



## February is Heart Health Month



<http://www.navy.mil/management/photodb/photos/131205-N-AW702-010.JPG>

Heart disease remains the number one killer of both men and women in the United States.<sup>1</sup> While heart disease is often viewed as something to worry about when you get older, an estimated six in 10 preventable heart disease and stroke deaths happen to people under age 65.<sup>2</sup> High blood pressure, elevated low-density lipoprotein (LDL) cholesterol, and smoking are key risk factors for heart disease.<sup>1</sup> In the 2013 Fleet and Marine Corps Health Risk Assessment, 24 percent of active duty Navy respondents and 32 percent of active duty Marine Corps respondents indicate smoking as a lifestyle habit, and 40 percent of both Navy and Marine Corps active duty respondents indicate having a diet of high fat foods.<sup>3</sup> Diabetes is also considered a major controllable risk factor for heart disease.<sup>4</sup> About 95 percent of people with diabetes have type 2 diabetes or insulin resistance.<sup>5</sup> Type 2 diabetes can often be prevented by maintaining a healthy weight, eating a balanced diet, and being physical activity. Physical inactivity, unhealthy eating, and smoking paired with diabetes makes you more likely to develop heart disease.<sup>4</sup> In fact,

### NMCPHC Announces 15<sup>th</sup> Annual “Crews Into Shape” Challenge

*It's time to get Crewsin'! The 15<sup>th</sup> Annual Crews Into Shape Challenge will take place 1-28 March 2015. Crews Into Shape is a four-week challenge held every March in conjunction with National Nutrition Month®. It uses a team approach to promote wellness, combining the support of friends, colleagues, and family members to work toward a healthier lifestyle.*

*The challenge is open to all active duty and Reserve service members in the Navy, Marine Corps, Army, Air Force, and Coast Guard, as well as Department of Defense (DoD) family members and civilians. Participants generate teams of up to 10 members and earn points for eating fruits and vegetables, exercising, and maintaining or achieving a goal weight.*

*Last year's challenge brought together 1,786 registered crew members and 267 teams from across the DoD!*

*Check out the official [Crews Into Shape website](#) for registration details and resources supporting this year's challenge.*

*Please contact the [Crews Into Shape Director](#) with any questions you may have regarding the challenge.*





adults with diabetes are twice as likely to have heart disease or a stroke as adults without diabetes.<sup>6</sup>

## Resources You Can Use

Please consider distributing the following resources to your audiences throughout the month of February. If you reuse or reproduce any of these materials, we request you please include the following attribution:

"Content courtesy of the Navy and Marine Corps Public Health Center's Health Promotion and Wellness Department" and [email](#) to let us know so that we may track the reach of our materials.

### Fact Sheet: Heart Health: Risk Factors and Lifestyle Choices

Not all risk factors for heart disease can be avoided, but making healthy lifestyle choices can reduce your risk. [Click here](#) to learn about what you can do to protect your heart and improve your overall health.

### Poster: Know Your Numbers

Did you know that many people with chronic illnesses don't experience symptoms? Knowing your critical health numbers is crucial for prevention and early detection of heart disease. [Click here](#) to download and distribute a poster that lays out the facts.

### Infographic: Recipe for Heart Disease

There are a combination of ingredients from high blood pressure to diabetes to chronic stress that lead to heart disease. [Click here](#) to learn more about the risk factors and the healthy variations you can make to reduce your risk for heart disease.

### Article: Heart Health: For the Young at Heart...and the Young

Regardless of age or level of risk, there are steps that you can take right now to prevent heart disease. [Click here](#) to learn about the risk factors and actions you can start taking today to improve your heart health.

### Article: Heart Health: Not Just Your Father's Problem

Heart disease is a progressive disease. By the time symptoms are present, damage has already occurred. [Click here](#) to learn about the latest research findings and a pill-free prescription for preventing heart disease at any age.

### *Additional HPW Resources*

Check out the additional resources available to you! These innovative and evidence-based health promotion and wellness resources and services were developed to facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles for Sailors and Marines.

- [HPW Homepage](#)
- [HPW Partnership Factsheet](#)
- [HP Toolbox](#)
- [Archived Webinars](#)
- [Reproducible Materials](#)

To learn how our programs can help improve the heart health of your service members, please visit our [February Health Promotion Toolbox](#).





