Don’t Go Breakin’ Your Heart

Eat better;
Take the pledge to reduce sodium for you
and your loved ones.
Don’t Go Breakin’ Your Heart
Lesson Overview

Welcome
• EmPowered To Serve and the ETS Health Check
• Program Topic and Urgent Community Need

Don’t Go Breakin’ Your Heart
• Call to Action: Eat Better, Take the Pledge to Reduce Sodium for You and Your Loved Ones Online at www.heart.org/sodium

Closing Thoughts
What is ETS?  
*EmPowered To Serve*

EmPowered To Serve is a movement sweeping our nation to improve the health of multicultural communities.

- We unite as the ETS megacommunity to make healthy change happen in diverse communities across the country.
- Learn More at EmPoweredToServe.org.

**The AHA’s 2020 Goal**

- Improve heart health of all Americans by 20%.
- Reduce deaths from heart diseases and stroke by 20%.
ETS Health Check

Blood pressure and weight check:
• Starting point for you
• Optional and anonymous, no name

Why check blood pressure?
High blood pressure (HBP) is a risk factor for heart disease, the No. 1 killer worldwide.

HBP is also a risk factor for stroke, the No. 2 killer worldwide.

Why worry about being overweight?
Nearly 70 percent of adults are either overweight or obese.

Being obese puts you at a higher risk for heart disease, stroke, HBP, diabetes, and more.
Video: Sneaky Salt
Program Objectives

At the end of this program, you’ll be able to explain the:

• Link between sodium and health, and the reasons for ending our love affair with salt by eating less sodium
• Sneaky sources of salt and sodium
• Steps to help you and your loved ones reach the goal of reducing sodium intake

Relationship Advice: “Break up with Salt Today!”
Point #1
Too Much Sodium = Risk for Heart Attack, Stroke

Excess Sodium
is one of the leading causes of high blood pressure. High blood pressure is a leading cause of preventable death worldwide.

High Blood Pressure
is a major risk factor for heart attack, stroke, heart failure, and kidney failure.

Only a Small Amount of Sodium
is needed in your body. 1,500 milligrams or less daily is an adequate intake for health.
Kids Aren’t Immune...

Kids also need to watch their sodium intakes.

• Most of our kids (9 out of 10) eat too much sodium.
• One out of every six kids struggle with high blood pressure.
• This puts our kids at higher risk for cardiovascular disease as adults.
Diverse Groups at Risk

Higher Rates of Obesity and Diabetes

Greater Risk for HBP and Heart Disease

• Over 40 percent of non-Hispanic blacks have HBP.
• Not only is HBP more severe in blacks than whites, but it also develops earlier in life.
• Nearly 20 percent of Asian Americans have HBP.
• One quarter of American Indian/Alaska Natives have HBP.
End Our Love Affair

Eating more sodium that our bodies’ need is not good for our bodies—especially our hearts.

Kissing excess sodium goodbye and eating less salt, you can:

• Improve your heart health.
• Lower your high blood pressure risk.
• Reduce bloating.
• Reduce your preferences for salty tastes.
End Our Love Affair Cont’d

Excess sodium is a deadly threat:

• Most of us consume about 3,400 milligrams of sodium a day.
• This is more than double the 1,500 milligrams recommended by the American Heart Association.
## Salt, Sodium, Salt...What’s Up?

<table>
<thead>
<tr>
<th>About Sodium</th>
<th>About Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium is a mineral that’s essential for life.</td>
<td>Table salt is about 40 percent sodium and 60 percent chloride.</td>
</tr>
<tr>
<td>Sodium helps your body work.</td>
<td>Salt and sodium are commonly used interchangeably.</td>
</tr>
<tr>
<td>It helps to control your body’s fluid balance.</td>
<td>To find out the amount of “salt” in a food, check the “sodium” content on the label.</td>
</tr>
<tr>
<td>Sodium also helps send nerve impulses and affects muscle function.</td>
<td></td>
</tr>
</tbody>
</table>
Point #2

Limit Packaged, Processed, and Restaurant Foods:

- Most of the sodium we eat comes from packaged, processed, and restaurant foods.

“The Salty Six” are the top six foods that contribute sodium to our diets.
## Processed = Excess Sodium

<table>
<thead>
<tr>
<th>Some foods contain sodium in their natural state.</th>
<th>We also add sodium during cooking and at the table.</th>
<th>About 75 percent of the sodium we eat comes from processed foods.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cantaloupes, potatoes, and milk contain sodium in small amounts.</td>
<td>Sodium is in products such as baking soda and seasoning blends.</td>
<td>Packaged and prepared foods often have sodium added during the manufacturing process.</td>
</tr>
<tr>
<td>Bok choy, beets, and chard have moderate amounts of sodium. However, they can still be part of a healthy diet.</td>
<td>It is also found in table salt.</td>
<td>Breads and cereals, cold cuts and cured meats, pizza, poultry, soup, and sandwiches contain sodium.</td>
</tr>
</tbody>
</table>
Sodium on the Food Label

Take note of the serving size.
If your portion size equals two servings of a product, you’re eating double the sodium listed.

