Team Member Workbook Session 1
Heart Health

LEARN
Learn about HTHU Level 3 and the point system

IDENTIFY
Identify the major risk factors for cardiovascular disease and how to improve our cardiovascular health

ACT
Begin our Session 1 Goal
Program Introduction / 2 Min

Open your Workbooks to Session 1.

Welcome to Level 3 of Healthy Team Healthy U (HTHU). My name is ________ and I am our Team Captain. I will lead our session today.

This Team Leader Manual and our Team Member Workbook are available on the HTHU website under the Resources tab. You can also request a hard copy version at no cost on the HTHU website.

In Level 3, we are going to kick it into high gear with more advanced activities. It’s important to support one another to stay motivated and achieve our personal health goals.

To begin, let’s introduce ourselves. Please say your name and what you would like to gain from HTHU Level 3.

THIS SESSION’S OBJECTIVES ARE TO:

- Learn about Healthy Team Healthy U Level 3 and the point system
- Identify the major risk factors for cardiovascular disease and how to improve our cardiovascular health
- Begin our Session 1 Goal
During each session, one of us will be the Team Leader.
I will be the Team Leader for this session.

Being a Team Leader is easy. The Team Leader Manual is scripted and all of the answers are provided. Scripted activities ensure that everyone receives the same information.

Activity 01 Orientation / 5 min

During HTHU we receive points for attending our team meetings, tracking progress towards our session goal, and completing our online activities. We also earn points for logging progress toward HTHU Challenges. In between sessions, we need to go to the website to log our individual points.

When everyone on our team completes these activities, we earn additional team points. When we signed up for HTHU, a contribution was made to a charity. When we earn 1,500 points another donation is made, and at 3,000 points a third donation is made.

Healthy Team Healthy U is all about working together and supporting each other to achieve personal health goals. Each of us has our own needs, limitations, and goals. If you have a disability or a medical condition that prevents or limits your ability to participate in any session activity or goal, you can modify the session goal to meet your needs or choose a goal from another session instead.
Activity 01 Continued

How To Earn Points w/ Healthy Team Healthy U

U POINTS
Individual points earned when you complete an activity and track your progress online

TEAM POINTS
Points earned only when ALL Team Members complete an activity and track progress online

Four Ways to Earn Points

- Log session attendance
- Log progress toward each session’s unique goal
- Complete the session’s online activity (game or quiz)
- Log progress toward our HTHU Challenges:
  - Steps Challenge
  - Strength Training
  - Fruits & Vegetables

Your point total (individual + team points) will determine how much money will be donated to a charity. When you earn a total of 1,500 points a donation is made to a charity. When you earn a total of 3,000 points an additional donation is made.
Activity 02 Cardiovascular Disease Risk Factors / 5 min

Today, we are going to start by learning about cardiovascular disease and its risk factors. We all probably know someone affected by cardiovascular disease, which refers to all diseases that involve the heart and blood vessels.

According to the American Heart Association, over 15 million Americans have coronary artery disease. The report estimates over 7 million Americans have had heart attacks, over 5 million have congestive heart failure, and nearly 7 million have had strokes.

While there are risk factors we can’t control, many are due to lifestyle behaviors. As part of this week’s goal, we will assess our own risk factors.

Risk Factors We Can’t Control:

- **AGE**
  Men over age 45 and women over age 55.

- **FAMILY HISTORY**
  People who have immediate family members who experienced heart attacks at a younger age (younger than 55 for men and younger than 65 for women).

- **GENDER**
  Men have more heart attacks than women, however, women have more strokes.

- **RACE/ETHNICITY**
  Asian-American, Native American, and Latino individuals are more likely to develop heart disease.
Activity 02 / Continued

**Risk Factors We Can Control**

- Inadequate Sleep (Less Than 7 Hours Each Day)
- Abnormal Cholesterol or Triglyceride Levels
- High Blood Pressure
- Type 2 Diabetes
- Tobacco Use
- Being Overweight or Obese
- An Inactive Lifestyle
Blood pressure is the force of blood pushing against our arteries. We will use an analogy of a garden hose to help explain blood pressure. The water is our blood, the garden hose is our blood vessel, and the faucet is our heart.

When we have normal blood pressure, our blood flows easily through our blood vessels, like when water flows freely through a garden hose.

If we have high blood pressure, this can damage the blood vessels which deliver blood to vital organs and extremities. This is similar to when a garden hose has a kink and high pressure builds. This can damage the tubing of the hose and allows less water to flow from the hose to water the garden.

To better understand heart disease, we will learn how blood pressure, cholesterol levels, and our body weight affect our risk.
Now let's review the chart below.

