

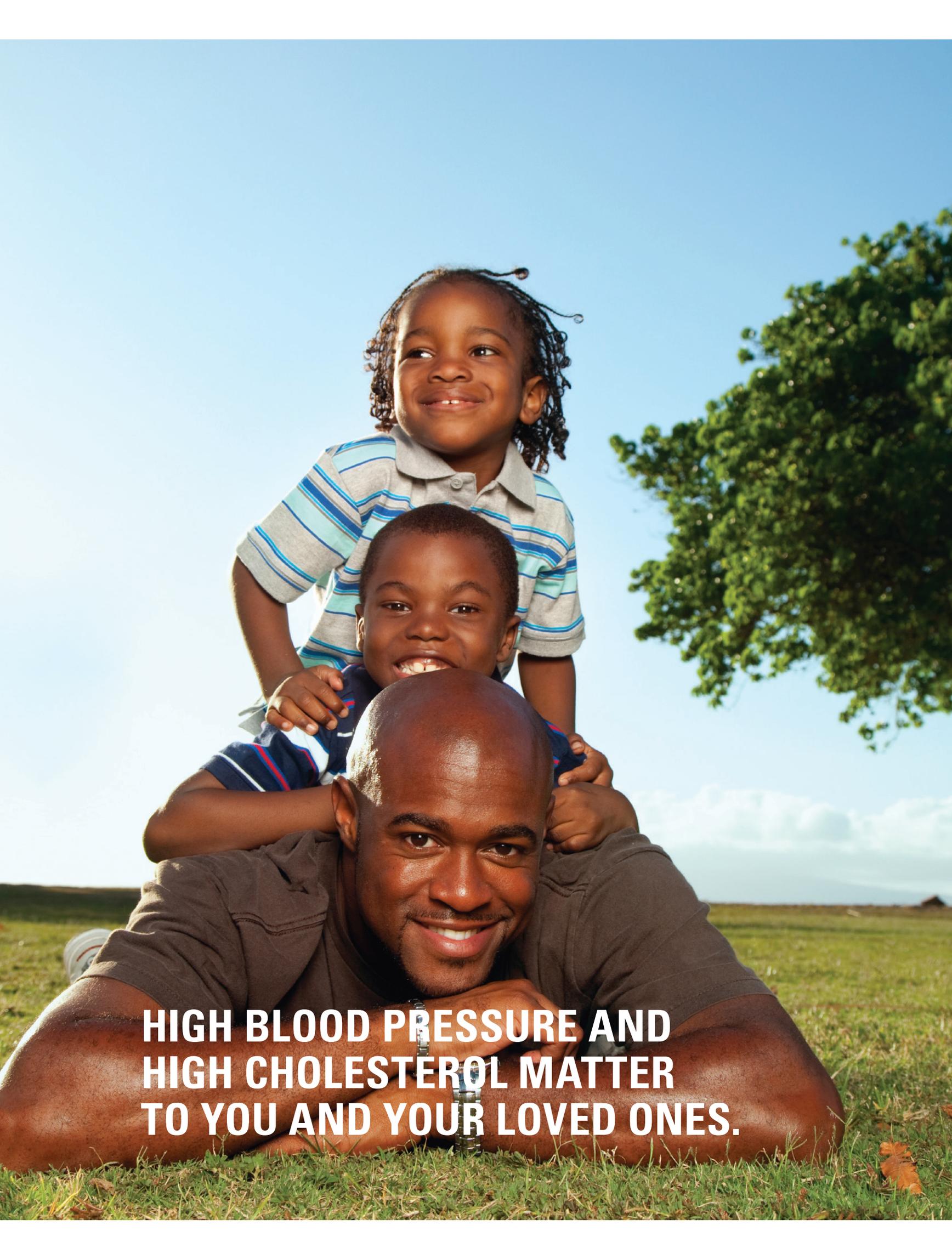


**CHECK
CHANGE
CONTROL** **it**

YOUR HEART DEPENDS ON IT



**HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL
TOOLKIT FOR YOU AND YOUR LOVED ONES**



**HIGH BLOOD PRESSURE AND
HIGH CHOLESTEROL MATTER
TO YOU AND YOUR LOVED ONES.**

African-American men are at **high risk for heart disease and stroke.**

High blood pressure and high cholesterol lead to heart disease, stroke **and other serious or life-threatening illnesses.** High blood pressure can interfere with sexual

functioning. You won't know if you have high blood pressure or high cholesterol unless you have them checked. **Simple tests can be done** to check your blood pressure and cholesterol.

