

Heart Health Prevention Starts Earlier Than You Think

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A story to begin...

- 63-year-old man
- Never smoked, no symptoms, never needs to go to the doctor about anything
- Lives with his wife and 3 children, a good job, family holidays every year...
- One day presented to A&E with chest pain and diagnosed with a heart attack
- Coronary arteries severely narrowed and requiring emergency stenting to save his life
- High cholesterol, high blood pressure, stressful job providing for his family

Today in the UK

460

people will die
from cardiovascular
disease (CVD)...

... around

130

of them
will be

younger
than

75

8m+

people are living
with cardiovascular
disease (CVD)

270

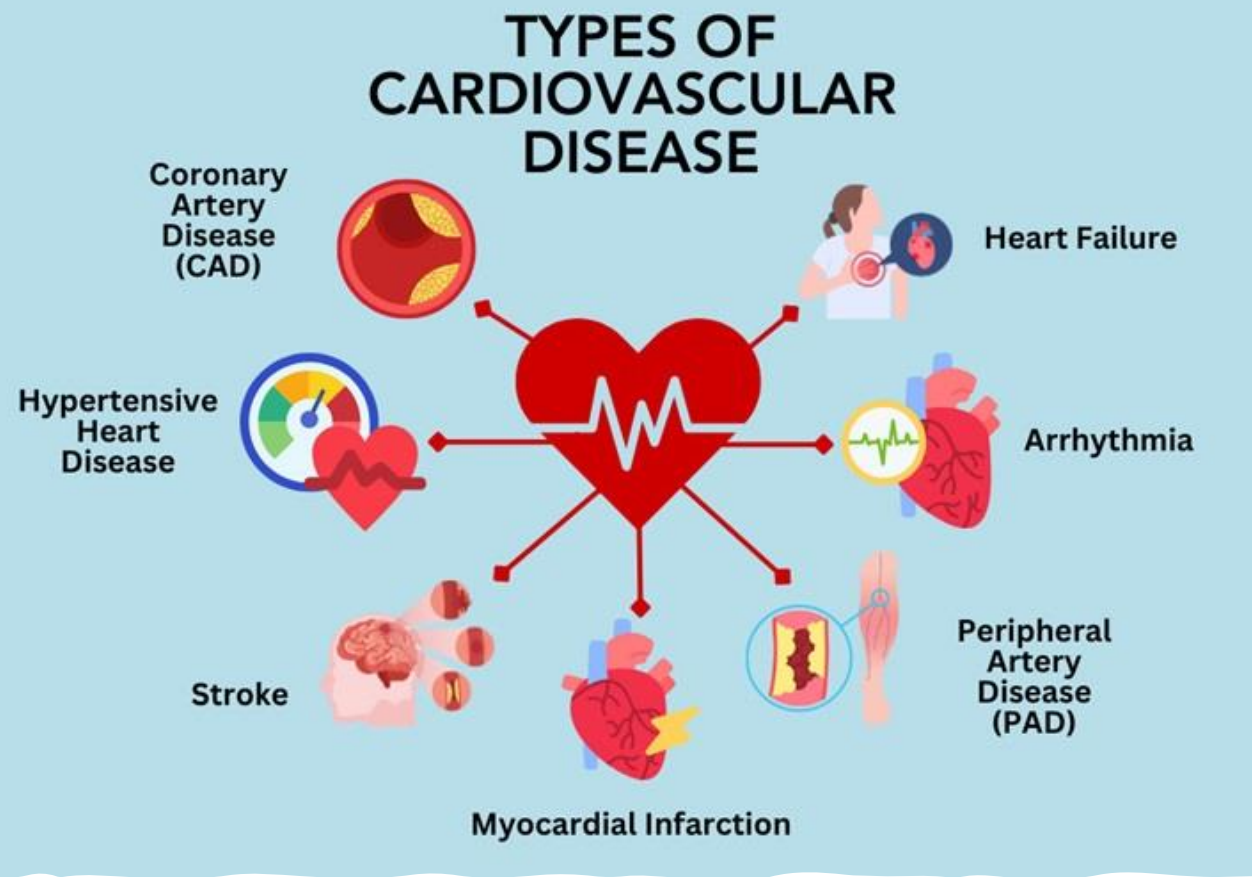
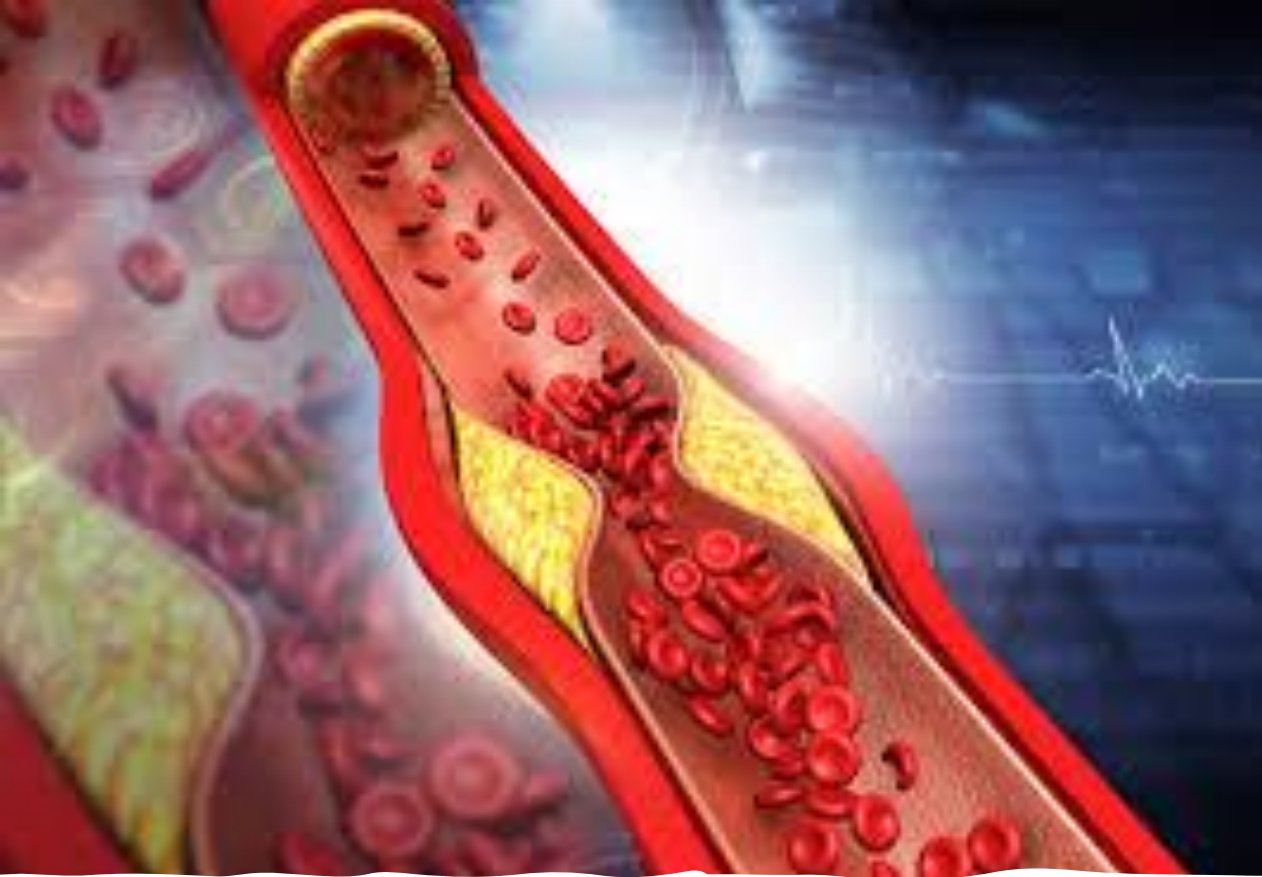
hospital admissions
will be due to a
heart attack

