

Disease Prevention

and

Health Promotion

活得健康 保養有方

社區保健員外展計劃

Healthy Living

Chinese Lay Health Worker Outreach Project

NICOS

華人健康組織聯會

SFSU

三藩市州立大學

UCSF

三藩市加州大學

What are We Learning Today?

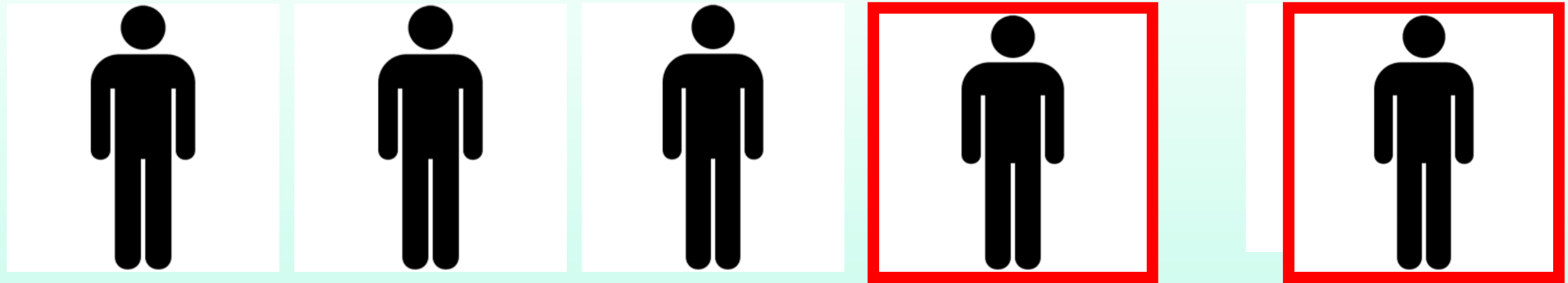
- Three health conditions which are very common among Chinese Americans over age 50
- How these health conditions are related to our diet and lifestyle
- How to change our diet and lifestyle to help prevent and control these conditions

The information and messages provided in this presentation are for persons who are age 50 and older and do not have High Blood Pressure, High Cholesterol, and diabetes.

What are These Conditions?

- **High Blood Pressure**
- **Diabetes**
- **High Cholesterol**

High Blood Pressure



2 in 5 Chinese Americans age 50 and older has high blood pressure, ranging from borderline to severe.

What is High Blood Pressure?

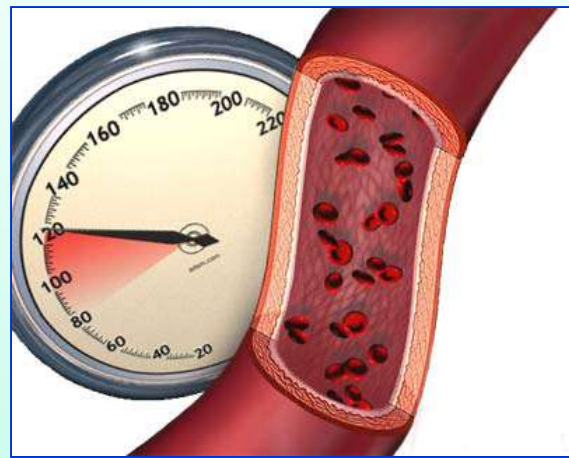
High blood pressure (also called hypertension) is a physical condition where your blood pressure is higher than normal on 3 separate measurements.



The only way to find out if you have high blood pressure condition is to have your blood pressure measured.

Understanding Blood Pressure Measurements

- **The normal blood pressure is less than 120 (systolic) over 80 (diastolic), written as 120/80 mm Hg**



- **Systolic pressure** is when the blood pressure is at its highest in the arteries; it occurs when the heart contracts
- **Diastolic pressure** is when the pressure is at its lowest in the arteries; it occurs when the heart relaxes

- **High blood pressure** is when either the systolic blood pressure is **140 or higher**, or the diastolic pressure is **90 or higher, or both**
- People with blood pressure in the range **120-139/80-89** have **pre-hypertension or borderline hypertension**

What are the Symptoms of High Blood Pressure?

- **Usually, people with high blood pressure do not have any symptoms unless their blood pressure is very high for a long period.**
- **When symptoms appear, they are:**
 - **Headache**
 - **Dizziness**
 - **Blurry vision**
 - **Chest pain**
 - **Shortness of breath**

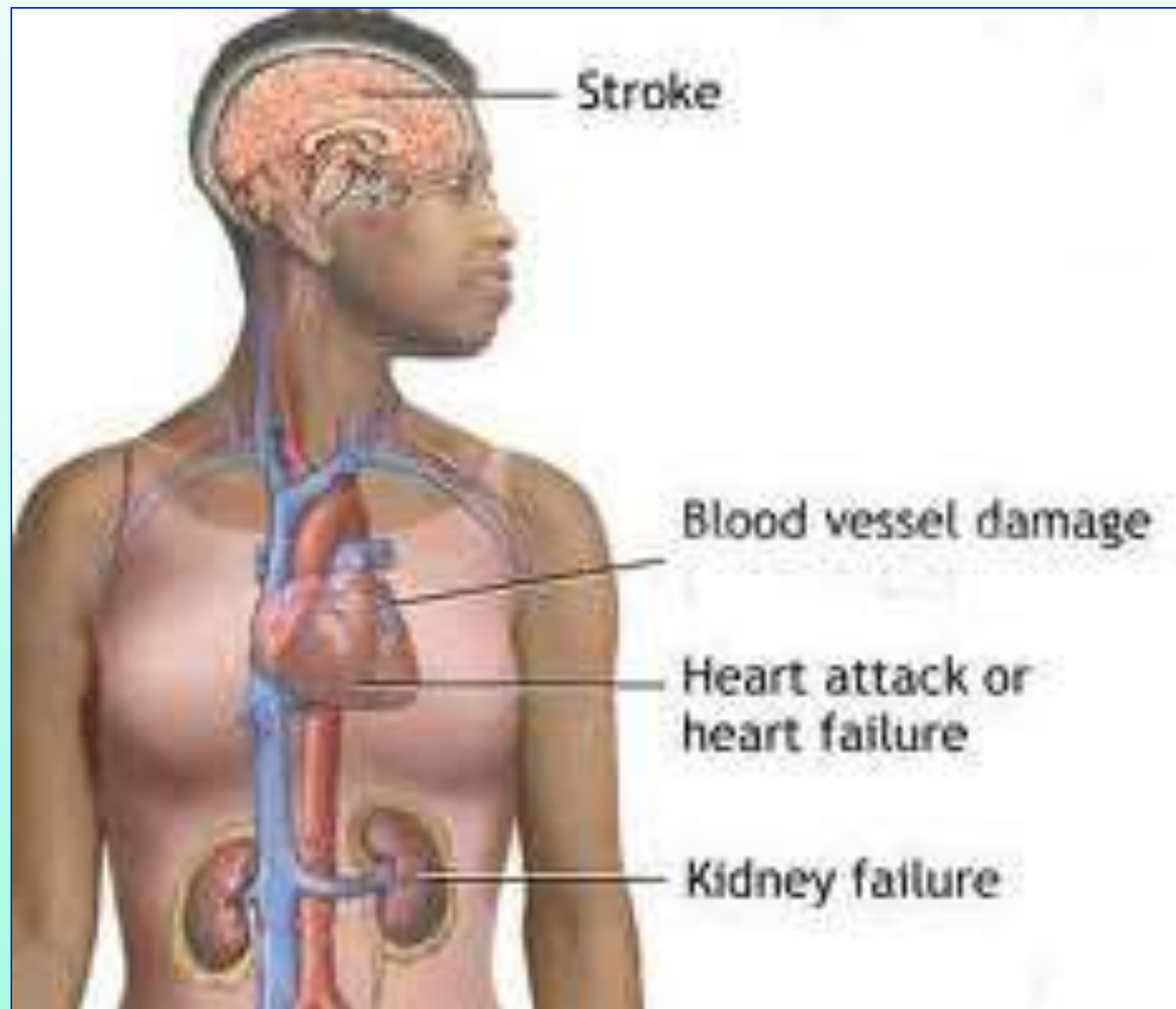
Who Can Develop High Blood Pressure?