If you find out that you have high blood pressure, high cholesterol or both, you are in control. **You can change the picture and lead a healthy life.**





If you don't have **high blood pressure** or **high cholesterol** now,
you should still take steps to prevent getting them in the future since **your risk is high.**

I WILL BE IN CONTROL.

Check each item that you want to commit to:

- Have my blood pressure checked regularly.
- Have my cholesterol levels checked as recommended by my doctor.
- Make a list of physical activities that I like.
- Talk to my doctor about a realistic plan for getting physical activity.
- If I'm overweight, talk to my doctor about setting a weight goal and a realistic plan to lose weight.
- Learn to read food labels so I can choose food with less fat and salt in them.
- Eat five or more servings of fruits and vegetables.
- Keep my loved ones informed of my goals and progress.
- Take the salt shaker off the dinner table.
- Skip salt-based seasonings like garlic salt while cooking.
- Drink no more than 2 alcoholic drinks each day.
- Ask my family and friends for support.
- If I smoke, learn about programs to quit.
- If I smoke, take the necessary steps to quit.
- If I smoke, ask family and friends for support
- If I smoke, I will keep trying until I quit for good.

I will have my blood pressure and cholesterol checked and follow my doctor's orders to treat or prevent high blood pressure and high cholesterol.



CARDIOVASCULAR DISEASE RISK FACTORS YOU CAN CONTROL:

- High blood pressure
- High cholesterol
- High triglyceride levels
- Diabetes and prediabetes
- Overweight and obesity
- Smoking
- Lack of physical activity
- Unhealthy diet
- Excessive alcohol consumption (more than 2 standard drinks; a standard drink is 12 oz. beer, 4 oz. of wine, 1.5 oz. of 80-proof spirits or 1 oz. of 100-proof spirits)
- Stress

A photograph of a middle-aged Black man sitting in a wheelchair in a hospital. He is wearing a light blue hospital gown and is looking back over his shoulder towards the camera with a slight smile. The background is a blurred hospital hallway. The bottom half of the image has a solid blue background.

I had a stroke and woke
up in the hospital. They told me

I had high blood pressure. – Robert, 43

CHECK IT. CHANGE IT. CONTROL IT.

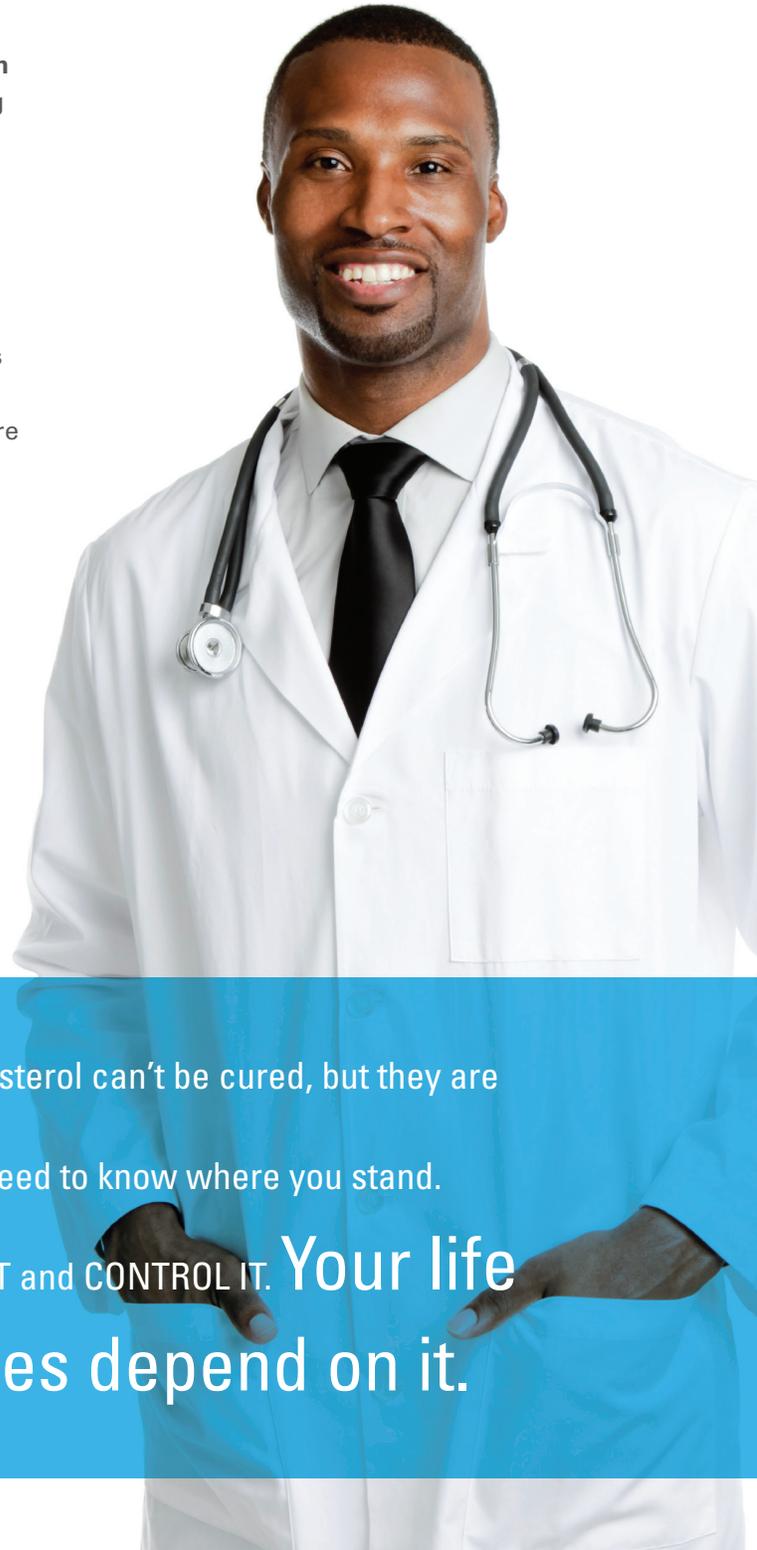
African-American men are at high risk for cardiovascular disease – diseases of the heart and blood vessels (like arteries and veins). Cardiovascular disease can lead to heart attacks and stroke.

