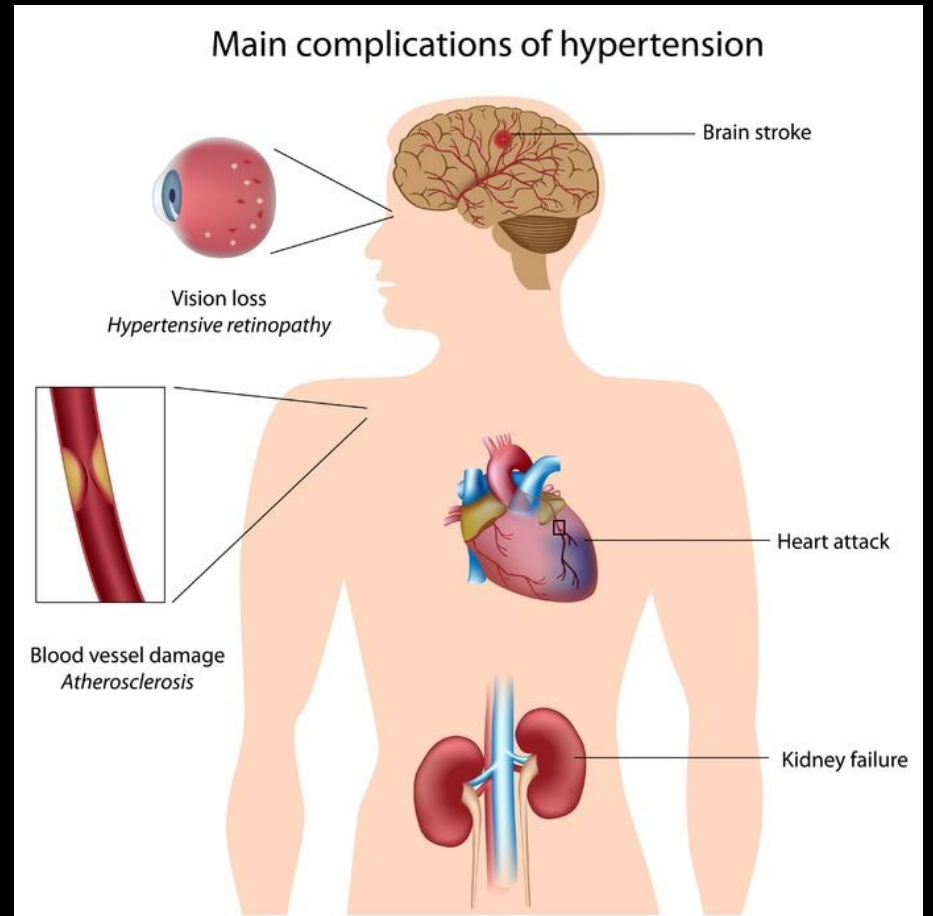
High blood pressure (BP) is one of the most important risk factors for cardiovascular disease (CVD), which is the leading cause of mortality.

Approximately 54% of strokes and 47% of coronary heart diseases, worldwide, are attributable to high BP

When the heart pumps blood through the arteries, the blood puts pressure on the artery walls. This is known as **blood pressure**.



High BP is an important risk factor for:
Heart attack
Stroke
Higher risk for Chronic Kidney disease

