

# It's a Matter of the Heart

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# Today's presenters



**Coletta Meyer** | MS, MCHES®, CWPC  
Manager, Health Engagement | GEHA



**Lindsay Martin** | MS, RDN, LDN  
Health Engagement Administrator | GEHA



**Laurie Annis** | RN, BSN  
Nurse Consultant II | GEHA

# Agenda

- What is heart disease?
- Heart disease in women
- Risk factors
- Decreasing your risk
- Manage your nutrition
- Signs and symptoms
- Heart attack and stroke
- Resources
- Q&A



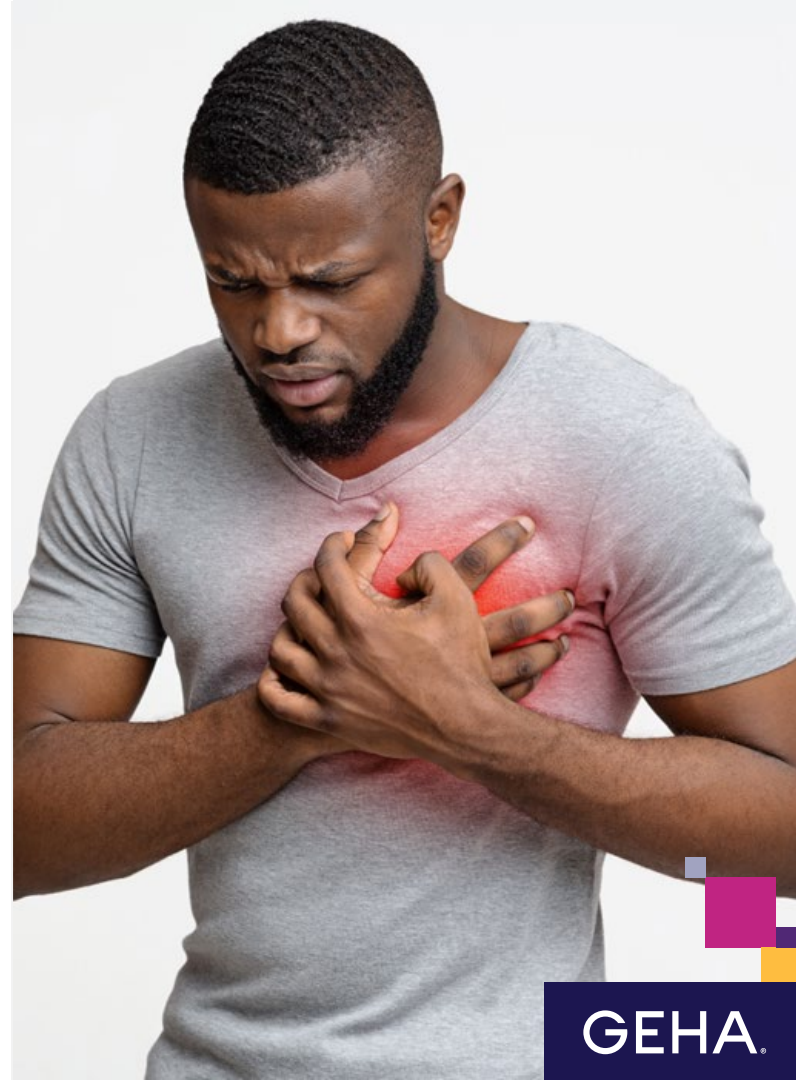
# Heart disease: What is it?

# What is heart disease?

Heart disease describes a range of conditions that affect your heart.

## Heart diseases include:

- Blood vessel disease, such as coronary artery disease
- Heart rhythm problems (arrhythmias)
- Heart defects you're born with (congenital heart defects)
- Heart valve disease
- Disease of the heart muscle
- Heart infection



A life is lost to  
heart disease



in the United States.

## By the numbers

- Leading cause of death
- One person dies every 34 seconds
- 697,000 Americans
  - One in every four deaths
- **\$229 billion**
  - Health care services
  - Medicines
  - Lost productivity

Source: [cdc.gov/heartdisease/](https://www.cdc.gov/heartdisease/)

# Heart disease in women

# Heart disease in women

## Heart disease is the No. 1 killer of women

- One out of five women
- Leading cause of death for African American and white women
- “Silent” heart disease
- Symptoms are different from men’s
- Certain types are harder to diagnose
- Menopause increases risk