Both men and women can develop high blood pressure. However, people with the following risk factors are more likely to develop hypertension:

- **Being older**
- **Being a woman (compared to a man)**
- **Having a family member with high blood pressure**
- **Eating a high salt diet**
- **Being overweight**
- **Having heightened anxiety, intense anger (stress)**

How does High Blood Pressure Affect Your Health?

Without proper control, prolonged hypertension can cause:



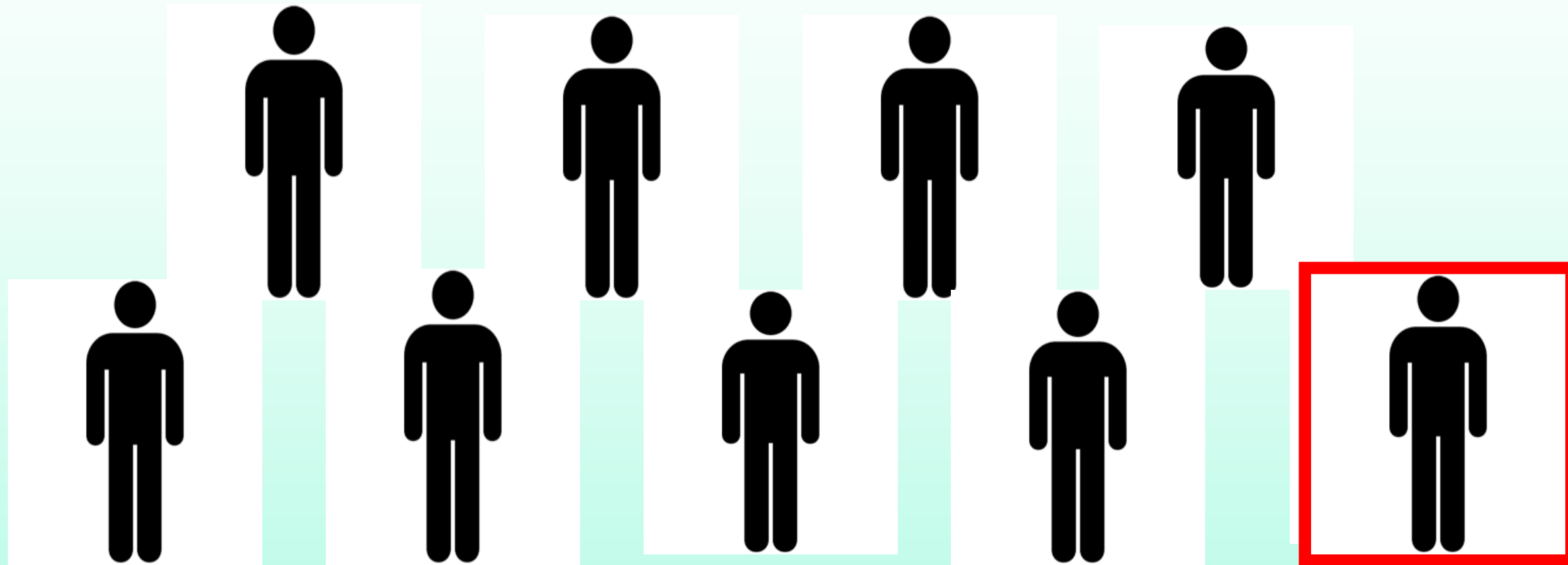
- **Stroke**
- **Heart disease**
- **Kidney disease**
- **Blindness**

How to Prevent Hypertension?

- Eat a **Healthy Diet**, particularly a diet **low in salt**
- **Be Active**, exercise regularly
- Reduce alcohol intake
- Manage stress
- See your doctor regularly to help monitor and control your blood pressure

ATTENTION: If you have hypertension and are being treated, be sure to strictly follow your physician's advice and take your medications.

Diabetes



1 in 9 Chinese Americans age 50 and older has borderline or established diabetes.

What is Diabetes?

- **Diabetes is a condition in which your body is unable to properly process the glucose (sugar) created from some foods (carbohydrates) that we eat**
- **In diabetes, the pancreas cannot produce enough insulin, which regulates the sugar level in the blood. The sugar level becomes high. Sugar spills into your urine**
- **The high sugar can cause complications elsewhere in your body**

How to Detect Diabetes?

Diabetes is detected by a simple blood test for glucose (after 8 hours of fasting).



Your blood glucose test results can be:

- **Less than 100 mg/dL** → You do **NOT** have diabetes
- **Greater than 100 but less than 126 mg/dL** → You **HAVE** **borderline** diabetes
- **126 mg/dL or greater** → You **HAVE** diabetes

What are the Symptoms of Diabetes?

The symptoms of diabetes vary from person to person. Some people with diabetes may not have any symptoms. Others develop the following common symptoms of diabetes:

- **Frequent and excessive thirst**
- **Frequent urination**
- **Frequent and excessive hunger**
- **Rapid weight loss without reason**
- **Blurry vision**
- **Tingling or numbness in the feet**
- **Slow healing of wounds**
- **Itching of the skin**