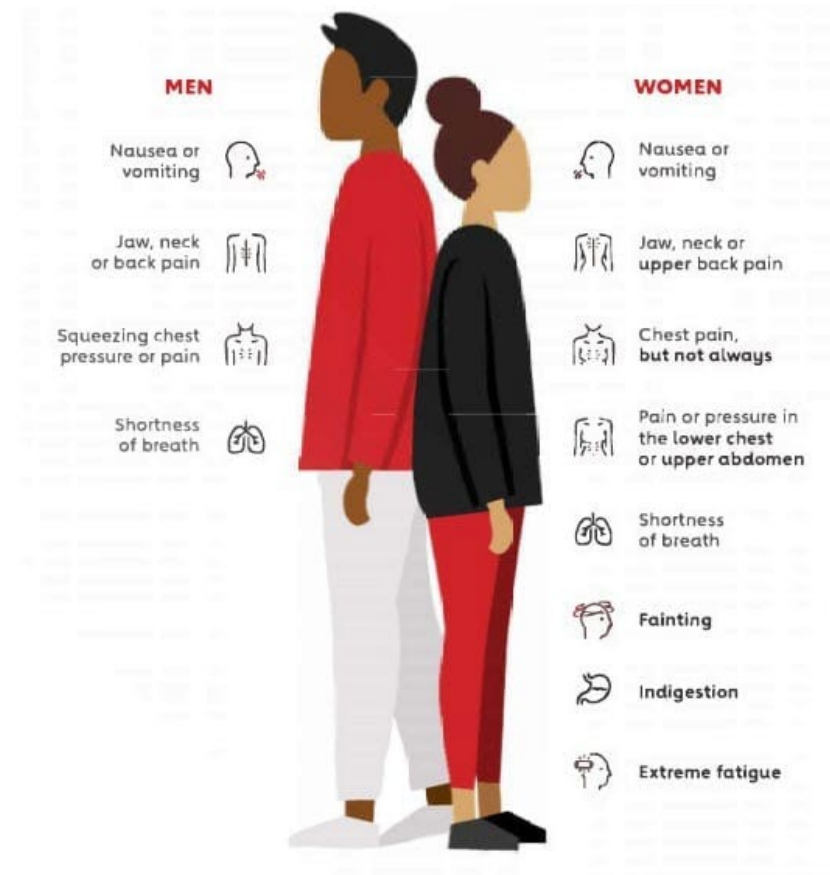


What are some common signs or symptoms of cardiovascular system conditions?


HEART ATTACK SYMPTOMS: MEN VS. WOMEN

















By American Heart Association News

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.



STROKE SYMPTOMS WOMEN VS. MEN



WOMEN	MEN
Face drooping 	Face drooping 
Arm weakness 	Arm weakness 
Speech difficulty 	Speech difficulty 
Vision problems 	Vision problems 
Trouble walking or lack of coordination 	Trouble walking or lack of coordination 
Severe headache without a known cause 	Severe headache without a known cause 
General weakness 	
Disorientation & confusion or memory problems 	
Fatigue 	
Nausea or vomiting 	

IS IT A STROKE? BE FAST!



BALANCE
difficulties



EYESIGHT
changes



FACE
weakness



ARM
weakness



SPEECH
difficulties

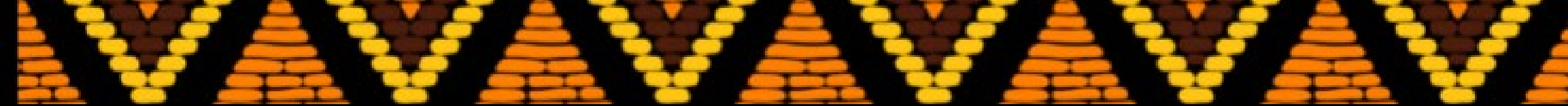



TIME
call **911**



A photograph featuring a silver stethoscope and a bright red heart on a reflective white surface. The stethoscope is positioned in the foreground, with its chest piece on the left and the earpieces extending towards the right. The red heart is placed behind the stethoscope, slightly to the right of the chest piece. The word "Impact" is written in a clean, white, sans-serif font, centered over the heart and the stethoscope's tubing. The background is a soft, out-of-focus grey, and the entire scene is reflected on the surface below.