Heart disease is a leading cause of death among African-American men; nationally, African-American men have a higher risk of dying from stroke before age 65 compared to other groups.

- In Ohio, African-American men are 53 percent more likely to die from stroke than any other group.
- African-American stroke survivors are more likely to become disabled and have difficulties with activities of daily living.

High blood pressure and high cholesterol are major risk factors for cardiovascular disease.

- African Americans have the highest rate of high blood pressure of all groups and tend to develop it at a younger age, even in their teens.
- Nearly 45 percent of African-American men have borderline-to-high cholesterol.



High blood pressure and high cholesterol can't be cured, but they are manageable conditions. First, you need to know where you stand.

If you CHECK IT, you can CHANGE IT and CONTROL IT. **Your life and your loved ones depend on it.**

CHECK IT.

Cardiovascular disease happens over many years. It can be a silent killer, because the high blood pressure and high cholesterol that are primary risk factors don't have symptoms. Don't ignore how high blood pressure and high cholesterol may be damaging your health. Instead, CHECK IT.

High Blood Pressure

High blood pressure is a condition where the force of the blood against your artery walls is high enough that it may cause serious health problems. For yourself and your loved ones, be safe: visit your doctor to find out your blood pressure numbers – even if you feel fine.

Two numbers make up a blood pressure measurement, for example, 149/96 (149 over 96). A simple blood pressure check will tell you whether you have normal blood pressure, pre-hypertension or high blood pressure.

Normal Blood Pressure	Less than 120 over less than 80
Pre-hypertension	120 to 139 over 80 to 89
High Blood Pressure	140 or higher over 90 or higher

High Cholesterol

Cholesterol is a waxy, fat-like substance in your blood. Too much cholesterol can build up in the walls of your arteries and cause damage over time: arteries narrow and blood flow to the heart slows down or becomes blocked. Eventually, this causes heart disease and can lead to a heart attack.

Like high blood pressure, high cholesterol itself does not cause symptoms. If you don't have your cholesterol levels checked, you won't know if it is harming your health.

See your doctor to get a simple blood test that measures cholesterol.

Hypertension is another name for high blood pressure.



RISK FACTORS

Risk factor = A condition that increases your chance of getting a disease.

High blood pressure is a risk factor for:

- Stroke
- Heart disease
- Kidney disease
- Blindness
- Dementia

High cholesterol

is a risk factor for:

- Heart disease
- Metabolic syndrome (a condition that increases your chance of getting Type 2 diabetes)
- Hardening of the arteries (atherosclerosis)

CHANGE IT.