170

people will die
from coronary
heart disease

13

babies will be
diagnosed with
a heart defect



What is cardiovascular disease?

Cardiovascular
disease is the
leading cause of
death

It starts as early as
our teenage years
and accelerates
through adulthood

We don't
recognise the
risks early enough
in life

It is mostly
preventable

There are LOADS
of really easy
things we can do
to prevent it

Men are at higher
risk than women

You don't
symptoms
until
damage
been done



Non-modifiable
risk factors

Age

High BP

Smoking

Diabetes
mellitus

Physical
inactivity

Obesity

cholesterol

Modifiable
risk factors

High blood pressure, high cholesterol, early diabetes, and early damage to your arteries often have NO symptoms



Blood Test Results		Levels
Glycaemic Control		
Fasting		4.4 – 6.1 mmol/L
Non- fasting		4.4 – 8.0 mmol/L
HbA1c		< 6.5%
Lipids		
Triglycerides		≤ 1.7 mmol/L
HDL cholesterol		≥ 1.1 mmol/L
LDL cholesterol		≤ 2.6 mmol/L
Exercise		150 minutes per week
Blood Pressure		
Normal Renal Function		≤ 130/80 mmHg and < 125 μmol/L



So how do we prevent it?

1. Know your numbers

- Get checked at your GP, pharmacist or through OH
- Blood pressure – aim for 120/80
- Cholesterol
- Blood sugar
- BMI/waist circumference



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2. Movement



- This isn't about becoming an athlete or running a marathon
- 150 minutes of moderate exercise per week
- Resistance training
- Consistency over years is key

- Improves blood sugar control
- Reduces blood pressure
- Improves sleep
- Helps to lower cholesterol
- Helps to maintain weight loss



EMPHASIZE

- Fruits and vegetables
- Whole grain foods
- Healthy sources of proteins; fish and seafood, legumes and nuts, low-fat/fat-free dairy, poultry and if desired lean meat
- Liquid plant oils (eg, soybean oil and canola oil)



MINIMIZE

- Beverages and foods with added sugars
- Ultra-processed foods
- Processed meats
- Food high in salt
- Alcoholic beverages
- Tropic oils

- Adjust energy intake to achieve and maintain a healthy body weight
- Follow this guidance regardless of where food is prepared or consumed

How does diet reduce cardiovascular risk?

Reducing sugar, refined carbohydrate, saturated fats and alcohol improves blood sugar control and improves cholesterol

Reducing sugar, alcohol, salt improves blood pressure control

Increasing healthy protein helps improve strength and recovery from exercise

NOVA FOOD CLASSIFICATION

Group 1: Unprocessed or minimally processed foods



Group 2: Processed culinary ingredients



Group 3: Processed foods



Group 4: Ultra-processed foods





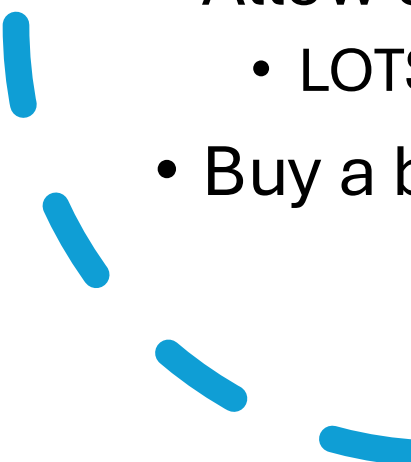


How can the workplace help?





Key points for the workplace

- Balanced diets, exercise, sleep, stress reduction not only lead to a healthier workforce but a more productive and creative one too...
 - Take a preventative approach
 - Create a culture where health is a priority and not second to work and family
 - Allow employees to attend health appointments – access to GP
 - LOTS OF PREVENTION CAN BE DONE OVER THE PHONE TOO!
 - Buy a blood pressure machine for the workplace
- 

Promote healthier eating

What does the canteen serve?

Healthy snack options

Allow time at lunch for healthy eating rather than the 'quick and easy' option

Bring lunch from home – home cooked is usually better than on the go food

Movement in the workplace

Walking meetings

Standing desks

Walk/cycle to work
where possible

10 minute walk breaks

Take the stairs

Get off the bus a stop
early and walk

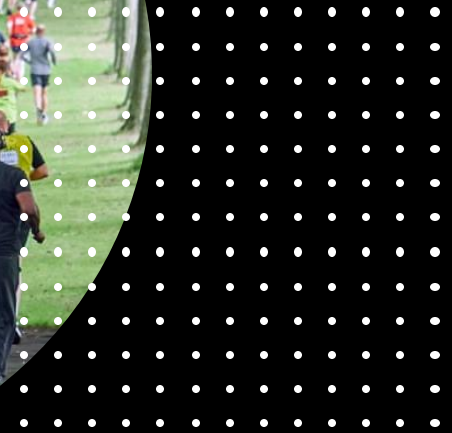
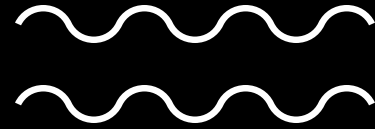
Walking/cycling/running
groups, work parkrun,
work sports teams

Use staff benefits to
subsidize gym
memberships

Take home points

- Cardiovascular disease often has no symptoms until it is too late
- It is highly preventable and most risk factors can be modified
- Consistency is key when it comes to exercise
- Know your numbers – BP, cholesterol, blood sugar
- Eat well 80-90% of the time
- The workplace can do a lot to support cardiovascular risk

If you got one
thing checked
and made one
change to your
lifestyle...



Thank you

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