Impact

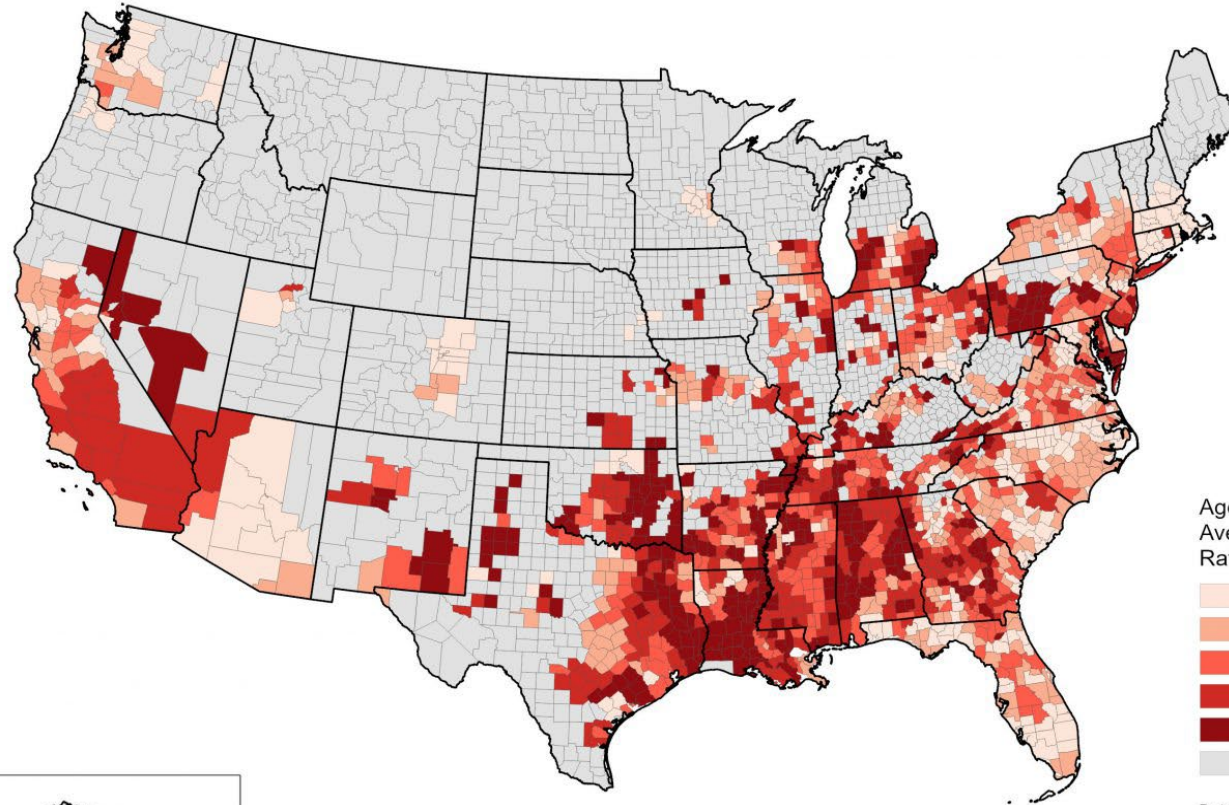
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- Heart disease is the **leading cause of death** for men, women, and people of most racial and ethnic groups in the United States.¹
 - **One person dies every 36 seconds** in the United States from cardiovascular disease.¹
 - About **659,000 people in the United States** die from heart disease each year—that's **1 in every 4 deaths**.²
 - Heart disease costs the United States about **\$363 billion** each year from 2016 to 2017.² This includes the cost of health care services, medicines, and lost productivity due to death.
 - Coronary heart disease is the most common type of heart disease, killing 360,900 people in 2019.⁴
 - About **18.2 million adults** age 20 and older have CAD (about 6.7%).³
 - About 2 in 10 deaths from CAD happen in adults less than 65 years old.⁴
 - In the United States, someone has a heart attack every 40 seconds.³
 - Every year, about **805,000 people in the United States** have a heart attack.³ Of these,
 - 605,000 are a first heart attack³
 - 200,000 happen to people who have already had a heart attack³
 - About **1 in 5 heart attacks is silent**—the damage is done, but the person is not aware of it.³
- 



Race of Ethnic Group	% of Deaths	Men, %	Women, %
American Indian or Alaska Native	18.3	19.4	17.0
Asian American or Pacific Islander	21.4	22.9	19.9
Black (Non-Hispanic)	23.5	23.9	23.1
White (Non-Hispanic)	23.7	24.9	22.5
Hispanic	20.3	20.6	19.9
All	23.4	24.4	22.3