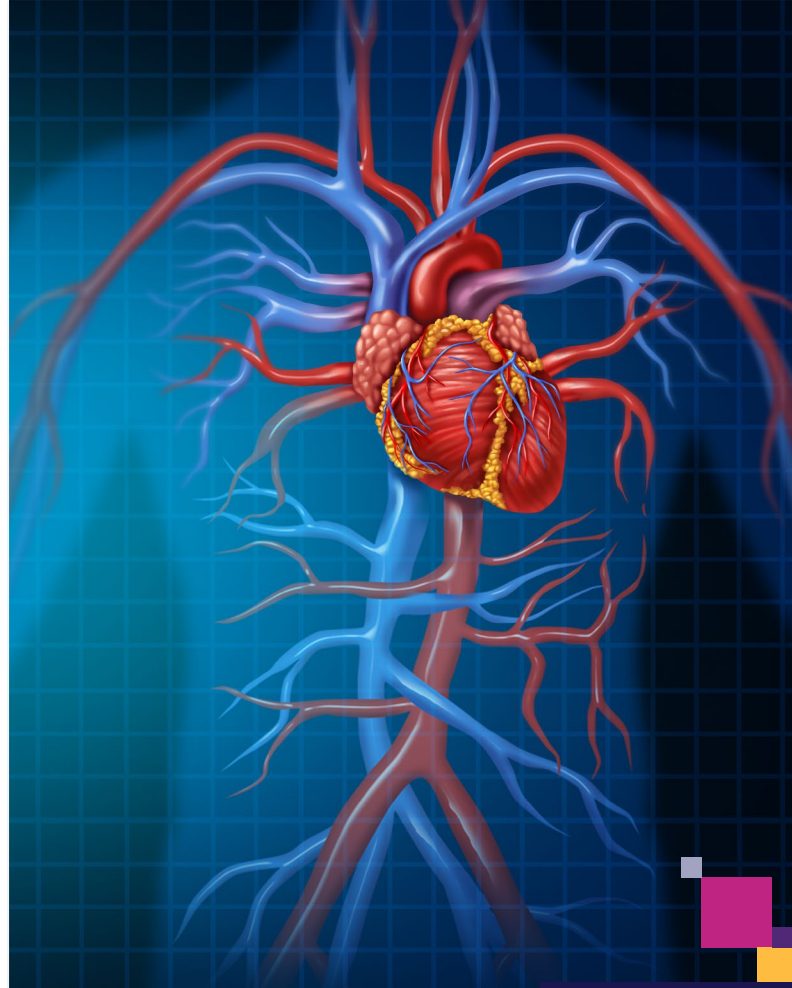




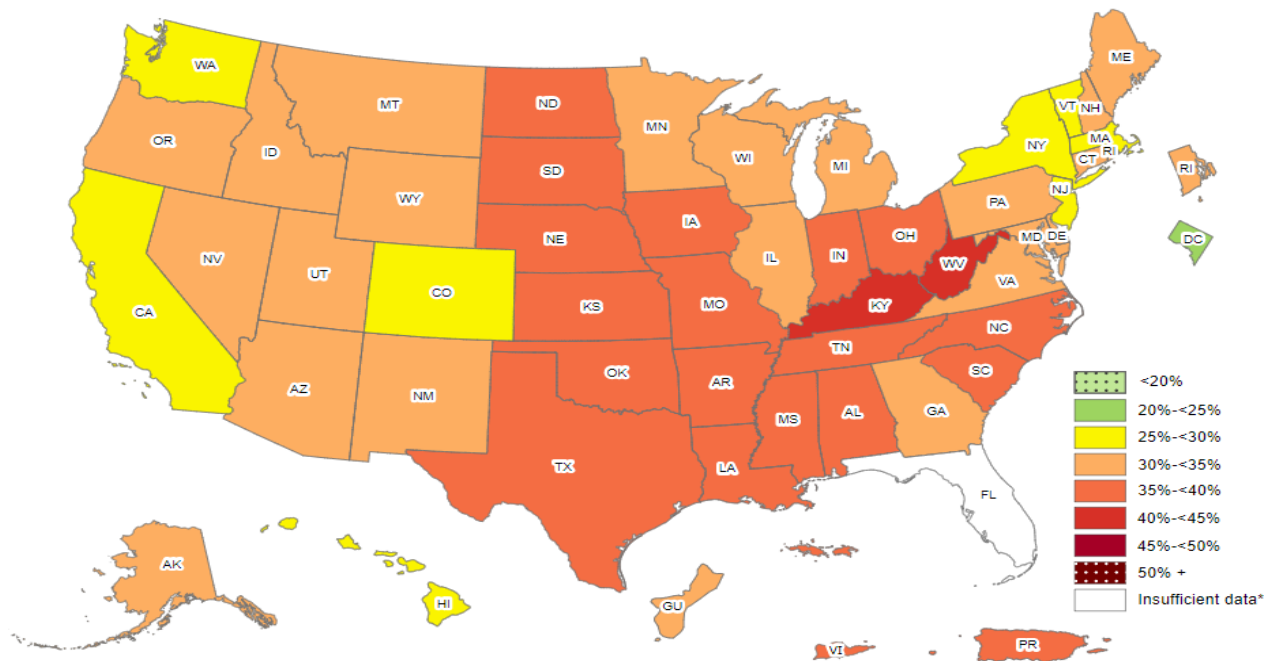
# Risk factors

# Cardiovascular disease risk factors

- High blood pressure
- Diabetes
- Smoking
- Obesity
- Poor nutrition
- Lack of exercise
- Family history
- Stress
- Dental health



# Prevalence of self-reported obesity among U.S. adults by state and territory





# Social determinants of heart disease

- Socioeconomic status
  - Education
  - Income and occupation
  - Food insecurity and healthy food access
  - Social relationships and support





# Social determinants of heart disease (continued)

- Environmental factors
  - Air pollution
  - High crime rates
- Social conditions
  - Chronic stress
  - Discrimination



# Polling question #1

How many risk factors can you relate to?

- a) 0-1
- b) 2-3
- c) 4-5
- d) 6+



# Decrease the risk



# Decreasing your risk: Know your risk

- Family history
- Race and gender

Sources: [heart.org](https://www.heart.org); [heart.org/know-your-health-numbers](https://www.heart.org/know-your-health-numbers)



# Decreasing your risk: Know your numbers

## Know your numbers

- Blood pressure (less than 120/80)
- Hemoglobin A1C
- Cholesterol
  - Total (less than 200)
  - LDL (less than 130)
  - HDL (50 and higher)
  - Triglycerides (less than 200)
- BMI (18.5–24.9)





# Decreasing your risk: Know what you can do differently

- Weight reduction
  - Healthy, balanced diet
  - Daily exercise
- Stop tobacco use
- Limit or eliminate alcohol intake
- Managing mental health daily

Sources: [heart.org](https://www.heart.org); [heart.org/know-your-health-numbers](https://www.heart.org/know-your-health-numbers)

# Nutrition

## Polling question #2

How many fruits and vegetables do you get on average each day?

- a) 0-2
- b) 3-4
- c) 5-6
- d) 6+





# DASH Diet

## “Dietary Approaches to Stop Hypertension”

- Whole grains- fiber rich
- Vegetables- 4–5 daily servings
- Fruits- 4–5 daily servings
- Low fat or fat free dairy products: 2–3 daily servings
- Meat, poultry and fish: 2 or less daily servings

Source: [nhlbi.nih.gov](https://www.nhlbi.nih.gov)

