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Knowledge Is Power: Know Your Risk for Heart Disease

Objectives

By the end of this session, group members will:

- Know about the Healthy Heart, Healthy Family project.
- Know how the heart works and its importance.
- Know that heart disease is a serious health problem for Filipinos and is one of the leading causes of death.
- Know that heart disease can be prevented.
- Be able to name six risk factors for heart disease that can be prevented.
- Know other group members.

Materials and Supplies

To conduct this session, you will need:

- “Healthy Heart, Healthy Family” manual and picture cards
- Name tags
- Hearts cut from red felt (try to get the kind that has a sticky backing) or red construction paper. Use the shape on page xxiv to cut out the heart.
- Safety pins if not using felt with sticky backing

- Map of the Philippines
 - Pushpins
 - Blackboard and chalk or several large pieces of paper, a marker, and tape
 - Clear container that is filled with 1 liter (about 4 cups) of water
-

Handouts

Give each group member these handouts during this session:

- “Map of the Philippines” (page 22)
 - “Meet the de la Cruz Family” (page 23)
 - “Are You at Risk for Heart Disease?” (page 24)
 - A Day With the de la Cruz Family (pages 25–26)
 - “Lola’s Life Lessons: Session 1” (page 27)
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Session Outline

Introducing the Session

1. Welcome
2. Project Overview
3. Course Rules

Conducting the Session

1. Getting To Know Each Other
2. Getting To Know the Strength of the Heart
 - A. How the Heart Works
 - B. The Heart’s Structure

3. Facts About Heart Disease
4. Risk Factor Activity
5. A Day With the de la Cruz Family (*Optional*)

Review of Today's Key Points

Closing

 **Note:** Read the “More Information” chart on pages 17–21 to be ready to answer questions from group members.

Introducing the Session

1. Welcome

- **Introduce** yourself as people walk in.
- **Ask** each person his or her name. **Write** it on a name tag. **Give** each person a name tag and a felt or paper heart.
- **Ask** group members to wear the name tags on their shirts. **Ask** them to place the felt or paper hearts where their own hearts are found.
- **Welcome** group members to the session. **Tell** them that you are very happy to see them.

2. Project Overview

- **Say:**

Heart disease is the #1 reason why people die in this country. The National Heart, Lung, and Blood Institute, part of the National Institutes of Health, created the Healthy Heart, Healthy Family project to help Filipinos prevent heart disease.

■ **Say:**

Together, we will learn about the risk factors for heart disease. We will also learn things that you and your family can do to have healthy hearts.

■ **Show** the names of the 11 sessions on the blackboard or on a large piece of paper taped to the wall.

1. “Knowledge Is Power: Know Your Risk for Heart Disease”
2. “Act in Time to Heart Attack Signs”
3. “Get Energized! Say YES to Physical Activity”
4. “Help Your Heart: Control Your High Blood Pressure”
5. “Be Heart Smart: Keep Your Cholesterol in Check”
6. “Keep The Beat: Aim for a Healthy Weight”
7. “Protect Your Heart: Prevent and Control Diabetes”
8. “Welcome Heart Healthy Eating Into Your Home”
9. “Eat in a Heart Healthy Way—Even When Time or Money Is Tight”
10. “Take Control of Your Health: Enjoy Living Smoke Free”
11. “Review and Graduation”

■ **Say:**

Please come to all of the sessions. I will lead the sessions, but I need each of you to participate. This will help you learn the information and enjoy the sessions more. Please feel free to ask questions. Your questions also help others to learn.

■ **Say:**

For some, the knowledge or information we cover may be as straightforward and simple as tying your shoe.