

Appendix Part 2



Activity 1: Face The Heart Truth

NOTE



Review the following information about *The Heart Truth*[®], a national health education program that raises awareness about heart disease among populations at highest risk.

The Heart Truth

- Heart disease is the leading cause of death in the United States. However, women and minorities are disproportionately affected. One in four African Americans dies of heart disease. It's the leading cause of death in women, regardless of race. It affects more women at younger ages than most people realize. More than 75 percent of women aged 40 to 60 have one or more risk factors for heart disease.
- Some risk factors affect women differently than men. For example, diabetes raises the risk of heart disease more in women than it does in men. Women have risk factors—like using birth control pills and going through menopause—that men don't.

Act Now To Protect Your Heart

- Learn about *The Heart Truth* at www.hearttruth.gov. You'll find educational materials about heart disease and resources to help promote American Heart Month and National Wear Red Day.
- *The Heart Truth* established the red dress as the national symbol for raising awareness about women and heart disease. You can raise awareness about heart disease by showing off your favorite red dress, shirt, or tie or wearing one of *The Heart Truth's* red dress pins available to order at www.nhlbi.nih.gov.

Activity 2: How To Organize a Walking Club

Walking can improve our health, mood, and energy level. Walking is inexpensive and safe, and requires no special equipment. Having regular walking buddies or being part of a walking club can help us stay motivated. In this activity, we'll talk about starting a walking club. You'll need to plan ahead, organize activities for the group, and promote the benefits of joining the club.

The benefits of walking as a group

- Many people find it fun to walk with others.
- Club members help each other to keep the pace and stick to the program.
- You get to spend time with friends or make new friends who also want to be active.
- Club members develop and achieve fitness goals together.
- Your club can plan fun activities and themes, which will increase participation.

How to organize a walking club

- Tell your family members, friends, and neighbors that you're starting a walking club. Use your social media accounts, like Facebook, to reach people. Or ask your employer about organizing a walking club at work. Advertise your club through your religious organization, community center, or neighborhood bulletins and online listservs. Put up posters.
- When you reach out to people, tell them the time and location of your first meeting. At that meeting, you'll share ideas and set goals. You'll also decide on the day, place, and time you'll meet and the distance you'll walk each day. Brainstorm a slogan or catchy name for your club. Think of fun and challenging activities that will keep members motivated.
- When your club is organized, invite your With Every Heartbeat Is Life course participants to join. Ask them to bring their friends and family.
- Encourage different members to lead the group.

Where to walk

- Pick a location that is well-lit and has sidewalks. The neighborhood where you hold your classes or the track at a local school might be options. You may change the route to keep it fun, but you should always meet at the same time and place.
- Have a backup plan for when the weather isn't good, such as walking in a mall.

Activity 2: How To Organize a Walking Club (continued)

Keep it fun!

- Have special walk days each month to celebrate events, such as:
 - Martin Luther King Day (third Monday in January)
 - National Wear Red Day® (first Friday in February) to raise awareness about heart disease in women
 - Asthma Awareness Month (May)
 - First day of a new season
 - Other important or fun celebrations
- Create theme walks, such as:
 - Nature walks—everyone tries to identify a bird or flower on a walk in a park.
 - Crazy outfit walks—everyone wears their silliest t-shirt or socks.
 - Dance walks—each person stops once to show off a dance move.
 - Use your imagination!

Stay on target

- Encourage everyone to warm up, stretch, and cool down. (See the “Walking and Stretching” handout in Session 3, page 3.28).

Say that it’s great to chat and have fun, but you need to keep walking at a brisk pace.
- Suggest that members track their progress on paper, online, or with a fitness app on their phone or computer. Record dates, distance, number of steps (if they want), and how they felt after walking. Keeping track can motivate everyone to improve.

Health and safety

- Stay alert. Be familiar with your surroundings.
- Stay in well-lit and well-maintained places.
- When exercising outdoors, remind members to use sunscreen or wear protective clothing. Watch for stinging insects, such as bees and wasps.
- Keep an eye on the weather and the air quality, especially if anyone has asthma.
- Encourage members to wear comfortable, supportive shoes and bring a reusable bottle of water.
- Start slowly. Gradually increase the time and effort you put into any activity.