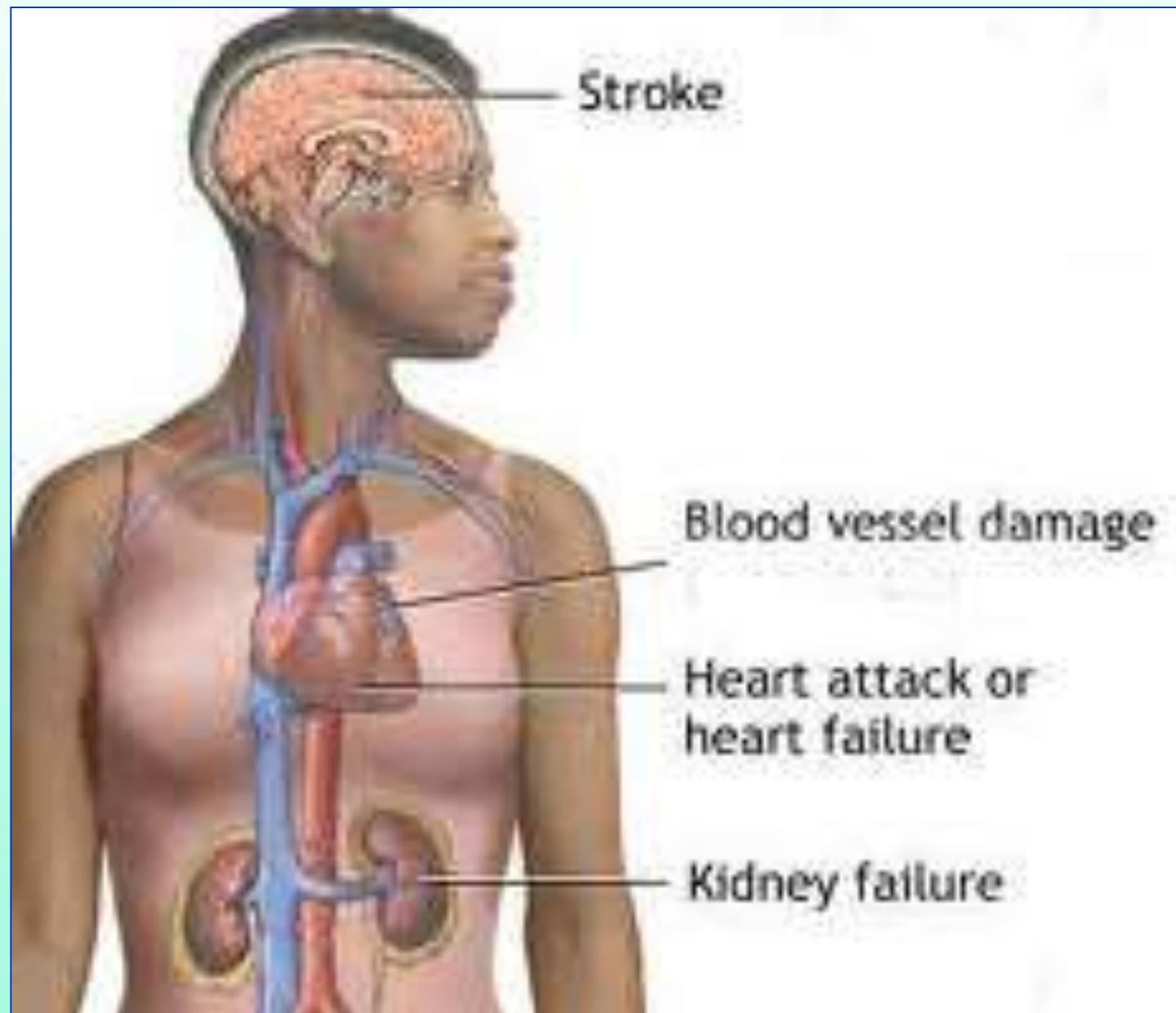
Who Can Develop Diabetes?

Both men and women can develop diabetes. However, people with the following risk factors are more likely to develop diabetes.

- **Getting older**
- **Having a family member with diabetes**
- **Being overweight**
- **Eating a diet with a lot of sugar**
- **Being inactive physically**

How does Diabetes Affect Your Health?

Uncontrolled diabetes can lead to the following complications:



- **Stroke**
- **Heart disease**
- **Kidney damage, kidney failure**
- **Coma**
- **Death**

Other Complications:

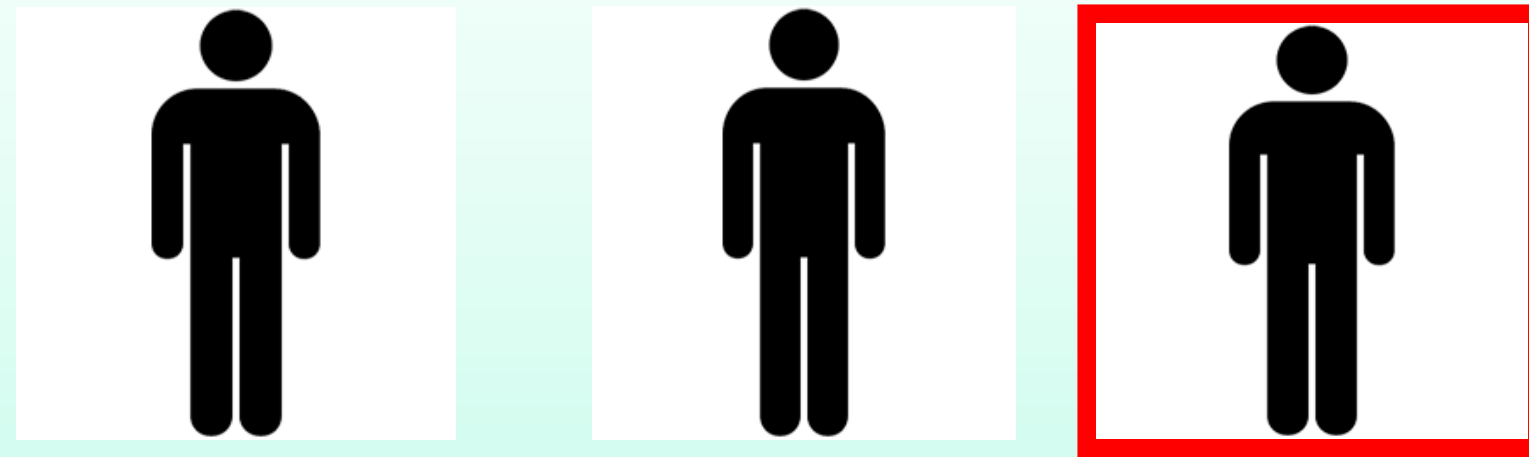
- **Eye damage, including blindness**
- **Poor circulation, which can lead to amputation**
- **Pain and loss of sensation of feet and hands from damaged nerves**
- **Recurrent infections**
- **Sexual (erectile) dysfunction in men**

How to Prevent Diabetes?

- Eat a **Healthy Diet**, particularly:
 - **Reduce sugar** intake
 - **Eat more vegetables**
 - **Choose whole grains**
- **Be Active**, exercise regularly
- **Maintain proper body weight**
- **Reduce alcohol intake**
- **See your doctor regularly to help monitor and control your diabetes**

ATTENTION: If you have diabetes and are being treated, be sure to strictly follow your physician's and dietitian's advice, and take your medications.

