

SESSION 24: Keep Your Heart Healthy



Welcome and Review (10 minutes)

SAY: Welcome back, everyone!

Today, we are going to talk about keeping your heart healthy.

Before we start, let's spend a few minutes going over what we discussed last time. I will try to answer any questions you may have.

DO: Briefly summarize previous session.

DISCUSS: What questions do you have about our last session?

SAY: Let's talk about how things went with the action plan you made last time.

DISCUSS: What went well? What didn't go so well?

SAY: Now let's talk about how things went with the other things you tried at home.

DISCUSS: What went well? What didn't go so well?

Objectives (2 minutes)

SAY: People with obesity are more likely to have problems with their heart or arteries. There are things you can do to keep your heart healthy – including what you are already doing by making diet and physical activity changes! Today, we will talk about:

- Why heart health matters
- How to keep your heart healthy
- How to be heart smart about fats

Finally, you will make a new action plan.

The Heart of the Matter (10 minutes)

SAY: Your heart is pretty amazing. With each beat, it pumps oxygen-rich blood to every cell in your body. The blood travels through tubes called arteries.

When something goes wrong with your heart or arteries, it's a big deal for your health.

DISCUSS: What are some problems you could have with your heart or arteries?

Problems with the heart or arteries include:

- Chest pain (angina)
- Getting out of breath easily
- Kidney problems
- Narrow or blocked arteries in your legs
- Numbness
- Sexual problems
- Sudden death
- Thickened heart muscle
- Vision loss

ASK: What happens if an artery to your brain gets blocked?

ANSWER: You may have a stroke.

ASK: What happens if an artery to your heart gets blocked?

ANSWER: You may have a heart attack.

DISCUSS: Why do you want to keep your heart healthy?

Keep Your Heart Healthy (13 minutes)

SAY: We've discussed why heart health matters. Now we'll talk about how to keep your heart healthy.

Please look at "Ways to Keep Your Heart Healthy" in this module's handouts.

DO: Use the handout to discuss things to do each day to keep your heart healthy. Also discuss what to ask your healthcare provider and tests for heart health. Explain that salt (sodium) can raise your blood pressure.

SAY: As you can see, some of the things you already do to manage your weight are also good for your heart.

DISCUSS: Which of these things are you already doing to manage your weight?

Participants may already:

- Be active
- Be trying to reach and stay at a healthy weight
- Eat foods that are high in fiber, water, vitamins, minerals, and protein
- Eat foods that are low in calories and fats
- Manage stress

And which of these things do you want to start doing to keep your heart healthy? Participants may want to start cutting back on salt and alcohol. They may also want to quit smoking.

To learn more about how to quit smoking, see the handout called "Ready, Set, Quit!"

Be Heart Smart About Fats (20 minutes)

SAY: As we've said, it's important to limit foods that are high in fats, especially unhealthy fats. Let's spend some time talking about fats and how they affect your heart.

We all need a certain amount of fat in our diet. It gives us energy and helps us absorb vitamins. It helps us grow and stay healthy.

At the same time, fat is very high in calories. In fact, it has more calories than any other food. In order to reach or stay at a healthy weight, you'll want to limit fat.

Plus, some fats are good for your heart and arteries. Others are bad for your heart and arteries.

Please look at handouts on different types of fats. Let's get to know the different types of fats.

DO: Use the handout to discuss unhealthy and healthy fats.

SAY: We've discussed the different types of fats. Now let's talk about how to cook the healthy way. Please turn to "Cook the Healthy Way".

DO: Use the handout to discuss ways to avoid unhealthy fats and limit healthy fats when you cook.

DISCUSS: What are some other ways to cook the healthy way?

Setting goals: Plan for Success (5 minutes)

SAY: Please turn to your Action Plan Journal. Review the concept of SMART goals (only if needed).

SMART goals are: Specific, Measurable, Achievable, Relevant, Time-bound

Decide:

Specific: What will you do and where will you do it

Measurable: How will you know that you met your goal

Achievable: Is this something you can do between now and the next session

Relevant: Does this relate to your overall goals

Time-bound: When, how long and how often will you do it

Give people about 5 minutes to think about and write down SMART goals for diet, physical activity, and stress management/self-care.

ASK: Does anyone feel comfortable sharing one of their SMART goals? Then identify each component of SMART or encourage additional editing if components are missing (i.e. if the person says "I will walk three times this week" encourage them to add the where and how long to this to make it more specific and time-bound.

Summary and Closing: (5 minutes)

SAY: Between now and our next session, I'd like you to complete "All About Fats". Write your ideas in the column that says "Other Ideas." Check off each idea you try.

DO: Answer questions as needed.

SAY: We have come to the end of our meeting. Today, we talked about keeping your heart healthy. We discussed:

- Why heart health matters
- How to keep your heart healthy
- How to be heart smart about fats

DISCUSS: Do you have questions about anything we talked about today?

SAY: Next time, we'll talk about the things you tried at home, including your action plan. We'll also talk about _____.

Thank you for coming to this session. Remember to bring your Participant Notebook to the next session.