Listed in milligrams ("mg").
Look for "soda" and "sodium" and the symbol "Na" in the ingredients list.
Other Tips

Look for the American Heart Association’s Heart-Check mark.

- Control portions of packaged, processed, and restaurant foods.
- Pick fresh and frozen poultry that hasn’t been injected with a sodium solution.
- Check serving size and the number of servings in the package—it may surprise you!
Go Ahead...Start a New Relationship

Some people are more sensitive to salt.

• Sodium increases their blood pressure because it holds excess fluid in the body.
If someone is sensitive to salt, increasing or decreasing their salt intake has a greater effect on their blood pressure.

- The effects of salt and sodium on blood pressure tend to be greater in:
  - African Americans
  - Seniors (50 years and older)
  - People with high blood pressure, diabetes, or kidney disease
Point #3: Eat Better

Reduce Sodium—Shopping, Cooking, Eating Out

Eat Better—*First thing*

- Choose foods with potassium to counter the effects of sodium.
- Pick vegetables like sweet potatoes, greens, and tomatoes.
- Pick up some oranges, bananas, and cantaloupe.
- Add low fat dairy products such as yogurt to your shopping list.
Point #3: Eat Better Cont’d

Eat Better—Second thing

• Use less salt when cooking and seasoning.
• Don't salt food before you taste.
• Try salt-free seasoning alternatives.
• Use herbs, spices, vinegars, or the juice of fresh lemons or limes instead of salt to add flavor to foods.
Point #3: Eat Better Cont’d

Eat Better—Third thing

• Limit your intake of red meat, sweets, and sugar-sweetened beverages.

• Control portion sizes—cut calories and you usually cut the sodium, too.

• Choose low-fat dairy products, poultry, fish, and unsalted nuts.

• Focus on fruits, vegetables, and whole grains.
Break It Off Slowly

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Track your intake of breads, rolls, cold cuts, and cured meats:</strong></td>
<td><strong>Keep that momentum going! This week’s food changes include pizza and poultry:</strong></td>
<td><strong>Focus on soups and sandwiches:</strong></td>
</tr>
<tr>
<td>One piece of bread can have as much as 230 milligrams of sodium. A</td>
<td>Choose a pizza with less cheese, no meats, and pile on the veggies.</td>
<td>Check the labels and try one with less sodium.</td>
</tr>
<tr>
<td>serving of turkey cold cuts could contain as much as 1,050 milligrams of sodium.</td>
<td>Instead of fried or processed chicken, go with fresh, skinless poultry that is not treated with sodium solution.</td>
<td>Make sandwiches with lower-sodium meats and cheeses. Choose condiment wisely.</td>
</tr>
<tr>
<td>Check the labels on these items, look for lower sodium items, and watch your portion sizes.</td>
<td>Make sandwiches with lower-sodium meats and cheeses. Choose condiment wisely.</td>
<td>Track the total amount of sodium and aim for daily consumption of less than 1,500 milligrams.</td>
</tr>
</tbody>
</table>
Be Savvy About Eating Out

Look For the American Heart Association’s Heart-Check Mark.

• Be savvy about sodium when eating out at a restaurant.
• Become familiar with lower-sodium foods and look for them on the menu.
• Ask for your dish to be prepared without added salt.
• Use the pepper.
• Add fresh lemon juice instead of salt to season fish and vegetables.
Check Your Medicines

• If you have HBP, ask your physician or pharmacist about the sodium content of your medicines and over-the-counter drugs.

• Read the labels before buying over-the-counter drugs.

• A statement of sodium content must appear on labels of antacids containing 5 mg or more per dosage unit.

• Some companies make low-sodium, over-the-counter products.
Learn The 7 “Salty” Myths

Even if you don’t have high blood pressure, eating less sodium can:

- Help control the rise in blood pressure that occurs with age
- Reduce your risk of heart disease and other health problems
Call To Action – Eat Better; Take the Pledge to Reduce Sodium for You and Your Loved Ones.

Take the sodium pledge:

It may take some time to achieve, but I deserve the healthiest of foods. With this pledge I’m saying NO:

• No, to the higher risk of high blood pressure, heart disease, stroke, kidney disease, and other health problems

• No, to the bloating and puffiness linked to too much sodium

I’m taking control of what my family and I eat and starting us on a path to healthier lives!

I pledge to reduce the sodium I eat!
Call To Action – Eat Better; Take the Pledge to Reduce Sodium for You and Your Loved Ones.

Let’s take the Sodium Pledge viral!

1. Go to heart.org/sodium.
2. Take the pledge online.
3. Invite everyone in your social networks to take action.
Create a Culture of Health

Commit to take action:

- Go to EmPoweredToServe.org.
- Use My Life Check® to check your progress.

Join Us for more ETS Programs.
Wrap-Up

We appreciate your thoughts!

• Post what you liked best online at: http://community.empoweredtoserve.org/home
Help create a sustainable culture of health:

- Unite with others to drive lasting (sustainable) positive change.
- Learn ways to improve community beliefs and behaviors (culture) about health.
- Share best practices and develop strategies that promote sound body, mind, and spirit (health).
We are EmPowered To Serve

...Serve our health, serve our community

The American Heart Association requests that this document be cited as follows:
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