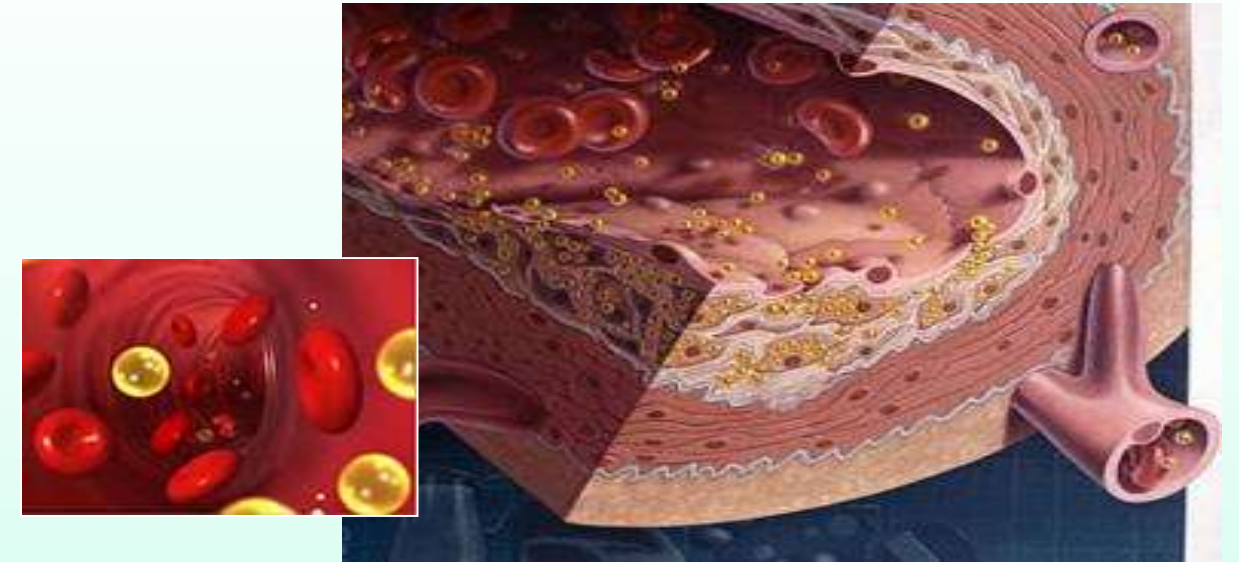
High Cholesterol



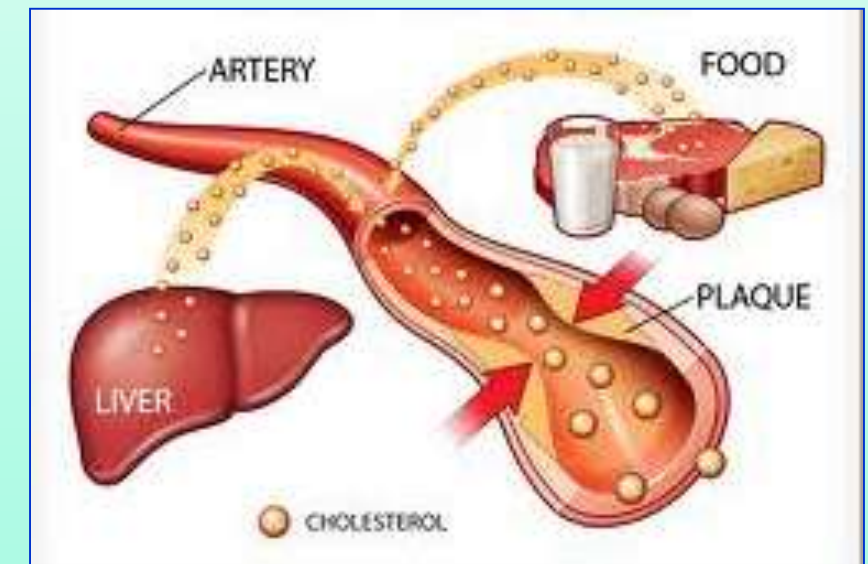
1 in 3 Asian Americans age 50 and older has borderline or high cholesterol.

What is Cholesterol?

- **Cholesterol is a waxy substance that is produced from the fats in your blood**

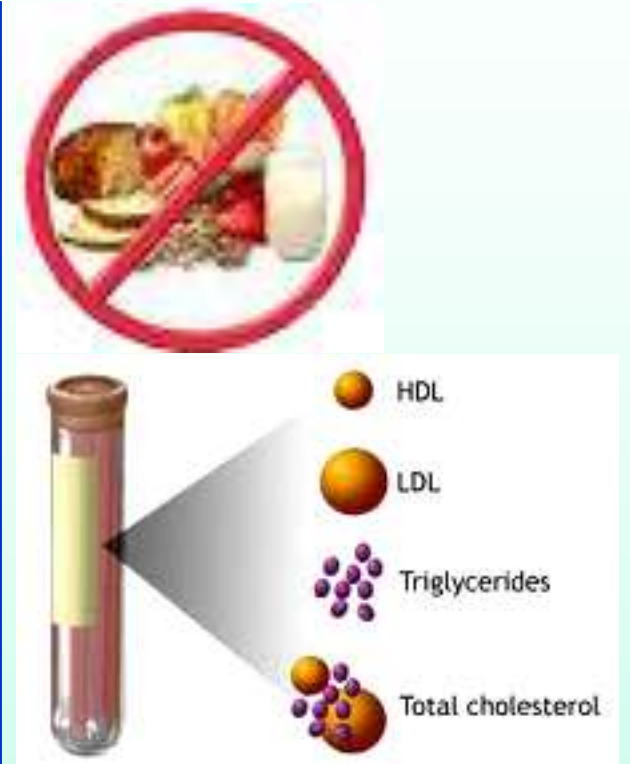


- **Cholesterol is both a by-product of the foods we eat, such as nuts, beans, pork, and beef, and a substance manufactured by the body**
- **Our body needs cholesterol to build healthy cells and hormones**



How to Detect High Cholesterol?

High cholesterol is detected by a simple blood test for cholesterol (after 8 hours of fasting).



Your blood cholesterol results can be:

- **Less than 200 mg/dL** → You do **NOT** have high cholesterol
- **Greater 200 but less than 240 mg/dL** → You **HAVE** **borderline** high cholesterol
- **240 mg/dL or greater** → You **HAVE** high cholesterol

How Many Kinds of Cholesterol?

There are 2 kinds of cholesterol:

1. **High-density lipoprotein (HDL)** cholesterol is also called “**good cholesterol**”
 - An **optimal HDL** level is **greater than 40 mg/dL**.
2. **Low-density lipoprotein (LDL)** cholesterol is also called “**bad cholesterol**”
 - An **optimal LDL** cholesterol level is **less than 100 mg/dL**
 - A **borderline LDL** cholesterol level is **100-159 mg/dL**
 - A **high LDL** cholesterol level is **160 mg/dL or greater**

What are the Symptoms of High Cholesterol?

Most people with high cholesterol do **NOT have any symptoms, but it is discovered when they have blood tests.**

Who Develops High Cholesterol?