Activity 3: Nutrition Displays

Nutrition displays make a class or presentation more interesting and can help participants better understand important information. Here are three nutrition displays that you can create and use during the *With Every Heartbeat Is Life* course:

- 1. Fat Matters—But Calories Count**
Use in Session 5, *Keep Your Cholesterol in Check*.
- 2. How Much Sweetener and How Many Calories Are in Your Favorite Drink?**
Use in Session 7, *Protect Your Heart From Diabetes*.
- 3. Making the Best Choice in Fast Food Places**
Use in Session 9, *Eat Heart Healthy—Even When Time or Money Is Tight*.

You can also use these displays at health fairs; waiting rooms; schools; worksite cafeterias; community health centers; and sites of Women, Infants, and Children (WIC) programs.

What you need:

- One sheet of poster board (20 inches by 30 inches)
- Food pictures or food models
- Spoons
- White clay, Velcro, glue, markers
- Sugar cubes and manila file folders (for use in the sugar displays, as shown in the picture on page A.16)

Activity 3: Nutrition Displays (continued)

1. Fat Matters — But Calories Count









This display demonstrates the actual number of teaspoons of fat in foods. Calculate the number of teaspoons by dividing the number of fat grams by 4. For example, a food with 20 fat grams has 5 teaspoons of fat.

Compare these foods

3 ounces of pork sausage	5¾ teaspoons of fat (23 grams)
3 ounces of lean pork tenderloin	1 teaspoon of fat (4 grams)

3½ ounces of chicken breast with skin (fried).....	3½ teaspoons of fat (14 grams)
3½ ounces of skinless chicken breast (broiled)	1 teaspoon of fat (4 grams)

Fat Matters — But Calories Count!

<p>Pork Sausage (3 ounces)</p> <p>Calories: 277 Total Fat: 23 g Saturated fat: 8 g</p>  <hr/> <p>23 grams of total fat = 5¾ teaspoons of fat</p> 	<p>Lean Pork Tenderloin (3 ounces)</p> <p>Calories: 131 Total Fat: 4 g Saturated fat: 1 g</p>  <hr/> <p>4 grams of total fat = 1 teaspoons of fat</p> 
<p>Fried Chicken with Skin (3.5 ounces)</p> <p>Calories: 240 Total Fat: 14 g Saturated fat: 3 g</p>  <hr/> <p>14 grams of total fat = 3½ teaspoons of fat</p> 	<p>Broiled Skinless Chicken Breast (3.5 ounces)</p> <p>Calories: 160 Total Fat: 4 g Saturated fat: 1 g</p>  <hr/> <p>4 grams of total fat = 1 teaspoon of fat</p> 

Activity 3: Nutrition Displays (continued)

2. How Much Sweetener and How Many Calories Are in Your Favorite Drink?

(You can also find online resources, including posters and YouTube videos, to show the amount of sugar in drinks.)

1. Use drawings, empty cans, or bottles to represent the drinks you're featuring.
2. Prepare five displays, each featuring one drink.
3. To prepare each display:
 - Cut a manila file folder in half and fold each half to make a tent.
 - Write the name of the drink on one side. On the other side, write the number of calories and the grams (or teaspoons) of sweetener in the drink.
 - Glue the sugar cubes to the folder.
 - To find the number of teaspoons, divide the grams of sugar listed on the nutrition label by 4.
 - The “How Much Sweetener and How Many Calories Are in Your Favorite Drink?” handout in Session 7, page 7.40, lists the sugar content of common drinks, including alcoholic beverages.



Activity 3: Nutrition Displays (continued)

Rethink Your Drink

Q: If you drank one 12-ounce can of regular soda every day how much sugar did you have in a year just from soda?

A: 30 pounds of sugar



Q: How much weight would you lose in a year after switching from regular soda to water or another calorie-free drink?

A: About 15 pounds*

* Based on 150 calories for an average can of soda

Activity 3: Nutrition Displays (continued)

3. Making the Best Choice in Fast Food Places

This display shows you how to make healthy choices at fast food restaurants. Most fast food and take-out restaurants list the calories on their company’s website, on their menus, or in a brochure in the restaurant.

Here are two sample meals:

(You can make the food choice sign into a table tent sign by gluing the sign to a manila folder.)