<table>
<thead>
<tr>
<th>Blood Pressure Category</th>
<th>Systolic mm Hg (upper#)</th>
<th>Diastolic mm Hg (lower#)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>less than 120</td>
<td>and less than 80</td>
</tr>
<tr>
<td>Prehypertension</td>
<td>120 - 139</td>
<td>or 80 - 89</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 1</td>
<td>140 - 159</td>
<td>or 90 - 99</td>
</tr>
<tr>
<td>High Blood Pressure (Hypertension) Stage 2</td>
<td>160 or higher</td>
<td>or 100 or higher</td>
</tr>
</tbody>
</table>
Activity 03 / Continued

**BLOOD FATS**

Our blood “fats,” or lipids, include our total cholesterol, of which major components are LDL and HDL-Cholesterol. Another fat is triglycerides. For this activity, we will use the terms in the boxes to the right to fill in the blanks regarding blood fats. After we guess, we will share our answers.

**01 /** ________________

is a waxy, fat-like substance that is found in the tissue of humans and other animals. High levels of this blood fat can damage and narrow the inner walls of the arteries.

**02 /** ________________

can be deposited into the walls of our blood vessels and lead to clogging of the arteries. Think of this type of cholesterol as clogging our “pipes.”

**03 /** ________________

acts like a vacuum cleaner for cholesterol and takes it to the liver for disposal.

**04 /** ________________

are fats that circulate in our bloodstream along with cholesterol. High levels increase our risk of cardiovascular disease.
Now let’s review the chart below. Do you know your cholesterol and triglyceride numbers?

<table>
<thead>
<tr>
<th>Blood Fats</th>
<th>Desirable (mg/dL)</th>
<th>Borderline (mg/dL)</th>
<th>Undesirable (mg/dL)</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDL-Cholesterol</td>
<td>60 - 100</td>
<td>40 - 59</td>
<td>less than/equal to 39</td>
</tr>
<tr>
<td>LDL Cholesterol</td>
<td>Less Than 100</td>
<td>130 - 159</td>
<td>greater than/equal to 160</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>Less Than 150</td>
<td>150 - 199</td>
<td>greater than/equal to 200</td>
</tr>
<tr>
<td>Total Cholesterol</td>
<td>Less Than 200</td>
<td>200 - 239</td>
<td>greater than/equal to 240</td>
</tr>
</tbody>
</table>

**ATHEROSCLEROSIS**

NORMAL ARTERY

- Blood Flow

ARTERY NARROWED BY PLAQUE

- Blood Flow
Activity 03 / Continued

Body mass index or BMI is calculated based on our height and weight. Higher levels can increase our cardiovascular disease risk.

While BMI is a useful tool, it has limitations and may overestimate the weight category, especially in people with more muscle mass.

Waist circumference is also used to help determine our risk. Having fat around our waists puts us at higher risk than having fat around our hips and thighs. Women often store fat around their hips and thighs, while men often store fat around their waist.
Activity 04
Strategies to Prevent Cardiovascular Disease / 5 min

Let’s assess how often we complete five lifestyle behavior goals that can reduce our cardiovascular disease risk.

Circle the average number of days each week that you achieve these goals. When we are finished, we will share one of our goals with our Team. The goal that you choose to share will be part of your session goal this week.

1 / Complete 30 minutes or more of physical activity.
0 1 2 3 4 5 6 7

2 / Do not smoke or use tobacco products. (Skip if not applicable).
0 1 2 3 4 5 6 7

3 / Limit saturated fats and avoid all trans fats.
0 1 2 3 4 5 6 7

4 / Eat at least 5 servings of fruit and/or vegetables.
0 1 2 3 4 5 6 7

5 / Limit alcohol to no more than 1 drink* each day for women and 2 drinks each day for men. (Skip if not applicable).
0 1 2 3 4 5 6 7

*One drink is defined as less than 5 oz of wine, a 12 oz beer, or 1.5 liquor.

Now that we have shared our goals, let’s brainstorm and discuss strategies as a team to help us meet our goals this week.
This week we get to use our BP monitor. Our goal is to **take our blood pressure for at least 3 days or work on one of the goals we selected on the previous page.**

To obtain the most accurate BP reading, please make sure to take your BP while sitting down, with your feet flat on the ground, and rested for at least 5 minutes. Instructions for using our BP monitor can be found on the Resources page of the HTHU website.

**Remember, in order to earn our individual and team points everyone needs to go online to complete the following activities:**

- Log session attendance
- Log progress toward this session’s goal
- Complete the online activity
- Log progress toward our HTHU Challenges

We need a volunteer to be the Team Leader for next session.