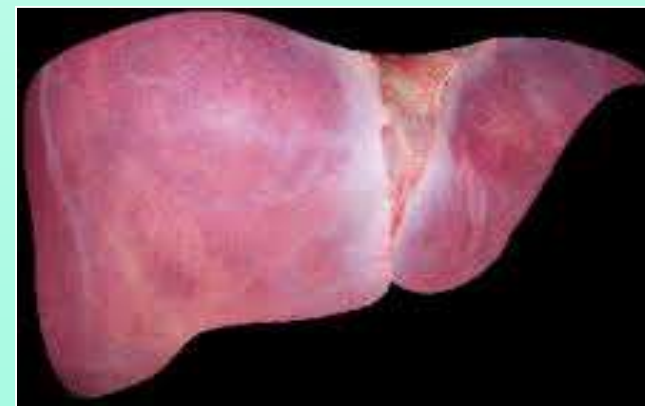
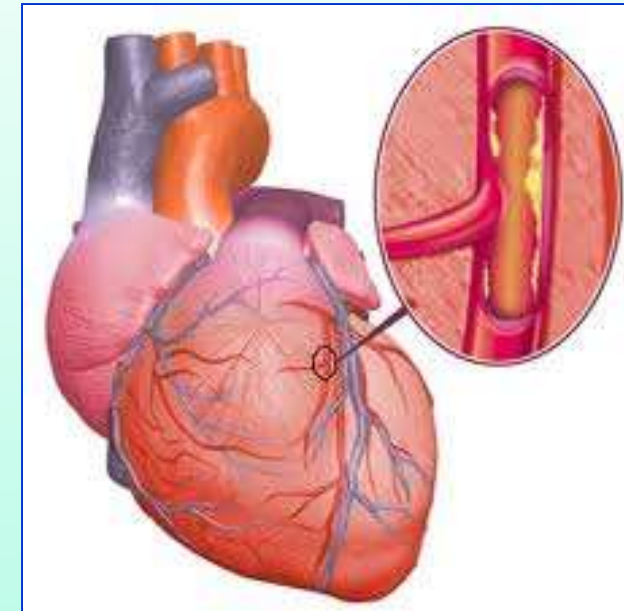
Both men and women can develop high cholesterol. People with the following risk factors are more likely to develop high cholesterol:

- **Getting older**
- **Having a family member with high cholesterol**
- **Having diabetes**
- **Having high blood pressure**
- **Eating a high fat diet**
- **Not being physically active**

How does Cholesterol Affect Your Health?

Cholesterol travels in the bloodstream and deposits in different vital organs. If not lowered, a high cholesterol can:

- **Clog the arteries, leading to high blood pressure, heart attack and other heart disease, and stroke**
- **Lead to fatty liver, liver inflammation, eventually even cirrhosis (end-stage liver disease)**



How to Help Control Your Cholesterol Level?

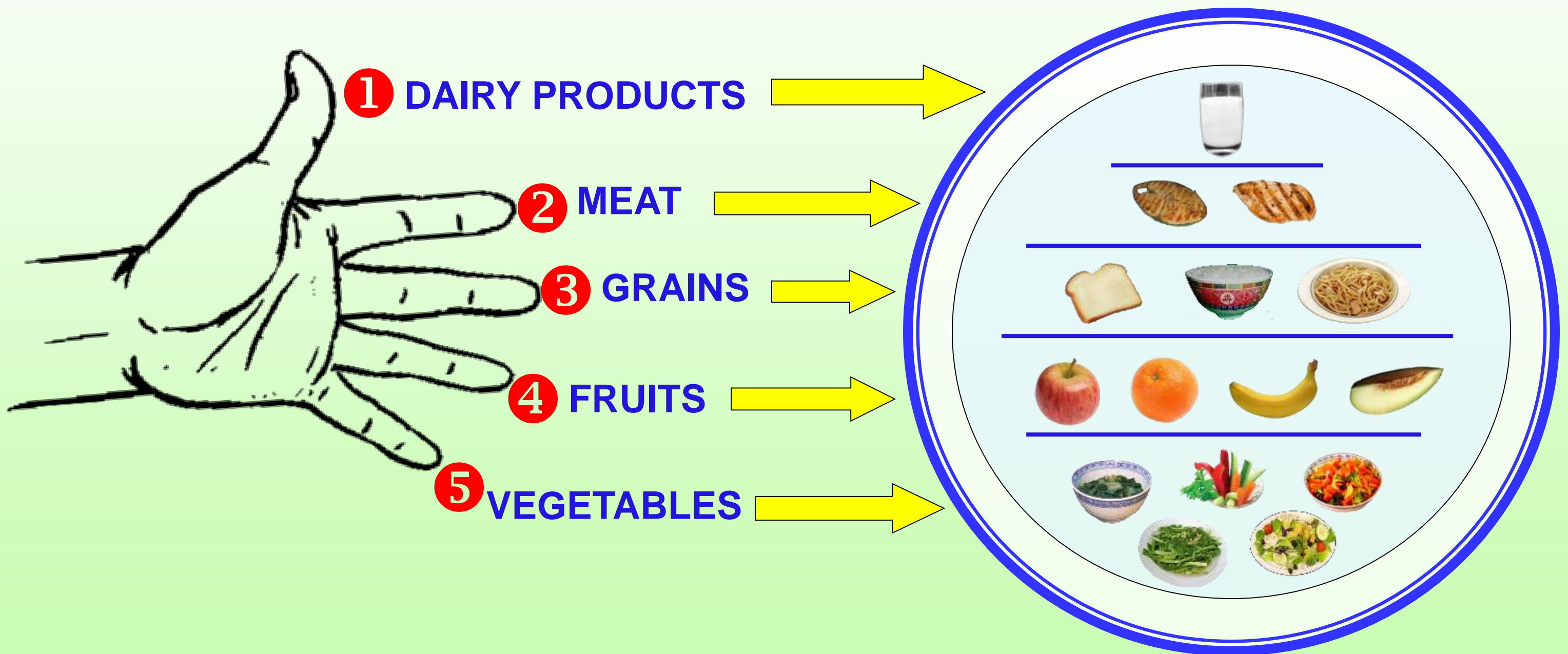
- Eat a **Healthy Diet**, particularly:
 - Eat less red meat or only lean cuts of meat
 - Reduce animal fat intake such as lard, butter
 - Eat non-fat or low-fat dairy products
 - Use less or only use cholesterol-free oil
- **Be Active**, exercise regularly
- See your doctor regularly to help monitor and control your cholesterol

ATTENTION: If you have a high cholesterol level and are being treated, be sure to strictly follow your physician's advice and take your medications.

**What Do We Mean by
Eating a Healthy Diet
and Being Active?**

What is a Healthy Diet?

- A healthy diet contains **5** important **food groups** in the **appropriate amounts** which have all the essential nutrients to nurture our bodies
- We use our **left hand's 5 fingers** to represent the **5 food groups**