If you have high blood pressure, high cholesterol or both, partner with your doctor to improve your numbers. If your numbers are normal, adopting or maintaining a healthy lifestyle can prevent you from developing them in the future. Either way, ask your family for their support.

Adopt a Healthy Lifestyle

Enjoying a healthy lifestyle is the best way to prevent getting high blood pressure and high cholesterol. And if you already have one of these conditions, doing things that are healthier for you is just as important as taking medication your doctor may have prescribed.

Here's What You Need to Do:

- **Eat Healthy:** More fresh or frozen fruits and vegetables; less salt, sweets and fat; smaller portions
- **Be Active:** 30 minutes of physical activity most days of the week
- **Don't Smoke:** Check out successful programs to kick the habit for good; if you don't smoke, don't start
- **Drink Less or No Alcohol:** No more than 2 drinks per day

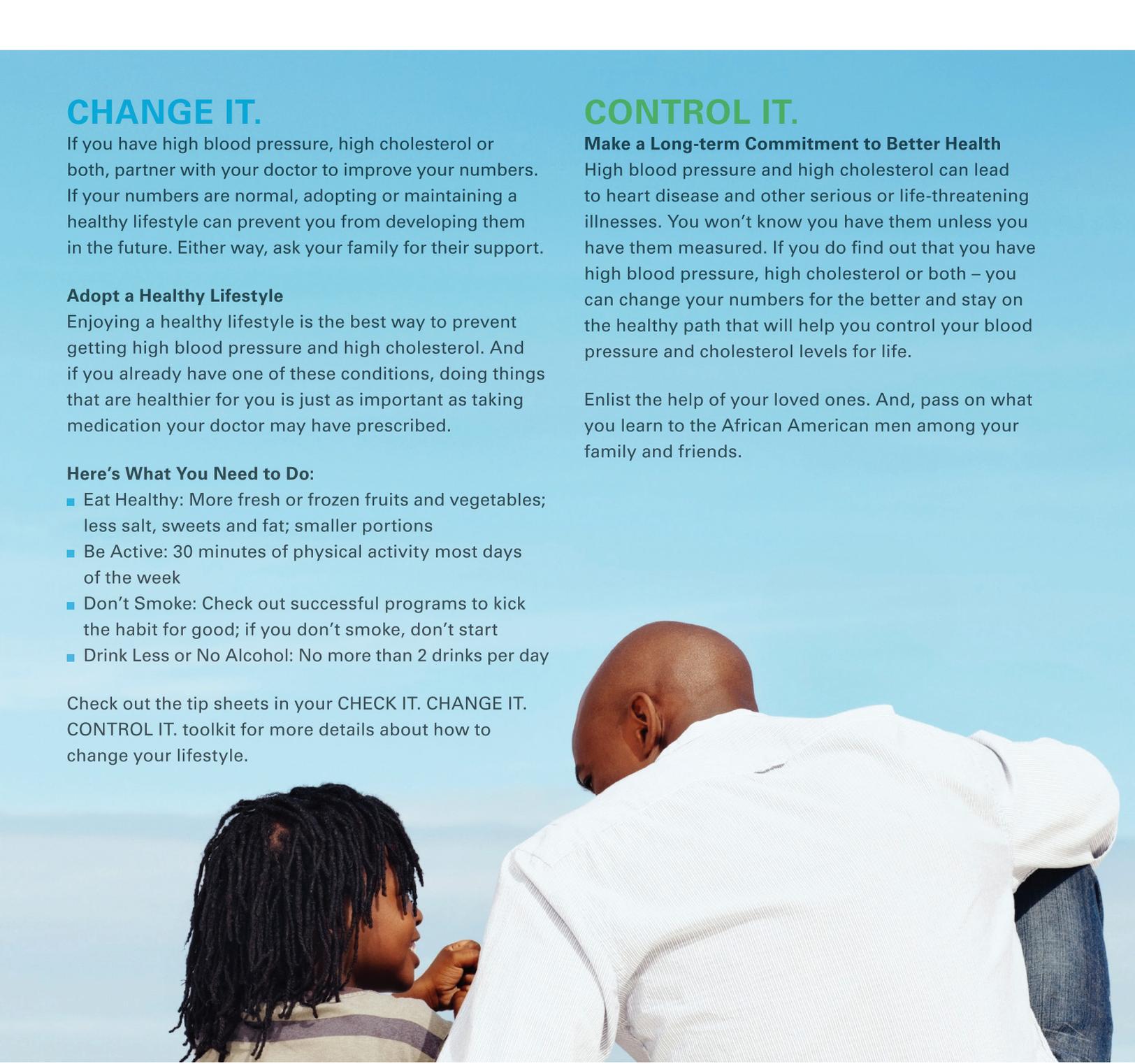
Check out the tip sheets in your CHECK IT. CHANGE IT. CONTROL IT. toolkit for more details about how to change your lifestyle.

