

Ola Hou I KA HULA



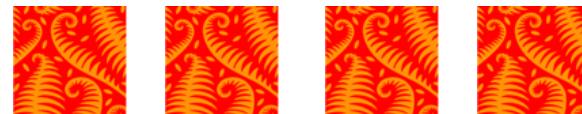
Heart Health Education

Hypertension 101

Ha‘awina ‘Ekahi (Lesson one)



Ha‘awina ‘ekahi (Lesson 1)



Hypertension 101: *Introduction*

What is lesson 1 about?

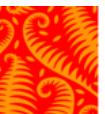
This lesson will cover cardiovascular disease and the importance of doing some physical activity and controlling negative emotions in caring for your hypertension.

What is cardiovascular disease?

Cardiovascular disease affects your heart and blood vessels. It is caused by a buildup of cells and cholesterol (fat). Plaque builds up in your blood vessels and causes Atherosclerosis and diabetes.

What are symptoms of CVD?

CVD is chronic, “silent”, and a no symptom disease. However, high blood pressure and high cholesterol can lead to cardiovascular disease. This is why it’s important to monitor with your doctor and make regular visits.



Ha‘awina ‘ekahi ***(Lesson 1)***

Hypertension 101: ***Introduction***

Who gets heart disease?

Native Hawaiians and Pacific Islanders (NHPI) are at a great risk of heart disease. Compared to Asians, NHPI are 50% more likely to die from heart disease and 50% more likely to smoke cigarettes.

Compared with Whites, NHPI are 20% more likely to be obese and 40% more likely to be diagnosed with heart disease.

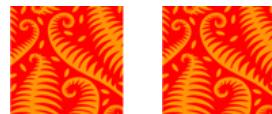
Why are NHPI at risk?

In traditional Pacific cultures, Pacific peoples desired strong, fit bodies capable of fishing, farming, and fighting. For Hawaiians a traditional diet consisted of taro, breadfruit, sweet potato, seaweed, yams, banana, arrowroot, mountain apple, ferns, and fish, chicken, and dog—all foods that aren’t high in fat.

Today, our diets have been replaced with foods that are high in fat and sugar. Can you think of foods that you love to eat that are high in fat or sugar? For example: spam!



Ha‘awina ‘ekahi (Lesson 1)



Hypertension 101: *Introduction*

What are risk factors for cardiovascular disease?

Risk factors of CVD that cannot be controlled include age (men over 55 and women over 65), family history, ethnicity, and gender. Risk factors that can be controlled are high blood pressure, high cholesterol, diabetes, smoking, lack of physical activity, unhealthy diets, being obese

What's the deal on high blood pressure?

High blood pressure increases the workload on your heart due to: an enlarged heart, arterial damage, heart attack, stroke, and kidney disease. **74.5 million people in the United States are hypertensive** (have high blood pressure).

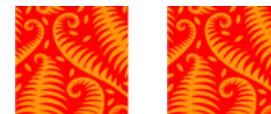
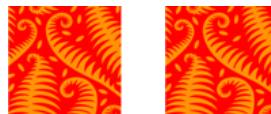
What's the difference between pre-hypertension and hypertension?

Pre-hypertension signals the increase for primary prevention and education to reduce blood pressure and prevent hypertension.

Hypertension means that the pressure in your arteries is consistently above the normal range (normal: 120/80).



Ha‘awina ‘ekahi (Lesson 1)



Hypertension 101: *Introduction*

How do I read my blood pressure?

When reading your blood pressure there is a top number and a bottom number (i.e. 125/80).

The top number is called the **systolic** blood pressure, which is pressure when your heart is beating.

The bottom number is called your **diastolic** blood pressure, which is the pressure when the heart is at rest between contractions.

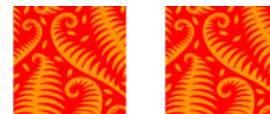
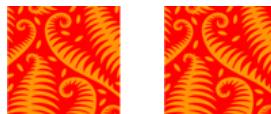
You are pre-hypertensive when your systolic blood pressure is 120-139 and when your diastolic blood pressure is 80-89.

If you are pre-hypertensive, healthy lifestyle modifications can prevent you from cardiovascular disease.

BP Classification	Systolic Blood Pressure		Diastolic Blood Pressure
Normal	<120	And	<80
Pre-hypertension	120-139	Or	80-89
Stage 1 hypertension	140-159	Or	90-99
Stage 2 hypertension	>=160	Or	>=100



Ha‘awina ‘ekahi
(Lesson 1)



Hypertension 101:
Introduction

**What can I do to
lower my blood
pressure?**

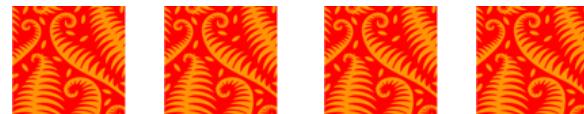
To lower your blood pressure:

- Maintain a healthy weight. If you are overweight, lose 1 to 2 pounds a week until you are at a healthy weight.
- Be active for at least 30 minutes a day. Make sure it's fun!
- Eat less sodium and salt. Buy low sodium, reduced sodium, or sodium free foods when possible.
- Eat more fruits and vegetables, whole-grain breads and cereals, and fat-free or low-fat dairy products.
- Cut back on alcohol. Men should have no more than 1 or 2 drinks a day and women should have no more than 1 drink a day.
- Take your medications the way your doctor tells you to.
- Check your blood pressure often!