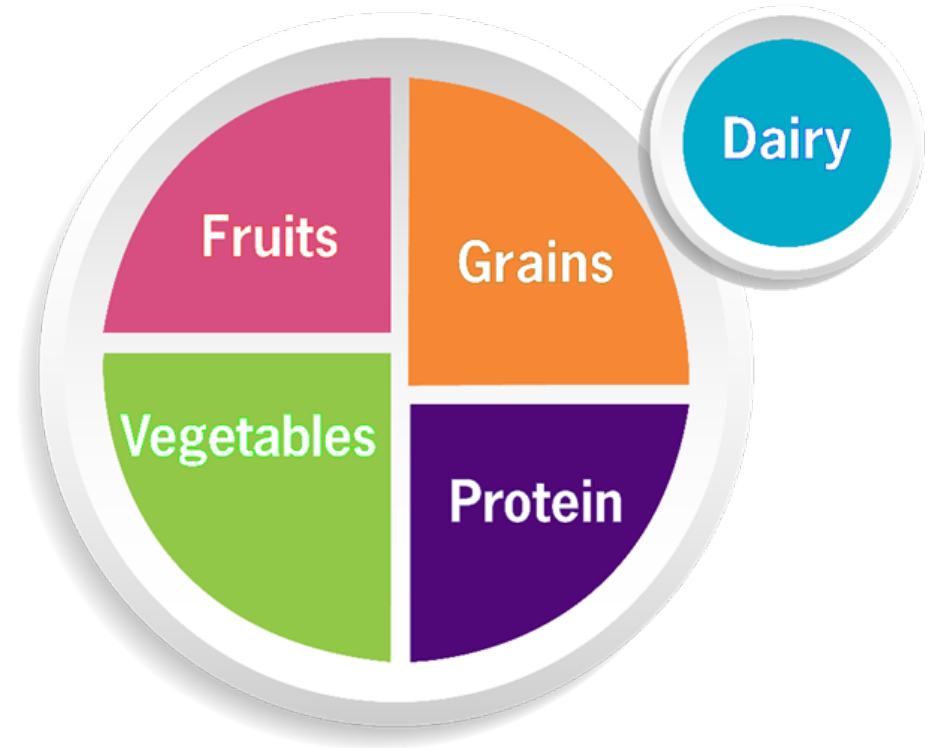
# Manage your nutrition

- Follow the DASH Diet
- Liquid, non-topical vegetable oils
- Minimal processed foods & fast foods
- Minimized intake of sugar
- Food prepared with little or no salt
- Fuel with water
- Minimal caffeine
- Smart snacking
- Limited or preferably no alcohol intake



# Balance “MyPlate”

- Use the USDA MyPlate to help create balance for all meals
- $\frac{1}{2}$  fruits and vegetables
- $\frac{1}{4}$  whole grains
- $\frac{1}{4}$  lean protein
- Low-fat dairy options





# Managing your heart disease

- Continue good habits
- Take statin medications as directed
- Cardiac rehabilitation
- Control your blood pressure
  - Home blood pressure monitoring
  - Medication adherence
- Know your body to identify complications

Sources: [nccq.org](https://www.nccq.org), [mayoclinic.org](https://www.mayoclinic.org), [heart.org](https://www.heart.org)



## Polling question #3

How much exercise do you get on average, each day?

- a) None
- b) About 15 mins a day
- c) About 30 mins a day
- d) More than 30 mins





## Stay active

- Sustained weight loss of 3–5%
- Lifestyle interventions

### **American College of Sports Medicine's stand on physical activity and weight loss**

- <150 minutes per week of physical activity = minimal weight loss
- >150 minutes per week of physical activity = modest weight loss of 4–6.6 lbs.
- >250–420 minutes per week  
~11–16.5 lbs. of weight loss

Source: [acsm.org](https://acsm.org), [geha.com/blog](https://geha.com/blog)

# Recognizing the signs and symptoms

# Major heart attack: Signs & symptoms



**MEN**



Chest pain or discomfort



Shortness of breath



Pain or discomfort in the jaw,  
neck back, arm or shoulder

Feeling nauseous, light-headed  
or unusually tired

**WOMEN**



Chest pain or discomfort



Shortness of breath



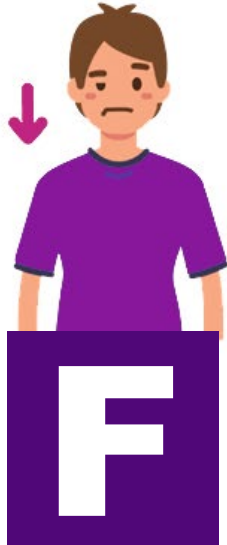
Pain or discomfort in the jaw,  
neck back, arm or shoulder



Feeling nauseous, light-headed  
or unusually tired



# Learn the signs of stroke



**Face  
drooping**



**Arm  
weakness**



**Speech  
difficulties**



**Time  
to call 9-1-1**

# GEHA member resources

- Elevate plans
  - Rally digital health platform
    - Register with Rally® for the Real Appeal Weight Management
  - Learn more at [geha.com/Elevate-Rewards](https://geha.com/Elevate-Rewards)
- HDHP, Standard and High plans
  - Health Balance digital health platform
  - Visit [geha.com/HB-Rewards](https://geha.com/HB-Rewards) to learn more
- All GEHA benefit plans
  - For healthy recipes, health and wellness articles, visit [geha.com/Blog](https://geha.com/Blog)
- GEHA website for benefit information [geha.com](https://geha.com)

# Wrap-up

- Heart disease
- Statistics
- Risk factors
- Prevention
- Resources



## Polling question #4

Given the information shared today, how likely are you to make some positive changes to help your heart?

- a) Not likely
- b) More than likely will make a few changes
- c) “I’m planning to start today”
- d) “I’m already doing what I can to keep my heart healthy”





# Q&A



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Health Engagement Administrator | GEHA



**Laurie Annis | RN, BSN**

Nurse Consultant II | GEHA

[geha.com](http://geha.com) | [wellnesswebinars@geha.com](mailto:wellnesswebinars@geha.com)

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