CONTROL IT.

Make a Long-term Commitment to Better Health

High blood pressure and high cholesterol can lead to heart disease and other serious or life-threatening illnesses. You won't know you have them unless you have them measured. If you do find out that you have high blood pressure, high cholesterol or both – you can change your numbers for the better and stay on the healthy path that will help you control your blood pressure and cholesterol levels for life.

Enlist the help of your loved ones. And, pass on what you learn to the African American men among your family and friends.



I feel a real responsibility to be here for my kids and to set a good example: eating healthy, exercising, not smoking or drinking too much. – James, 30

QUESTIONS TO ASK YOUR DOCTOR ABOUT HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL

Going to your doctor with a list of questions will help you get the most from your visit. Write down the answers or take someone with you who can take notes while you talk with your doctor.

- What are my blood pressure numbers?

- What should my blood pressure be?

- What are my blood cholesterol numbers?

- What should they be?

- How can I change my eating habits to help lower my blood pressure and cholesterol?

- What would be a healthy weight for me?

- What kind of physical activity do you recommend for me?

- What else can I do to take control?

HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL ARE MAJOR RISK FACTORS FOR HEART DISEASE AND STROKE. PLEASE ANSWER THE QUESTIONS BELOW SO YOUR DOCTOR CAN EXPLAIN YOUR INDIVIDUAL RISK.

What is your weight? _____

What is your height? _____

What is your age? _____

Do you eat a lot of salty foods, such as canned soup and vegetables, frozen meals and fast food?
 Yes No

Do you consume foods high in saturated fat (such as red meats, whole fat cheeses, milk and ice cream, fried foods, pie, cookies, etc.)?
 Yes No

Are you physically active for at least 30 minutes, three times a week?
 Yes No

Do you drink beer, wine, or liquor on a daily basis?
 Yes No

Have you consumed four or more alcoholic beverages in a single occasion?
 Yes No

Do you experience high levels of stress on a daily basis?
 Yes No

Do you smoke cigarettes or cigars?
 Yes No

Has any member of your immediate family (children, parents, brother or sister) been diagnosed with high blood pressure?
 Yes No

Have you had your blood pressure checked in the last 12 months?
 Yes No

Do you know your blood pressure?
 Yes No

Has any member of your immediate family been diagnosed with high blood pressure?
 Yes No

Have you had your cholesterol levels checked in the past 5 years?
 Yes No

Do you know your current cholesterol level?
 Yes No

Has any member of your immediate family been diagnosed with high cholesterol?
 Yes No

Has any member of your immediate family suffered a heart attack or stroke?
 Yes No

Does any member of your immediate family have diabetes?
 Yes No



HIGH CHOLESTEROL: IT TAKES FOUR NUMBERS TO DETERMINE YOUR RISK.

A blood test is all it takes to get the four numbers your doctor needs to determine if your cholesterol level is putting you at risk for cardiovascular disease.

The best time to have the test is after you fast (don't eat) for 8 to 12 hours before the test. This kind of test is called a lipid profile, and it measures:

- Total cholesterol (LDL cholesterol + HDL cholesterol)
- LDL (bad) cholesterol – the main source of cholesterol buildup and blockage in the arteries
- HDL (good) cholesterol – helps keep cholesterol from building up in the arteries
- Triglycerides – another form of fat in your blood that raises your risk of heart disease

After you have your test and get the results back, write your cholesterol and triglyceride numbers in the middle columns.