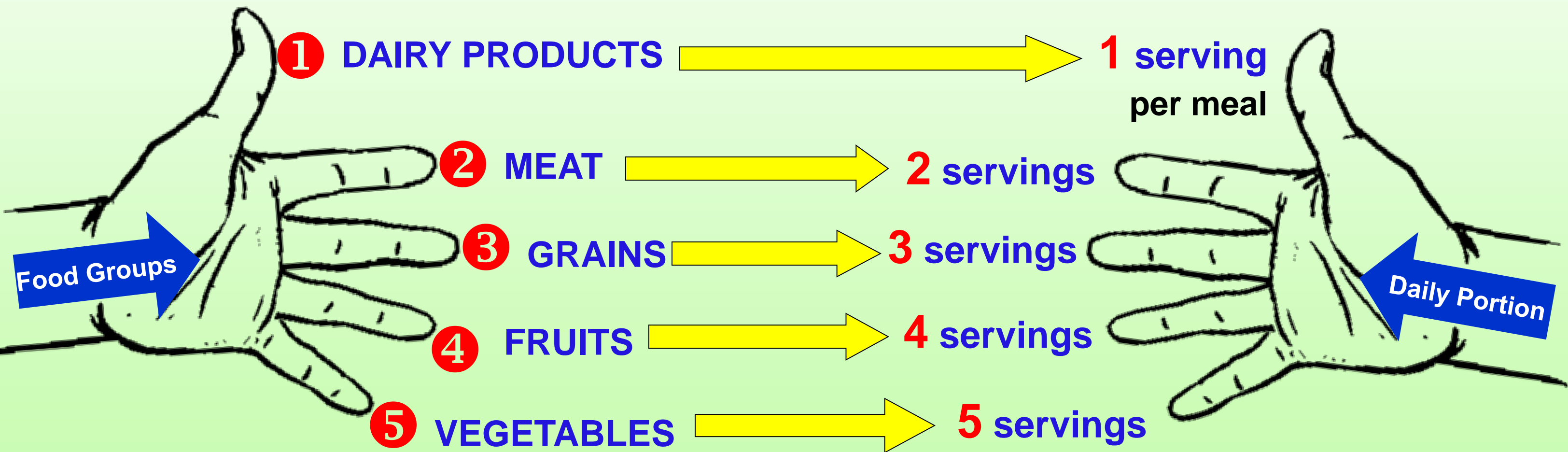
Do You Remember the Recommended Serving Sizes for Each Food Group?

Let's review it together.

- 1 serving of **DAIRY PRODUCTS**  = 1 **8-oz** glass of milk 
- 1 serving of **MEAT**  = 1 **palm-size** piece of meat 
- 1 serving of **GRAINS**  = 1 **bowl** of cooked rice 
- 1 serving of **FRUITS**  = 1 **fist-size** piece of fruit 
- 1 serving of **VEGETABLES**  = **1/2 bowl** of cooked greens 

Here is the Way to Help Us Remember How to Eat a Healthy Diet Every Day

- We use our **right hand's 5 fingers** to represent the **daily portions** that match the left **hand's food groups**.
- Counting down from the thumb, from the smallest portion to the largest



Samples of a Healthy Diet “MyPlate” Recommended By US Government



- Avoid oversized portions
- Make half your plate fruits and vegetables
- Eat at least half your grains whole grains
- Drink fat-free or low-fat (1%) milk, or drink water instead of sugary drinks
- Use less salt

Also a Healthy Diet Should...

- Be low in fat, salt, and sugar
- Be high in fiber

REDUCE FAT



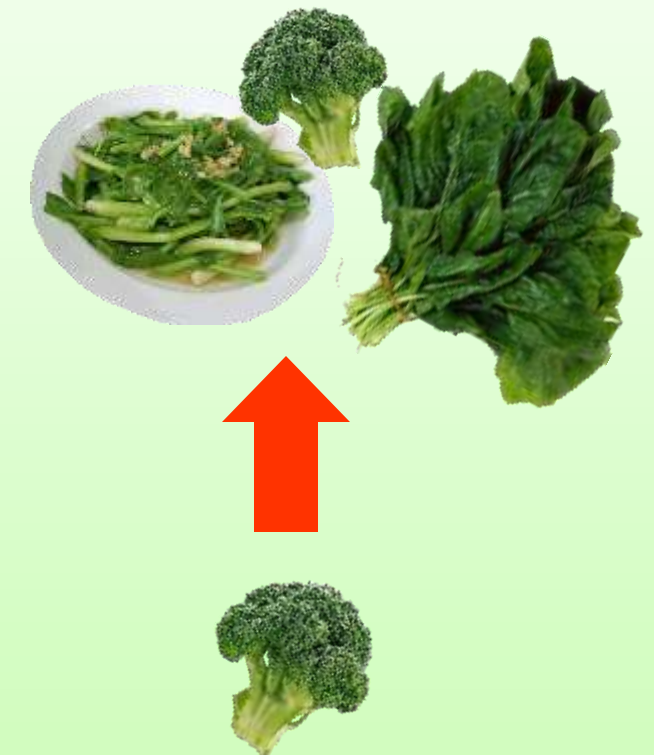
REDUCE SALT



REDUCE SUGAR



INCREASE FIBER



- Remember, too little or too much food of any kind can be unhealthy
- The key is to eat the **right kind of food in the right amount**

Being Active

- Doing any kind of physical activity is considered being active
- The best way to be active is to **EXERCISE REGULARLY**
- Regular exercise along with healthy diet are the best way to prevent disease



What is Exercise?

- Any physical activities that **increase our heart rate**, make us **sweat**, and **breathe faster than usual** are considered exercise at a **Moderate Level**
- It is not necessary to go to a gym to do exercise
- There are plenty of routine physical activities that we do every day that can be considered exercise



There are Many Types of Exercise We Can Do

Moderate Level exercises or physical activities that are recommended include:

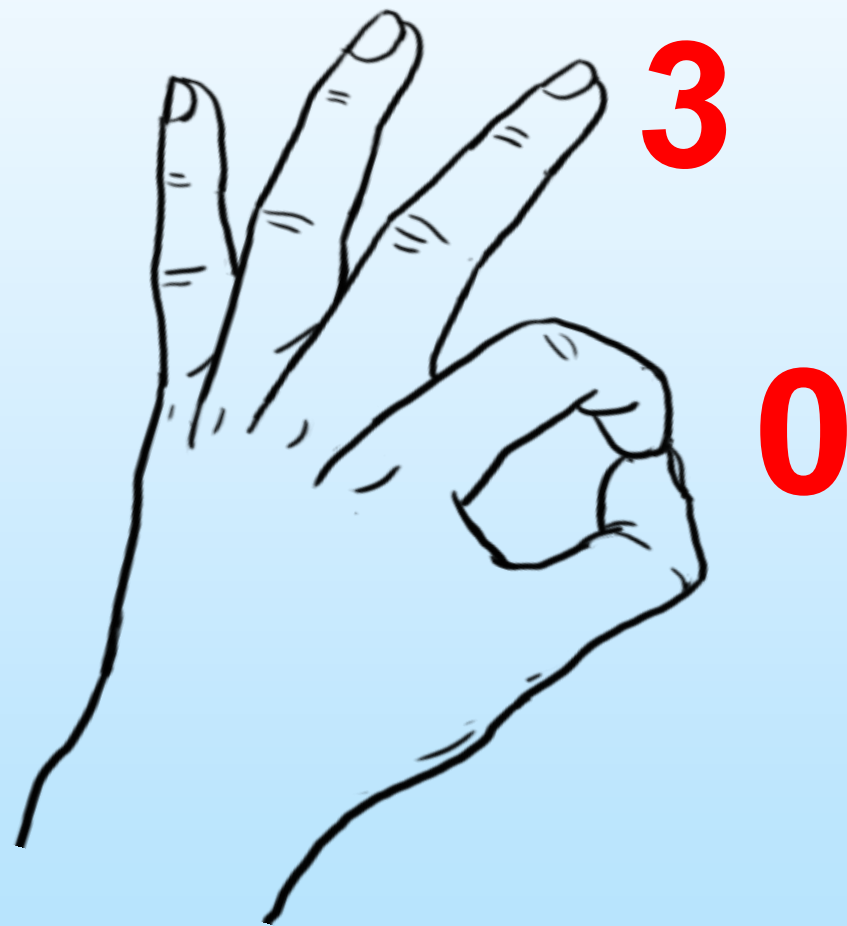
- Brisk walking, jogging, climbing stairs, gardening, mowing the lawn, vacuuming
- Tai chi, dancing, aerobic exercise
- Bicycling, swimming, playing tennis



ATTENTION: If you have not been physically active, be sure to consult your doctor before starting to exercise.