Making the Best Choice: How to choose a healthier fast food meal



High-calorie menu choice

86 grams of total fat = 21½ teaspoons of fat

Food	Calories	Total Fat	Saturated Fat
Double meat cheeseburger	585	32 g	11 g
Medium French fries	406	19 g	3 g
Medium chocolate milkshake	789	35 g	21 g
Total	1,780	86 g	35 g



Lower-calorie menu choice

22 grams of total fat = 5½ teaspoons of fat

Food	Calories	Total Fat	Saturated Fat
Grilled chicken sandwich, no mayonnaise	330	7 g	1 g
Garden salad with egg and cheese	116	7 g	3 g
Light dressing	70	6g	1g
Low-fat (1%) milk	110	2 g	2 g
Total	626	22 g	7 g

Making the Best Choice: How to choose a healthier fast food meal

- ♥ Choose your sandwich without mayonnaise or special sauce.
- ♥ Order sandwiches without cheese.
- ♥ Choose smaller portions by sharing or ordering small sizes.
- ♥ Have water, low-fat (1%) milk, or unsweetened iced tea instead of a regular soft drink or milkshake.
- ♥ Choose low-fat or fat-free dressing.
- ♥ Plan ahead—have a healthy, low-fat breakfast and lunch if you plan to eat out for dinner.

Activity 4: Heart Healthy Cooking Demonstrations

Cooking demonstrations can be an important part of group discussions. A cooking demonstration can show people how to prepare healthy foods that taste good. Most people like to eat, and they'll be interested in learning how to prepare food in a heart healthy way. Here's how to do a cooking demonstration.

Recruiting a Food Demonstration Facilitator

You don't have to conduct the food demonstration yourself. Instead, you can recruit a registered dietitian to do the cooking. Contact your local health department or county extension office. The Academy of Nutrition and Dietetics (www.eatright.org/find-an-expert) lists registered dietitians in the United States.

Choosing the Facility

Here are some questions you need to ask before deciding where you'll hold the cooking demonstration.

- **What food does the facility permit?**

The facility may have restrictions concerning food. It may allow only prepared food, or it may not allow certain types of food. If food may be brought in for tasting but not cooking, you may have to bring a prepared dish. The type of food you can bring may be limited. Some organizations have special dietary restrictions. Find out beforehand. If you're doing a cooking demonstration at a festival or an outdoor fair, you may need a special permit to use cooking equipment. Be sure to visit the facilities before the day of the demonstration so you know what to expect!

- **Is water accessible?**

Having a sink in the same room as the demonstration is ideal. You'll need to wash your hands frequently. You may also need large amounts of water for the recipes.

Activity 4: Heart Healthy Cooking Demonstrations

(continued)

- **Is electricity accessible?**

If outlets aren't close to where you're giving your demonstration or if your demonstration is outside, bring heavy-duty extension cords. If there's no electricity available, you'll need a small generator.

- **Is lighting adequate?**

Make sure there's enough light for participants to see your demonstration.

- **Is the location convenient and accessible?**

Your location should be wheelchair accessible, preferably have parking, and be near public transportation.

- **Are tables and chairs available?**

You'll need at least one table. If your demonstration is fairly long, you'll need chairs for your audience.

Activity 4: Heart Healthy Cooking Demonstrations

(continued)

Choosing the Recipes

The recipes you choose depend on which principle of heart healthy cooking you want to show; the amount of time you have to prepare for and give the demonstration; and your budget, facility, and equipment. Be very familiar with your recipes and prepare them at least once before the demonstration.

For ideas about what to cook, see the recipes in the *With Every Heartbeat Is Life* manual. The “Strawberry-Banana Yogurt Parfait Recipe” below (page A.24) is simple and tasty.

▪ **What’s your message?**

If you want to demonstrate how to reduce the saturated fat in food, look for a vegetarian recipe, or a recipe that uses lean beef, skinless chicken, or low-fat (1%) or fat-free milk or milk products. If you want to demonstrate low-sodium cooking, look for recipes that use small amounts of salt, low-sodium ingredients, or lots of herbs and spices for flavor.

▪ **How much time do you have?**

If you don’t have much time before the demonstration, use recipes that require little preparation (chopping or slicing), or get ingredients that are already prepared. Find recipes that won’t take more time than you have for the demonstration and followup questions. Demonstrate the dish with the longest cooking time first, so all the food is ready as close to the same time as possible.