TOTAL CHOLESTEROL LEVEL	MY TOTAL CHOLESTEROL LEVEL	CATEGORY
Less than 200 mg/DI		Desirable
200-239 mg/dL		Borderline High
240 mg/dL and above		High

LDL (BAD) CHOLESTEROL LEVEL	MY LDL (BAD) CHOLESTEROL NUMBER	CATEGORY
Less than 100 mg/dL		Optimal
100-129 mg/dL		Near Optimal
130-159 mg/dL		Borderline High
160-189 mg/dL		High
190 mg/dL and above		Very High

HDL (GOOD) CHOLESTEROL LEVEL	MY (GOOD) CHOLESTEROL NUMBER	CATEGORY
60 mg/dL or more		Desirable
Less than 40 mg/dL		Low (increased risk)

TRIGLYCERIDE LEVEL	MY TRIGLYCERIDE NUMBER	CATEGORY
Less than 150 mg/dL		Normal
150-199 mg/dL		Borderline High

If your doctor says you need to lower your cholesterol and/or triglyceride level, ask him or her to make specific recommendations for you on how you can do it. Talk about diet and exercise, and whether you would benefit from medication. Tell your loved ones your goals and keep them up-to-date on your progress.



QUESTIONS IF YOUR DOCTOR PRESCRIBES MEDICATION:

- What is the name of my medication?

- Can I get it as a generic? (Most medical plans have a lower copay for generic drugs.)

- Does the maker of the medication offer any discounts or coupons? (If you'll have trouble paying, some companies offer discounts on their medications for those who can't afford them.)

- What are the possible side effects of my medication?

- What should I do if I have side effects?

- When should I start taking my medicine?

- How much should I take?

- Do I need to take it a certain time of day?

- Should I take it with or without food?

- What should I do if I forget to take my medication at the recommended time?

- How long will I need to be on medication?

- Do any of my medications interact with each other?



IMPROVING MY BLOOD PRESSURE AND CHOLESTEROL NUMBERS

WHAT WILL HELP ME SUCCEED?

KEEP YOUR DOCTOR APPOINTMENTS. Your doctor will want to work with you to help improve your numbers. He or she will want to see you in the office from time to time. Following up with your doctor will keep you on track and allow your doctor to work with you to solve problems that might keep you from reaching your goals.

MONITOR YOUR BLOOD PRESSURE ON YOUR OWN. Blood pressure cuffs can be purchased at discount or drug stores. If you don't want to buy one, many drugstores, fire stations and health departments offer a service that lets you take your blood pressure for free.

HAVE YOUR CHOLESTEROL MEASURED. At least once every 5 years, and your doctor will want to check it more often if you already have high cholesterol.

TELL YOUR DOCTOR IF YOU HAVE PROBLEMS FOLLOWING HIS OR HER ORDERS AND RECOMMENDATIONS. Don't stop treatment on your own. Instead, call the doctor's office to let them know what's happening and let them help you.

GET YOUR LOVED ONES INVOLVED. It's not easy to make lifestyle changes. If your loved ones understand why you need to eat healthy and be active, they can do a better job of supporting you.

LEARN AS MUCH AS YOU CAN ABOUT HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL. Look for trustworthy information – check out the list of resources included in your CHECK IT. CHANGE IT. CONTROL IT. toolkit.



WHAT YOU AND YOUR LOVED ONES NEED TO KNOW ABOUT HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL – AND TIPS TO CONTROL THEM

THE FACTS

- African Americans have the highest rate of high blood pressure of all groups, and tend to develop it at a younger age than other groups.
- Nearly 45 percent of African-American men have borderline-to-high cholesterol.
- Your blood pressure and cholesterol numbers have a lot to do with your chances of having a heart attack or a stroke.
- Heart attacks and strokes are leading causes of death among African-American men.

High blood pressure and high cholesterol typically don't cause symptoms. That means you can have high blood pressure and high cholesterol even if you feel fine. Check your risk factors:

HIGH BLOOD PRESSURE RISK FACTORS

- Excessive weight
- A family history of high blood pressure
- Having diabetes
- Inactivity
- High dietary salt and fat
- Low intake of potassium (found in fruits and vegetables)
- Smoking
- Increased age

HIGH CHOLESTEROL RISK FACTORS

- Cigarette smoking
- High blood pressure (140/90 mmHg or higher or on blood pressure medication)
- Low HDL cholesterol (less than 40 mg/dL)
- Family history of early heart disease (heart disease in father or brother before age 55; heart disease in mother or sister before age 65)

THE BEST NUMBERS FOR HEART HEALTH

Blood pressure less than 120 over less than 80

Total cholesterol less than 200 (mg/dL)

- Check your numbers by having simple tests done at your doctor's office.
- If you have one or both of these conditions, you can improve your numbers. Remember that changing your lifestyle can be as effective as taking medication.
- If your tests show you don't have these conditions, prevention is still important so you don't develop them later on.