## Daily Health Tips: Heart Health

[Click here](#) for a tip a day to learn more about factors that contribute to heart health. Incorporate these tips to your regular communication channels such as social media or email throughout the month of February.

## Social Media Messages

The following social media messages will direct you to resources for Sailors and Marines. Please feel free to use the messages below to post to your local social media channels and share with your audiences. Like us on [Facebook](#) and follow us on [Twitter](#) and [Pinterest](#)!

### Social media message 1:



It's never too early to think about Heart Health, so check back all month as we provide you with the tools to be heart healthy! #HPWHeartHealth <http://go.usa.gov/SM2w>

### Social media message 2:



Decrease your risk of suffering from cardiovascular disease by living healthy: stop using tobacco, increase fruit and vegetable intake, be active, and maintain a healthy weight. #HPWHeartHealth

### Social media message 3:



See if you're at risk of heart disease by taking this assessment. #HPWHeartHealth <http://go.usa.gov/SMTj>

### Social media message 4:



Know Your Risk! Risk factors for heart disease include high blood pressure, diabetes, smoking, unhealthy diet, obesity, physical inactivity, and elevated "bad" cholesterol, which can build-up in the arteries causing them to narrow. Blocked arteries may lead to heart disease or stroke. @CDC @MillionHearts #HPWHeartHealth

### Social media message 5:



Know your numbers! Healthy blood pressure is less than 120/80. #HPWHeartHealth <http://go.usa.gov/SMT5>

### Social media message 6:



See your doctor if you often feel tired, thirsty, and urinate frequently – these are signs of high blood glucose levels. @NHLBI #HPWHeartHealth

[Contact us](#) if your organization would like to collaborate with us on social media messages or if you would like us to share your messages on our [Facebook page](#).





## Webinar Calendar

We host monthly healthy living webinars for health educators and other health professionals to create awareness of the health promotion and prevention resources, tools, and programs offered by the HPW Department to motivate healthy behaviors.

Date	Webinar Title	Time
4 March	Getting to the Heart of It: Preventing Heart Disease and Promoting Heart Health	1130-1300

*For many of our webinars we offer continuing education credit hours (CECH) for Certified Health Education Specialists (CHES). If you are interested in attending one of our webinars click [here](#) for registration details.*

## Partnership News

Maintaining a healthy heart requires an all hands on deck approach. That is why NMCPHC partners with other organizations to support Sailors and Marines.

### Million Hearts®

Million Hearts® is a national initiative that was launched by the Department of Health and Human Services with the goal of preventing one million heart attacks and strokes by 2017. [Click here](#) to learn more about what you can do as an individual, health care professional, or organization to help reach this goal.

## References

<sup>1</sup> Heart Disease Facts. Centers for Disease Control and Prevention. <http://www.cdc.gov/heartdisease/facts.htm>. Updated 29 October 2014. Accessed December 2014.

<sup>2</sup> Vital Signs: Preventable Deaths from Heart Disease & Stroke. [http://www.cdc.gov/dhds/vital\\_signs.htm](http://www.cdc.gov/dhds/vital_signs.htm). Updated 13 March 2014. Accessed December 2014.

<sup>3</sup> EpiData Center Department, Navy Marine Corps Public Health Center. Fleet and Marine Corps Health Risk Assessment 2013.

<http://www.med.navy.mil/sites/nmcpHC/Documents/health-promotion-wellness/general-tools-and-programs/HRA2013-annual-report.pdf>. Published 2014. Accessed December 2014.

<sup>4</sup> Cardiovascular Disease & Diabetes. American Heart Association. [http://www.heart.org/HEARTORG/Conditions/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes\\_UCM\\_313865\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes_UCM_313865_Article.jsp). Updated 31 January 2013. Accessed December 2014.

<sup>5</sup> Am I at risk for type 2 diabetes? Taking Steps to Lower Your Risk of Getting Diabetes. National Diabetes Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). <http://diabetes.niddk.nih.gov/dm/pubs/riskfortype2/#1>. Updated 10 September 2014. Accessed December 2014.

<sup>6</sup> Diabetes, Heart Disease, and Stroke. National Diabetes Information Clearinghouse, National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH). <http://diabetes.niddk.nih.gov/dm/pubs/stroke/#connection> Updated 19 February 2014. Accessed December 2014.

