

# Whitehall Cardiovascular Disease Task Force

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## Our Mission:

To create a plan for a heart healthy community in Whitehall by providing opportunities for heart health education. Our focus will be to eliminate heart health disparities, to promote cardiovascular health, and to improve overall quality and length of life.

## Agencies Represented:

- American Heart Association
- Center for Nutrition and Wellness, Children's Hospital
- Community members & Volunteers
- Franklin County Board of Health
- Whitehall Area Chamber of Commerce
- Whitehall City Schools
- Whitehall Division of Fire
- Whitehall Mayors Office
- Whitehall Parks and Recreation
- Whitehall Senior Center

The Whitehall Cardiovascular Disease Task Force is a sub-committee of the Cardiovascular Health Coalition of Franklin County, and is made possible by a Preventive Health and Health Services Block Grant awarded by the Ohio Department of Health. For additional information about grant activities please call 462-6668.



Whitehall Cardiovascular Disease Task Force  
c/o Franklin County Board of Health  
280 East Broad Street  
Columbus, OH 43215

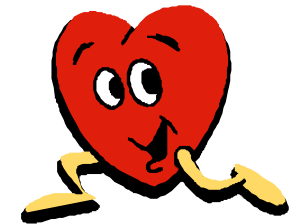
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**The vision of the Whitehall Cardiovascular Disease Task Force is to improve the heart health of all Whitehall residents. For more information on how to become a member please call 462-6668.**

*Healthy Heart*



# Whitehall Heart Health Statistics

## Adults

- 28% of 43213 residents occasionally or routinely smoke (as compared to 26% of Franklin County residents).
- 57% of Whitehall adults consume foods high in fat and cholesterol two or more times a day.
- Only 23% of Whitehall adults have seen a health professional in regards to having high blood pressure and high cholesterol.
- Heart disease is the leading cause of death in the Whitehall community accounting for 30% of all deaths.
- 69% of parents report that they believe their kids are in excellent to very good shape when asked about their children's current health status.

## Youth

- 47% of Whitehall teens live somewhat sedentary lifestyles (with girls constituting 51% of this total.)
- 37% of Whitehall teens exercise regularly on a weekly basis (30 minutes of at least moderate exercise 5 or more times a week.)
- 77% of Whitehall teens do not eat the recommended amounts of fruits and vegetables (5 servings daily.)
- 34% of Whitehall youth are overweight (boys=38%, girls=22%.)
- 68% of Whitehall teens eat too much food high in fats and cholesterol.
- 32% of Whitehall teens occasionally or routinely use tobacco.

### Source:

- Health Demographics Reports, 1999
- Vital Statistics Report, 1999
- Franklin County Board of Health Student Health Survey, 1998

# Heart Health Info

## What is Cardiovascular Disease

Cardiovascular disease (CVD) is a chronic disease in which there is a "hardening" of the arteries on the surface of the heart. The term hardening refers to a condition that causes the arteries to become so narrowed and stiff that they block the free flow of blood. Although some patients feel no symptoms from these episodes, others experience significant chest pain or pressure. If an episode is severe or lengthy, the heart may stop beating which would cause cardiac arrest.

## What Causes Cardiovascular Disease

A number of factors have been shown to increase an individual's risk of developing coronary artery disease including:

- Family history of cardiovascular disease
- High Levels of LDL (bad) cholesterol
- Low levels of HDL (good) cholesterol
- Uncontrolled high blood pressure
- Smoking
- Lack of regular exercise
- High fat diet
- Overweight or obesity
- Uncontrolled diabetes
- Chronic stress or depression

## High Blood Pressure

High Blood pressure, or hypertension, is a condition commonly associated with narrowing of the arteries. This causes blood to be pumped with excessive force against the artery walls. It is a sign that the heart and blood vessels are being overworked. Untreated, high blood pressure will cause the heart to eventually overwork itself to the point where serious damage can occur.

## Steps to Reduce your Chance of Heart Disease or Stroke

Because heart disease tends to develop over a long period of time, there are opportunities to prevent or control it. Preventative care can begin early, thus reducing the speed at which heart disease develops. Some of the most common strategies for preventing heart disease include:

### Exercise daily

- Work out/Lift weights
- Take a walk
- Stretch
- Use the stairs instead of the elevator

### Stop smoking or using tobacco products

- The average smoker dies nearly 7 years before a nonsmoker
- Smoking is the leading preventable cause of premature death in Ohio
- Tobacco smoke contains nearly 4,000 harmful chemicals

### Manage your stress levels

- Listen to relaxing music or an inspirational tape
- Write in a journal or diary
- Take a relaxing bath
- Engage in a hobby

### Watch your diet

- Eat less fat and less salty foods
- Watch what and how much you eat
- Eat plenty of fruits and vegetables

### Visit your doctor for regular check-ups

- Check your blood sugars if you have diabetes
- Monitor your blood pressure (120/80 is normal)