WAYS TO PREVENT OR LOWER HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL

- Eat Healthy: Five or more servings of fruits and vegetables; less salt, sweets and fat; smaller portions.
- Be Active: 30 minutes of physical activity most days of the week.
- Don't Smoke: Check out successful programs to kick the habit for good.
- Drink Less or No Alcohol: No more than 2 drinks per day.
- If your doctor prescribes medication, take it exactly like he or she tells you.

EAT HEALTHY AT MEAL TIME

Cooking at home gives you more control over what you eat. Consider these tips to make meals healthy. Share them with your family – especially the cook, if you don't cook!

FILL HALF OF YOUR PLATE WITH FRUITS AND VEGETABLES.

- Eat red, orange and dark-green vegetables, such as tomatoes, sweet potatoes and broccoli, in main and side dishes.
- Have fruit for dessert instead of high-fat, sugary items.
- Switch to skim or 1% milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Or try calcium-fortified soy products as an alternative to dairy foods.
- Eat fruit, vegetables or unsalted nuts when you snack – they are nature’s original fast foods.

MAKE AT LEAST HALF YOUR GRAINS WHOLE.

- Choose 100% whole grain cereals, breads, crackers, rice and pasta.
- Check the ingredients list on food packages to find whole-grain foods.

VARY YOUR PROTEIN FOOD CHOICES.

- Twice a week, make fish (but not fried fish) the protein on your plate.
- Eat beans, which are a natural source of protein and fiber.
- Keep meat and poultry portions small and with as little fat as possible.

STEER CLEAR OF BAD FATS AND LIMIT SALT AND SALT-BASED SEASONINGS.

- Avoid adding or cooking with butter, lard or shortening that has “trans fats” on the label.
- Don’t add salt while cooking, and taste food before adding salt.
- Avoid seasonings like garlic salt while cooking, too. Try garlic powder instead.
- Eat frozen or fresh vegetables and fruits whenever possible, or rinse canned vegetables to get rid of some of the salt.
- Read food labels and check the amount of sodium (salt) in a serving. Your daily intake of salt from everything you eat should be 2,300 mg or less.

Check out the DASH diet for more ideas:

http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

GET MOVING

The U.S. Centers for Disease Control advises that getting at least 30 minutes of moderate aerobic exercise 5 days of the week (150 minutes total) is a good benchmark for almost everyone. So, what is moderate aerobic exercise? Moderate intensity generally means that your breathing and heart rate are noticeably faster but you can still carry on a conversation:

- Brisk walking
- Light yard work
- Light snow shoveling
- Actively playing with children
- Biking at a casual pace
- Light workout with weights
- Dancing

You can even divide the 30 minutes into three periods of at least 10 minutes each!

Check with your doctor before you start being physically active if you have heart disease, if you’re over age 50 and are not used to moderate-level physical activity, if you have a family history of heart disease at an early age, or if you have any other serious health problem.





YOUR HEART DEPENDS ON IT

BLOOD PRESSURE TRACKER

CALL 9-1-1 IMMEDIATELY IF YOUR BLOOD PRESSURE IS HIGHER THAN 180/110. EMERGENCY MEDICAL TREATMENT IS REQUIRED.

DATE / TIME	READING 1		READING 2		READING 3		COMMENTS
	Blood Pressure	Heart Rate (pulse)	Blood Pressure	Heart Rate (pulse)	Blood Pressure	Heart Rate (pulse)	

ONLINE HEALTH TRACKING TOOLS

Try these free resources that help you record and track your blood pressure, food and fitness:

- American Heart Association, <https://www.heart360.org>
- U.S. Dept. of Agriculture Super Tracker, food and physical activity trackers, <https://www.choosemyplate.gov/SuperTracker/default.aspx>

HEALTHY REMINDERS

- Lose weight if you're overweight.
- Eat healthy foods low in saturated fat, trans fat and salt.
- Eat five or more servings of colorful fruits and vegetables each day and choose low-fat dairy products.
- Get 30 minutes of physical activity most days of the week.
- Limit alcohol to no more than two drinks a day.
- If you smoke, stop. If you don't smoke, don't start. Avoid second-hand smoke.
- Take your medicine the way your doctor tells you.