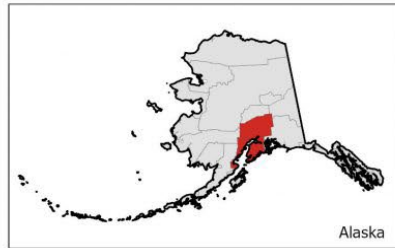
Heart Disease Death Rates, 2017 - 2019 Black (Non-Hispanic) Adults, Ages 65+, by County



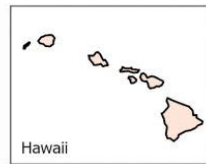
Age-Adjusted
Average Annual
Rates per 100,000

- 290.4 - 1012.5
- 1012.6 - 1126.6
- 1126.7 - 1261.3
- 1261.4 - 1423.6
- 1423.7 - 5985.3
- Insufficient Data

Data source and
methodology found at:
[www.cdc.gov/dhdsp/maps/
atlas/statistical-methods](http://www.cdc.gov/dhdsp/maps/atlas/statistical-methods)



Alaska

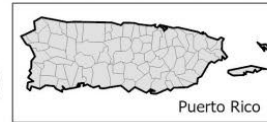


Hawaii

Guam

Northern
Mariana
Islands

American
Samoa



Puerto Rico

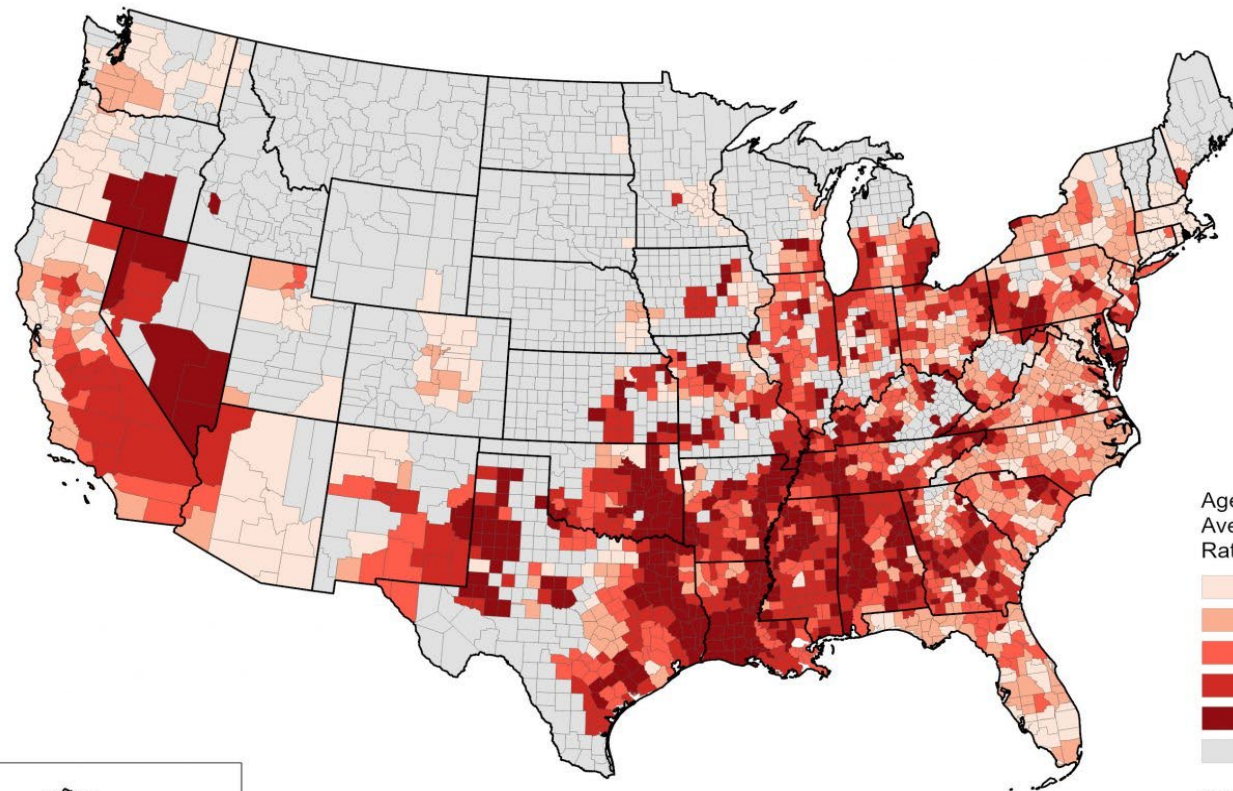


US Virgin
Islands

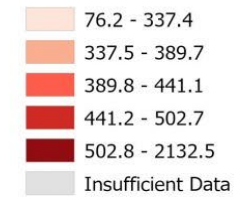




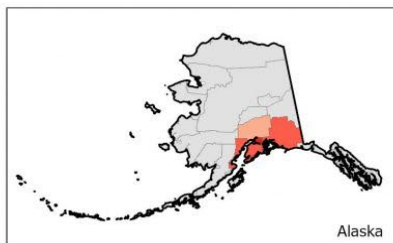
Heart Disease Death Rates, 2017 - 2019 Black (Non-Hispanic) Adults, Ages 35+, by County



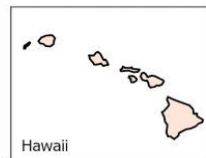
Age-Adjusted
Average Annual
Rates per 100,000