Below, set one goal for lowering your blood pressure. Your goal should be, smart: **Specific, Measurable, Attainable, Relevant, and Timely!**



Ha‘awina ‘ekahi
(Lesson 1)



Hypertension 101:
Introduction

How is physical activity important in controlling Hypertension?

Physical activity can help you to feel better physically, spiritually, and emotionally. It also helps you to manage the symptoms of heart failure and may even improve your heart’s functioning. It can be any type of physical activity, such as walking, working, and even sex.

How are emotions important?

Having hypertension can affect one’s sense of well-being. It is common for people to feel sad or depressed (*kaumaha*) or anxious (*pū‘iwa*) about having hypertension. These kinds of negative emotions can affect your ability to control your hypertension.



He pāo'o lēkei.

“A leaping pāo'o fish”.

Said of an active person

Ola Hou i ka Hula program



Ha‘awina ‘ekahi (Lesson 1)

Physical Activity & Emotions: Physical Activity

Is physical activity safe for people with Hypertension?

Good question...for most people with hypertension physical activity is safe. In fact, physical activity is recommended because it helps with the symptoms of hypertension. Your doctor can tell you how much you should be getting.

So, before starting any type of physical activity program, you should **talk to your doctor first to see what you can and cannot do.**

How do I get started exercising?

Once your doctor gives you the OK, you should first think about things you might want to do for physical activity.

The type of physical activity you pick should be **simple aerobic exercises.** Aerobic exercises are any kind of physical activity where you move the large muscles in your body...like your legs.

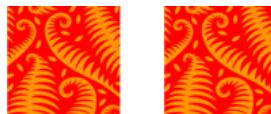


Ola Hou i ka Hula program

© COCONUT INFO 2000



Ha‘awina ‘ekahi (Lesson 1)



Physical Activity & Emotions: *Physical Activity*

How do I get started exercising? (continued)

Here are some examples of **simple aerobic exercises** you could do:

- Walking
- Biking
- Swimming

You can also do other activities you enjoy, such as:

- Gardening
- Fishing
- Bowling
- Volleyball

Anything else about getting started?

Yes, start **slowly and gradually**...especially if you have not had a lot of physical activity for a long time.

Do not rush...take it slow and gradual.



Ha‘awina ‘ekahi
(Lesson 1)

Physical Activity & Emotions:
Physical Activity

**Anything else
about getting
started?
(continued)**

Eventually you want to do it for 30 minutes a day on most days of the week. You do not have to do 30 minutes all one time...you can do 10 minutes in the morning, 10 minutes in the afternoon, and 10 minutes in the evening.

When you first start, don't do 30 minutes. Start simple and only do as much as you can handle. For example, you can start by walking for only 5 minutes a day and slowly work your way up to 30 minutes. The main thing is that you start being active.

And, remember to **warm up before each physical activity and cool down after**. Warming up helps your body to slowly adjust to the physical activity you will do. Cooling down helps your body recover slowly after physical activity. Stretching your body is good for warm ups and cool downs.

**What could I
start doing?**

Good question...what would you like to start doing? Write down what kind of physical activity you will start in the space below after checking with your doctor.

(Write down the physical activity you will start)



Ha‘awina ‘ekahi
(Lesson 1)

Physical Activity & Emotions:
Physical Activity

**When should I
not do physical
activity?**

You should **not do physical activity** when you have the following symptoms:

- More shortness of breath at rest or more than usual**
- Feel exhausted**
- Have fever, infection, or feel sick**
- Have chest pain**

You should also **not do physical activity** when you are going through changes in your medication. Ask your doctor when it would be okay to restart your physical activity.



Ha‘awina ‘eono (Lesson)

Physical Activity & Emotions: Physical Activity

Any other tips about physical activity?

Yes, here are some other tips and things to think about when being physically active.

You should:

- Get good walking shoes that fit and feel good.
- Wait 30 minutes after eating.
- Not do physical activities when it's too cold or too hot outside.
- Warm up and cool down.
- Do physical activities at a slow and gradual pace.
- Not hold your breath.
- Do it at the time of day you feel the best...for most people the morning is the best.
- Talk to your doctor if you still feel tired 2 days after exercise.
- Find a partner to exercise with...this is good time to catch up with them.
- Be able to talk story while doing your physical activity. If you are unable to, then you are working too hard...slow down.



E lei au i kou aloha.

“I wear your love like a lei”.

Ola Hou i ka Hula program



Ha'awina 'eono
(Lesson 6)

Physical Activity & Emotions:
Emotions

**What about
stress?**

Oh yes, we cannot forget about stress. Stress can make controlling hypertension harder. So, managing stress in your life can help you manage your hypertension too.

Stress is like an emotion. When things in life become too much to handle, we may feel overwhelmed, not in control, or *huikau* (the mind scattered all over the place).

**How can I deal
with stress?**

Here some simple things you can do to help lessen the stress:

- Prioritize things in your life. Your first priority should be to control your heart failure. You can make a list of all the things you need to do...starting with the most important to the least important. After that, take care of them one by one.
- Each day, write the things you need to do down on paper. Organizing your thoughts on paper can help.
- Take time out and deep breathe. You can meditate, pray, chant, or just count to four and breath slow and deep.
- Remember the important things in life...like '*ohana*, friends, and yourself. 80% of the things we worry about are for nothing.
- Take a walk and enjoy the outdoors.



(Put your name here)

Physical Activity & Emotions

Goal:

Action Plan for the Week

Step 4: I may have trouble
because _____

so I will _____

Step 3: I will need _____
_____.

Step 2: (When & How)

_____.

Step 1: I will _____