This program was created by the Ohio Department of Health, in collaboration with Ohio physicians.
OHIO DEPARTMENT OF HEALTH 246 N. High St., Columbus, Ohio 43215

**RECORD YOUR CHOLESTEROL LEVELS EACH TIME YOU HAVE IT MEASURED.
SEEING IMPROVEMENT WILL HELP YOU STAY ON TRACK!**

DATE OF CHECKUP	HEALTHY LEVELS	MY GOAL LEVELS	VISIT 1	VISIT 2	VISIT 3	VISIT 4	VISIT 5
TOTAL CHOLESTEROL	Less than 200 mg/dl						
LDL	Less than 100 mg/dL to 129 mg/dL						
HDL	40 mg/dL or more						
TRIGLYCERIDES	Less than 150 mg/dL						

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- Take your medicine the way your doctor tells you.



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RESOURCES AND TOOLS TO HELP YOU CHANGE AND CONTROL HIGH BLOOD PRESSURE AND HIGH CHOLESTEROL

HEALTHY OHIO: <http://www.healthyohioprogram.org/>

Help quitting smoking is available by calling the American Lung Association at 1-800-242-8721. Or call THE OHIO TOBACCO QUIT LINE, 1-800-QUIT-NOW, 1.800.784.8669 (available to uninsured Ohioans and Medicaid recipients).

OHIO DEPARTMENT OF HEALTH: <http://www.odh.ohio.gov/>

HIGH CHOLESTEROL: What You Need To Know
www.nhlbi.nih.gov/health/public/heart/chol/wyntk.htm

CHOLESTEROL INFORMATION AND TOOLS:
<http://www.nhlbi.nih.gov/health/public/heart/index.htm#chol>

“AIM FOR A HEALTHY WEIGHT,” www.nhlbi.nih.gov

“YOUR GUIDE TO LOWERING HIGH CHOLESTEROL,”
[www.nhlbi.nih.gov/high blood cholesterol](http://www.nhlbi.nih.gov/high%20blood%20cholesterol)

LEARN HOW AFRICAN-AMERICAN RON TUCKER IS CONTROLLING HIS BLOOD PRESSURE,
[http://www.nhlbi.nih.gov/high blood cholesterol/real/rt/meet.htm](http://www.nhlbi.nih.gov/high%20blood%20cholesterol/real/rt/meet.htm)

NUTRITION.GOV: <http://www.nutrition.gov/>

FITNESS.GOV: www.fitness.gov

SMOKING AND TOBACCO USE RESOURCES: www.cdc.gov/tobacco

FREEDOM FROM SMOKING® ONLINE: <http://www.ffsonline.org/>

THE OHIO TOBACCO QUITLINE: 1-800-QUIT-NOW (1-800-784-8669), <http://ohio.quitlogix.org>

HEART.ORG, <http://www.heart.org/HEARTORG/>

HEALTHFINDER, www.healthfinder.gov

MEDLINEPLUS, www.medlineplus.gov

BLOOD PRESSURE JOURNAL, An app for Android devices that tracks blood pressure, heart rate and weight. Free at <https://play.google.com/store/apps/details?id=com.michaelfester.heart.lite&hl=en>

BLOOD PRESSURE COMPANION, An iPhone, iPod touch and iPad app that tracks blood pressure, heart rate and weight. Free at <https://itunes.apple.com/app/blood-pressure-companion-free/id458537528?mt=8>

DIET POINT, An iPhone, iPod touch and iPad weight loss meal planner app. Free at <https://itunes.apple.com/us/app/diet-point-weight-loss-meal/id365306881?mt=8>

MYFITNESSPAL, An app to track calories and exercise and monitor progress – compatible with most mobile operating systems. Free at <http://www.myfitnesspal.com/>

CHOOSE THIS NOT THAT FOR HIGH CHOLESTEROL, Android app with nutrition guidelines for how to reduce your risk, prevent and combat High Cholesterol. \$2.99 at https://play.google.com/store/apps/details?id=appinventor.ai_egfayen.Cholesterol&hl=en

CHOLESTEROL TRACKER, Record and monitor cholesterol information, for iPhone, iPod touch and iPad. \$2.99 at <https://itunes.apple.com/us/app/cholesterol-tracker/id452500570?mt=12>



AFRICAN-AMERICAN
MEN ARE AT HIGH RISK
FOR HEART DISEASE
AND STROKE.

SIMPLE TESTS CAN BE
DONE TO CHECK YOUR
BLOOD PRESSURE AND
CHOLESTEROL.

YOU CAN CHANGE THE
PICTURE AND LEAD
A HEALTHY LIFE.



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