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Alaska



Hawaii



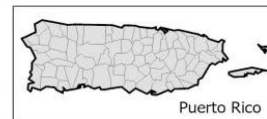
Guam



Northern
Mariana
Islands



American
Samoa

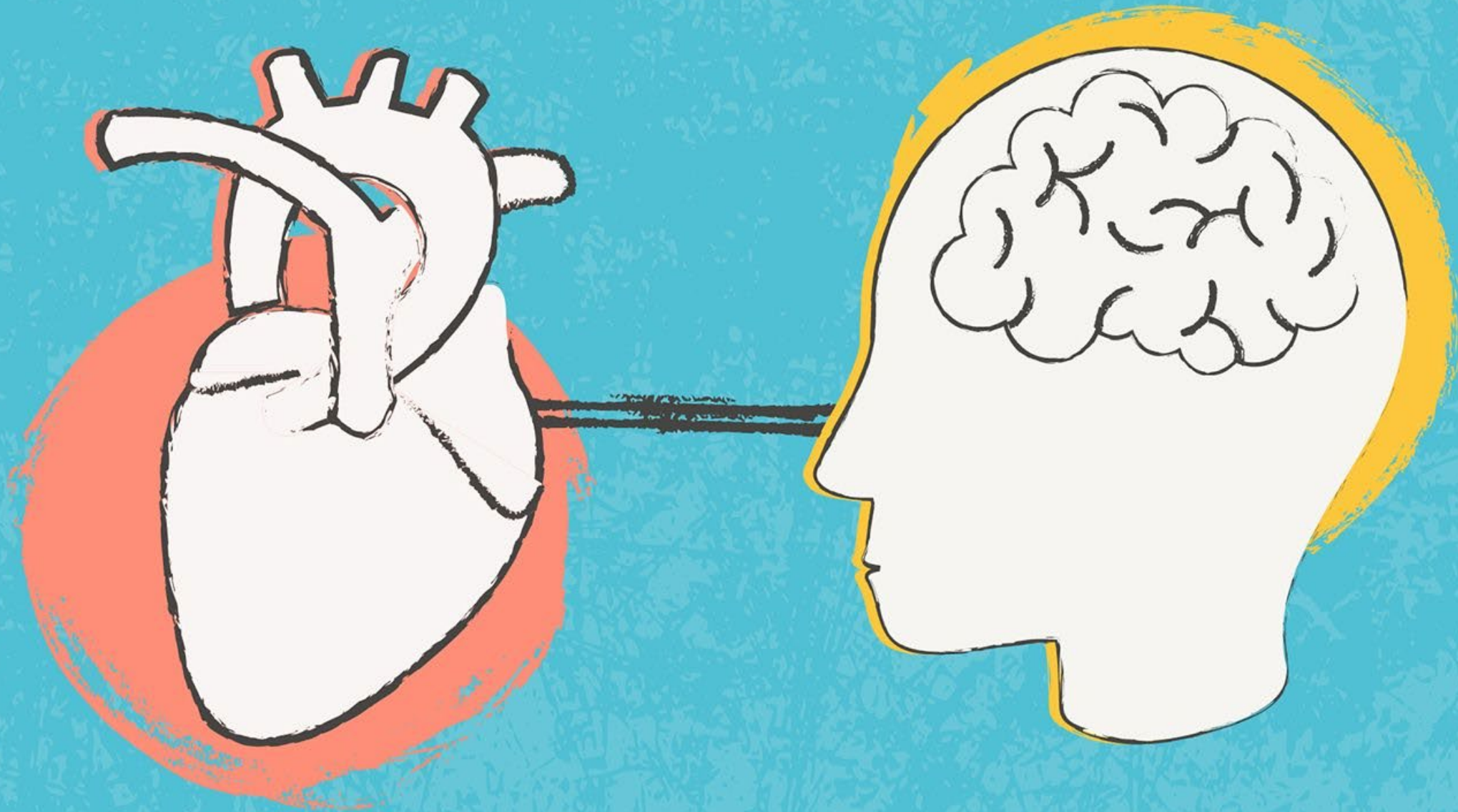


Puerto Rico



US Virgin
Islands







Possible **physiological pathways** include pain, fear, increased cardiac reactivity, reduced blood flow to the heart, and increased cortisol.