How Much do You Need to Exercise Each Day?

We should remember to make time to exercise on a daily basis.

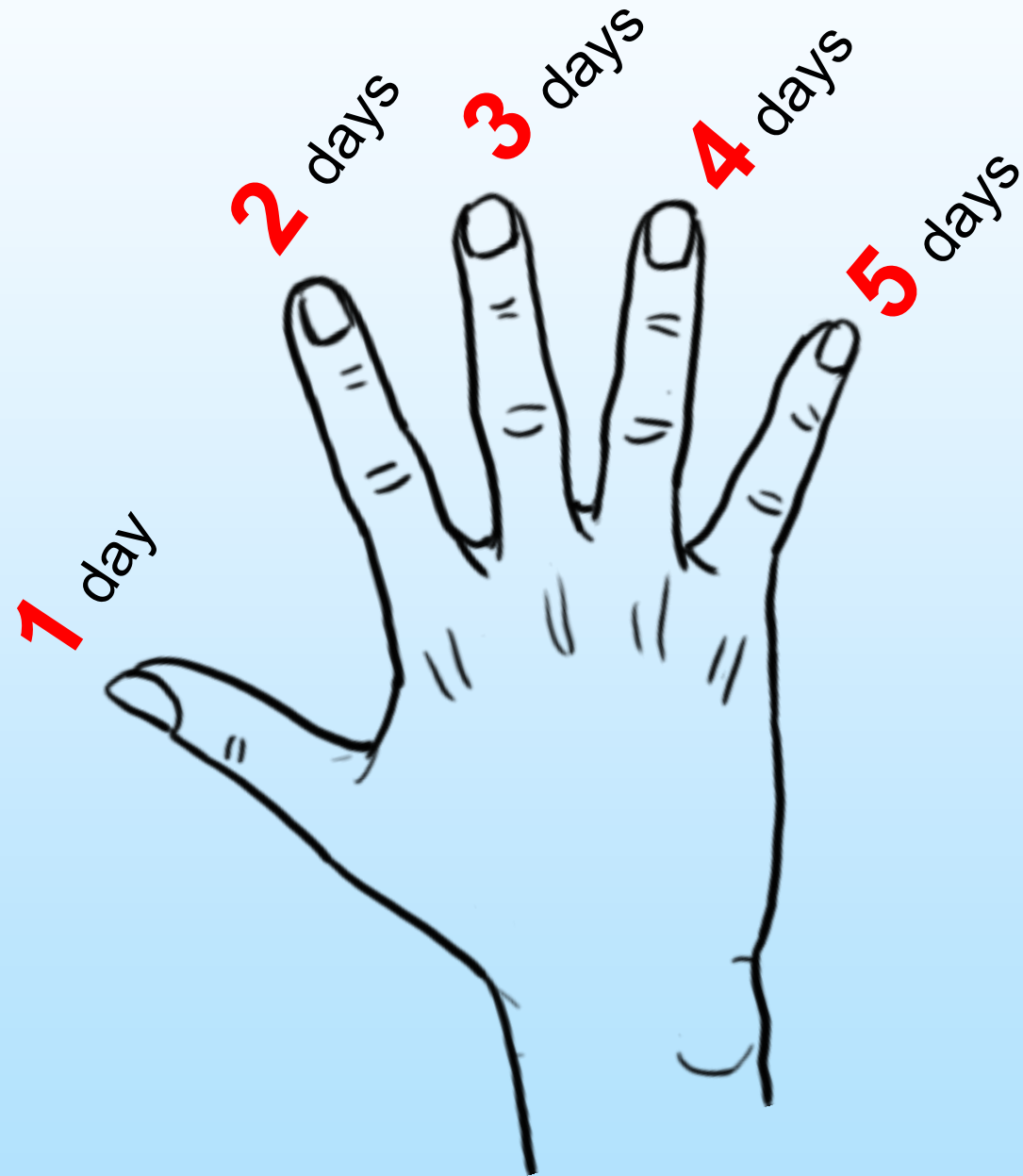


First, we can use our left hand's fingers to make the "OK" sign to remind us to exercise at least **30 minutes a day.**

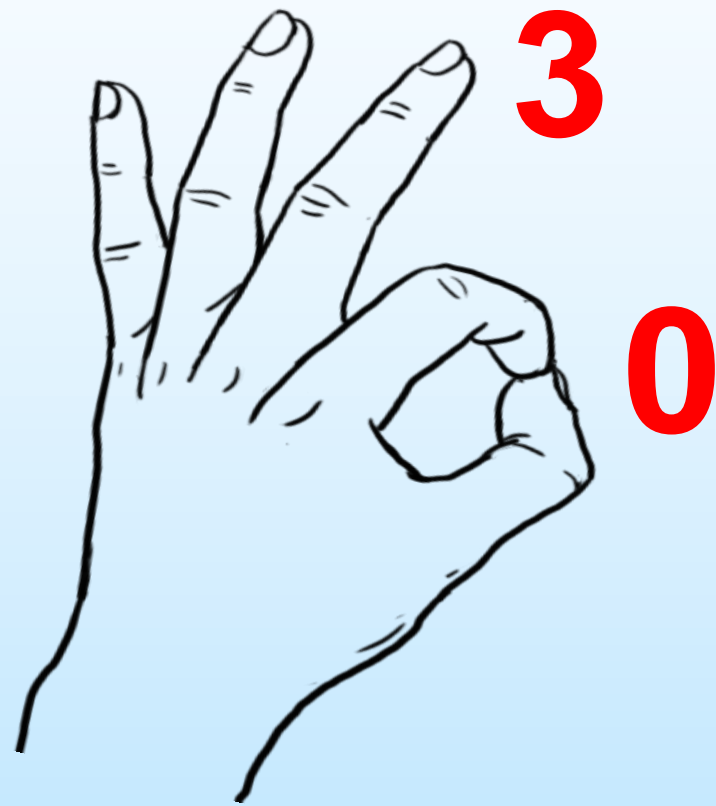
You can break up the 30 minutes of exercise into smaller time segments, such as, three 10-minute segments daily.

...And For How Many Days Each Week?