▪ **Demonstrate just one concept.**

If you don’t have the time or resources to demonstrate a whole recipe, consider demonstrating just one concept. For example, to demonstrate draining off fat:

- Open a can of soup and skim off the fat with a spoon.
- Brown ground beef in a skillet and carefully drain the fat into a cup or can.

▪ **Preparing in Advance**

Make a list of what you need to buy, including the food and tools. Shop for the food as close to the demonstration date as possible.

Activity 4: Heart Healthy Cooking Demonstrations

(continued)

Careful About Food Safety!

- **Wash your hands frequently using soap and warm water.** Wash your hands whenever you touch an unclean surface, raw meat, or any part of your body. Cover your mouth and nose if you cough or sneeze, and immediately wash your hands.
- **Keep all food that needs to be cold or frozen in a refrigerator or freezer before the demonstration.** When it's time to go to the demonstration, put the food in a cooler with ice or freezer packs and go directly to where you'll be cooking.
- **Wrap prepared dishes and ingredients tightly.** Don't let raw ingredients touch or run onto cooked ingredients. For example, keep raw meat, poultry, and fish separate from raw or cooked vegetables. Use separate utensils, bowls, and cutting boards for these foods. Wash all utensils and cutting boards in hot soapy water immediately after cutting raw ingredients.
- **Have a handy supply of wet paper towels to wipe up spills as they happen.** Cover your cooking area with a vinyl tablecloth so you can wipe up spills easily. Keep a trash can and recycling container nearby so you can easily toss in used items (such as empty cans and plastic wrap) and keep the table clear.
- **Make sure you are neat and clean.** Participants will be eating the food you're preparing. Consider wearing an apron and a hairnet or scarf while cooking.

Setting Up the Demonstration

- **Give yourself enough time.** Allow more time than you think you'll need for setup.
- **Arrange the room.** Make sure everyone can see and hear you. Check for access to electricity and water. Be sure all surfaces are clean.
- **Set up the food.** Shortly before you start, put out your food in the order you'll be preparing it. Group each recipe's food together.
- **Keep cool.**
 - If you forget an ingredient or a pot doesn't boil quickly enough, let your audience know.
 - Give them examples of ingredients that you could use in place of the one you forgot.
 - While the pot boils, talk about the changes you made to the recipe to make it more heart healthy.

Have fun!

Strawberry-Banana Yogurt Parfait Recipe

This recipe can be used as a part of a cooking demonstration. For variety, substitute fruit or plain yogurt. If strawberries aren't available, try another fruit. Thawed frozen fruit or canned fruit packed in fruit juice is fine to use.

If time permits, invite participants to make their own parfait. Line up the glasses, and supply the amounts of the ingredients for each parfait. The recipe makes 8 servings. Reduce or increase the ingredient amounts as needed, so each participant has one serving.

Everyone will enjoy making their own desserts and eating the tasty treat!

- 4 cups** light (no sugar added) vanilla Greek yogurt
- 2 cups** sliced bananas (2 large)
- 2 cups** fresh, frozen, or canned strawberries (unsweetened)
- 32** reduced-fat vanilla wafers

For 8 servings, each parfait will have:

- ½ cup** light (no sugar added) vanilla Greek yogurt
- ¼ cup** sliced banana
- ¼ cup** cup of strawberries (or other fruit if you choose)
- 4** wafers, crumbled

Instructions

Layer the ingredients in a glass, starting with the yogurt. Make two layers.

Makes 8 servings

Serving size: 1 cup	Sodium: 89 mg
Calories: 195	Total Fiber: 3 g
Total Fat: 2 g	Protein: 12 g
Saturated Fat: 1 g	Carbohydrates: 33 g
Cholesterol: 10 mg	Potassium: 360 mg



For More Information

For more information on diseases, conditions, and procedures related to heart disease, visit the NHLBI website at www.nhlbi.nih.gov or contact the NHLBI Center for Health Information:

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Bethesda, MD 20824-0105

Phone: 1-877-NHLBI4U (1-877-645-2448)

TRS: 7-1-1

Email: NHLBIinfo@nhlbi.nih.gov