anxiety
depression
chronic stress
post traumatic stress disorder

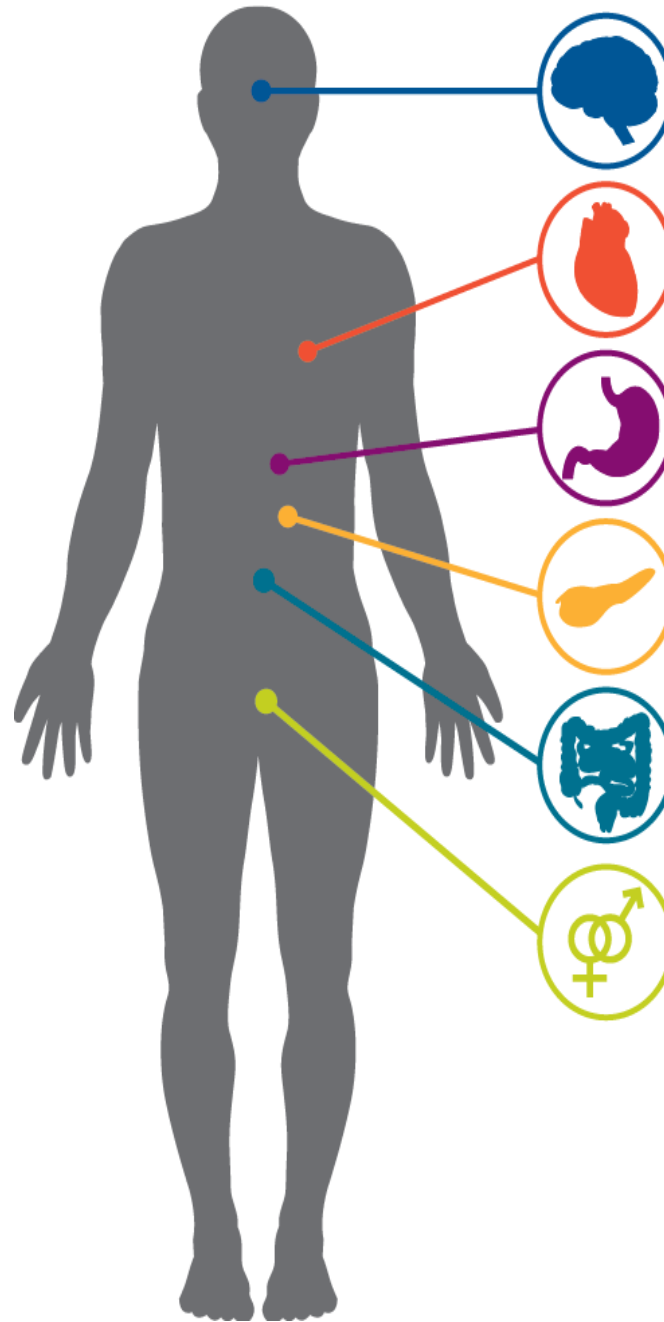


stroke
heart failure
cardiovascular disease
metabolic disease
coronary artery calcification
heart attack

Possible **behavioral pathways** include medication non-adherence, smoking, and physical inactivity.



Effects of Stress on Body



Brain and Nerves: Headaches, feelings of despair, lack of energy, sadness, nervousness, anger, irritability, trouble concentrating, memory problems, difficulty sleeping, mental health disorders (anxiety, panic attacks, depression, etc.)



Heart: Faster heartbeat or palpitations, rise in blood pressure, increased risk of high cholesterol and heart attack



Stomach: Nausea, stomach ache, heartburn, weight gain, increased or decreased appetite



Pancreas: Increased risk of diabetes



Intestines: Diarrhea, constipation and other digestive problems



Reproductive Organs: For women-irregular or painful periods, reduced sexual desire. For men-impotence, low sperm production, reduced sexual desire

Other: Acne and other skin problems, muscle aches and tension, increased risk for low bone density and weakened immune system (making it harder to fight off or recover from illnesses)

Substance Use and Heart Health

Alcohol: Heavy alcohol drinking can have been linked to hypertension, cardiac arrhythmias, and cardiomyopathy.

Cocaine: Can lead to hypertension, myocardial ischemia, tachycardia

Amphetamines: Has been linked to hypertension, cardiac arrhythmias,

Opioids: Can lead to bradycardia , hypotension, endocarditis

Cannabis: Tachycardia or bradycardia

Screening



ACT ON YOUR FAMILY HISTORY OF HEART ATTACKS

Do you have a family history of early health attacks?

If your father, mother, brother, or sister had a **heart attack before age 50**

Your risk of heart disease, heart attack, and stroke is **increased**

Are you heart healthy?

Many with a family history of early heart attacks also

- Are **overweight/have obesity**
- **Smoke**
- Are **not physically active**
- **Not choosing healthy foods and drinks**
- Have **high cholesterol**
- Have **high blood pressure**
- Have **diabetes**

Take steps to prevent heart disease

Talk to your doctor about

- ✓ Your family history of early heart attacks

Improve your heart health through

- ✓ Healthy living habits
- ✓ Treating or preventing medical conditions



Diagnosing Heart Disease

A Physical Exam



Echocardiogram
(ultrasound of heart)



Imaging: Chest
X-ray, CT Scan



Exercise
Stress Test
(or treadmill)