Then, we use our right hand's **5 fingers** to remind us to exercise at least **5 days each week**

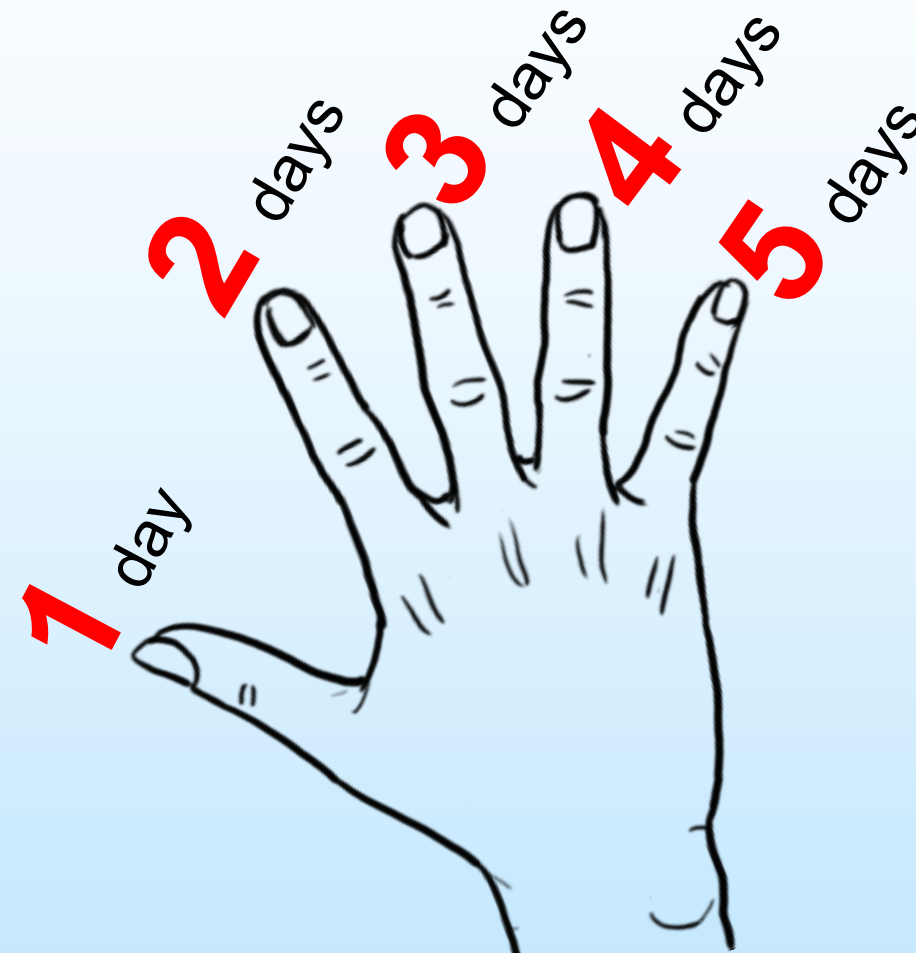


So, If We Put Our 2 Hands Together...



30 minutes a day

X



5 days a week

We should get **150 minutes of MODERATE exercise a week**, as recommended by U.S. government and other health officials.

SUMMARY OF WHAT WE LEARNED TODAY

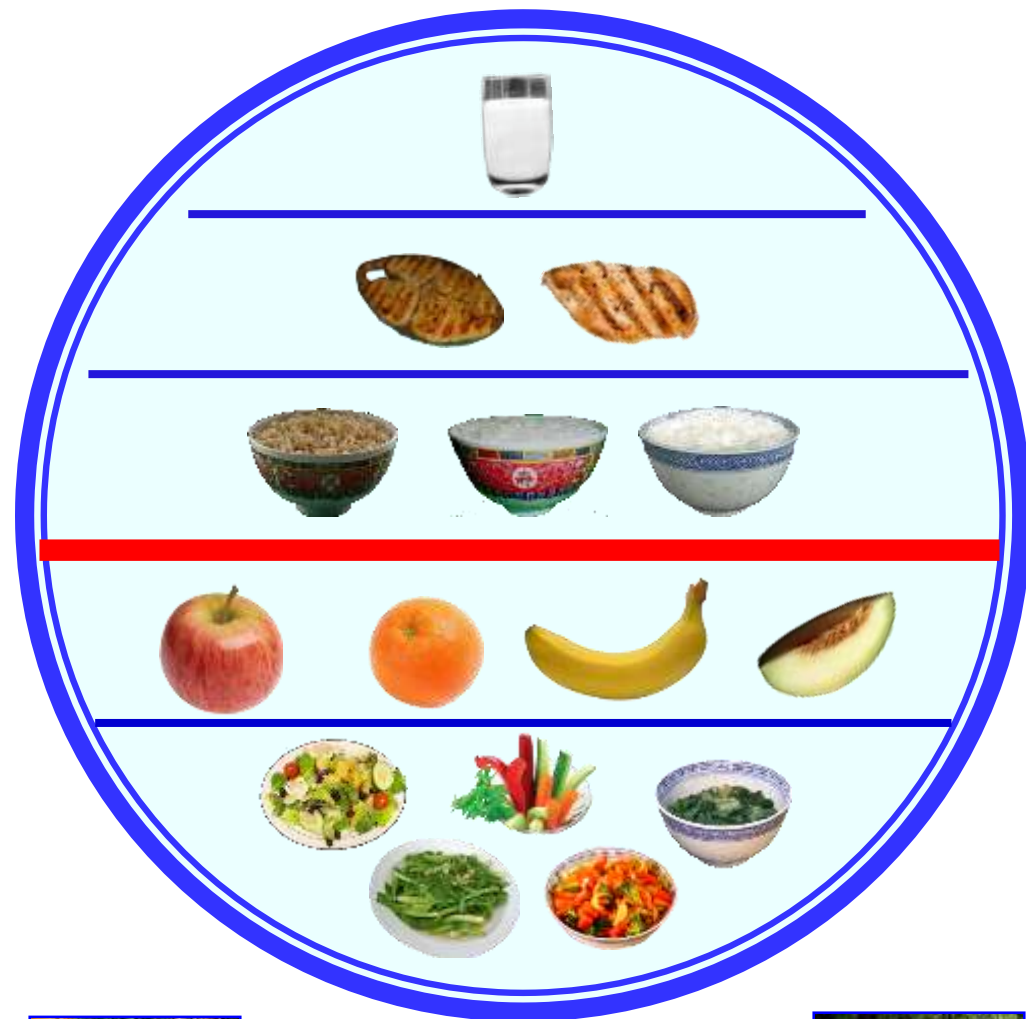
To prevent disease and stay healthy, we need to make an **everyday habit** of using our **10 fingers** to remind ourselves to:

- **Eat a Healthy Diet** which has lots of fruits and vegetables, just enough rice, small portions of meat, some milk, and very little oil, salt, or sugar
- **Exercise** at moderate level for at least 30 minutes daily 5 days each week

Let's play a game of
QUIZ for PRIZES

**If you can come up with the right answer
for each line of the following jingle, you will:**

Win a Prize!



1 large glass of MILK : fortifies my bone

2 pieces of MEAT : builds my muscle tone

3 bowls of GRAINS : gives me stamina

4 pieces of FRUITS : gives me energy

5 servings of VEGGIES : keeps me regular

HEALTHY EATING and **EXERCISE**

30 MINUTES for **5** DAYS a WEEK is wise

10-FINGER PRACTICE to keep it right

Living **LONG** and **HEALTHY** is in my sight