Cardiac
Catheterization



Blood tests



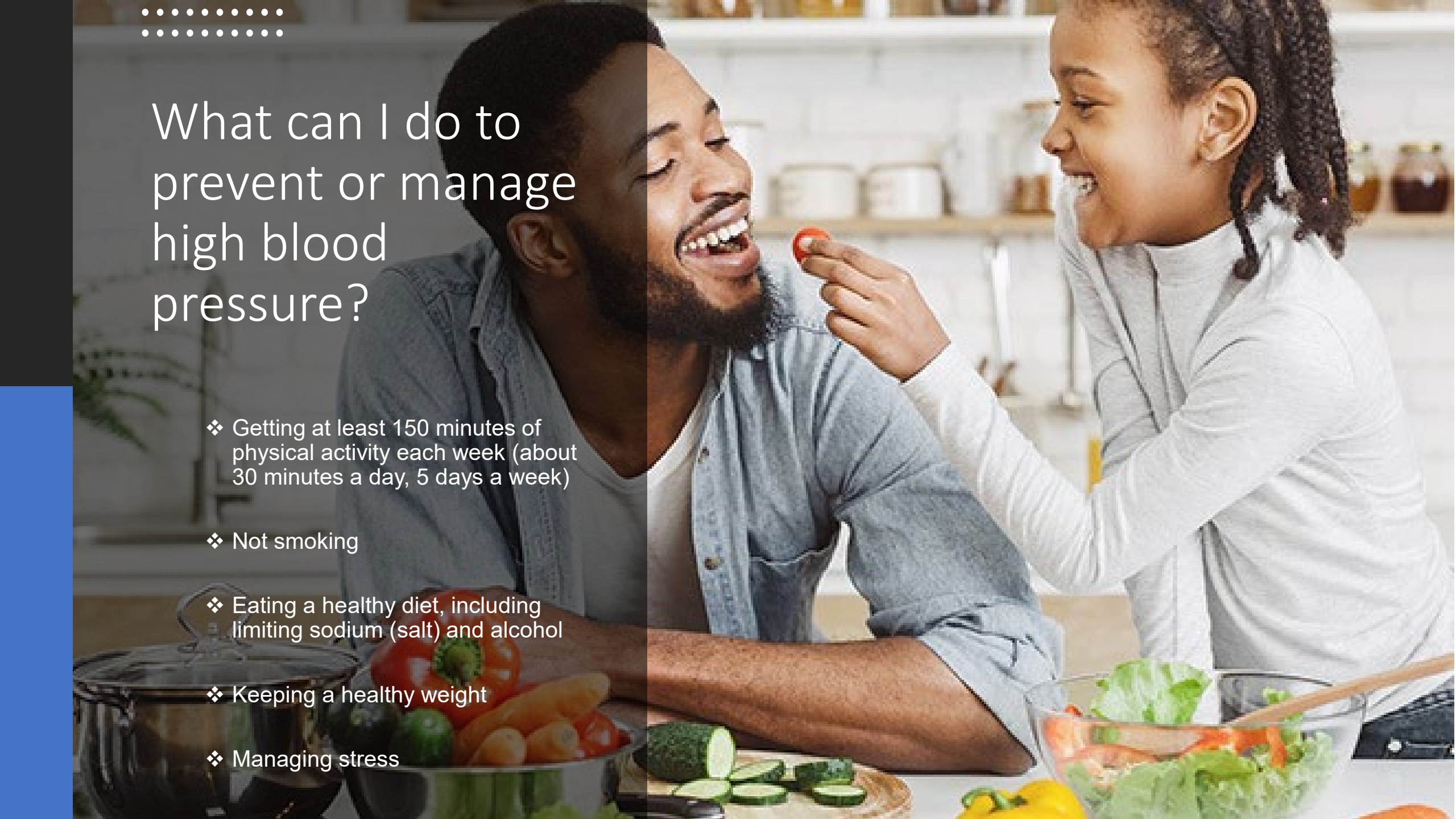
An Electrocardiogram
(ECG or EKG) -
a medical device that
makes a graphical
record of the heart's
electrical activity.



7 STEPS TO A HEALTHIER HEART

You don't have to make big changes to reduce your heart attack and stroke risk. Here are 7 healthy habits that could save your life:





.....

What can I do to prevent or manage high blood pressure?

- ❖ Getting at least 150 minutes of physical activity each week (about 30 minutes a day, 5 days a week)
- ❖ Not smoking
- ❖ Eating a healthy diet, including limiting sodium (salt) and alcohol
- ❖ Keeping a healthy weight
- ❖ Managing stress



How do I control my BP?

- I enjoy hiking!
- Hiking helps me control my weight and manage my stress
- Best of all – it is free!! No GYM fee





Meet up groups in CT

- Hartford Area Hiking
- Appalachian Mountain Club (AMC)
- Hikerbabes, Northern CT Chapter
- Walking/Hiking with Friends
- CT Day Trippers
- Chicken Legs II (\$5.00 membership fee)

