



Peak Performance

Tips to help understand and control your blood pressure

Blood pressure is the pressure of your blood on the walls of your arteries as your heart pumps it around your body. It's a vital part of how your heart and circulation work.

Blood pressure that's high over a long time is one of the main risk factors for heart disease. As you get older, the chances of having ongoing high blood pressure increases.

Get active

Being regularly active helps to control high blood pressure and reduces your chances of having a heart attack or developing heart disease.

Minimize your salt intake, and eat a heart healthy diet

Eating a diet high in salt, and low in foods such as vegetables, fruit and wholegrains, can lead to higher blood pressure. Having more than 5 grams of salt (a teaspoon) each day increases your risk of heart disease and stroke. A heart healthy eating pattern includes foods which are linked to good blood pressure, including vegetables, fruit, wholegrains, beans and legumes, fish and unflavoured dairy.

Read more about healthy eating for healthy blood pressure [here](#).

The Heart Foundation includes the optimal combination of healthy foods for healthy blood pressure in our [Heart Healthy Eating Pattern](#) information, recipes and meal plans

Know your numbers

You can't feel high blood pressure. That's why it's important to get it checked and learn about how to manage it.

[Heart Health.org](#)



INSIDE THIS ISSUE

Tips to help understand and control your blood pressure.....page 1

5 ways to keep your heart healthy and happy.

4th Quarter Peak Performerspage 2

Leading cause of death in US continues to be heart disease as risk factors rise.....page 3

Eliminating These 3 Foods from your diet can be a game changer for heart health.....page 4

"Take care of your heart today for a healthier tomorrow."

5 ways to keep your heart healthy and happy

Your heart is one of the most important parts of your body, so it's so key to maintain good habits to keep your heart healthy. Taking care of your heart will lower your risk for [heart disease](#), [stroke](#) and other major health problems.

Here are five ways to keep your heart healthy and happy:

1. Don't smoke or vape

Smokers are at very high risk for [heart disease](#). Quitting smoking can lower your blood pressure and heart rate, which can reduce your risk of heart attack and stroke.

2. Move your body

Exercise has shown to lower blood pressure, improve cholesterol, control weight, boost your energy and improve stress. [The American Heart Association recommends 150 minutes a week of moderate activity](#). That's 30 minutes a day. Do what you love – run, walk, garden, skate, dance. Whatever you choose to do, just get moving!

3. Eat a heart healthy diet

[It's important to eat a well-rounded diet](#) including fruits and vegetables, whole grains, low fat dairy, lean protein, and nuts and legumes. Limit sodium, saturated fat and added sugar. Remember, it's not only about what you eat, but how much you eat. Keep in mind that portion size is important.

4. Get good sleep

[Sleep benefits many parts of your body](#). Good sleep leads to healing of tissues and blood vessels, a strong immune system, improved mood and energy, and better brain function. Getting ample sleep helps reduce the risk of heart disease. It's important to get 7-9 hours of sleep a night.

5. Partner with your medical team to make a plan for better health

It's recommended that you see your primary care doctor at least 1-2 times a year to monitor your blood pressure, weight, blood sugar and cholesterol. Changes in these factors can lead to worsening heart disease. Talk to your medical team. Not only can they monitor and treat you for changes in your health, but they can also help you find resources to help you succeed in your journey to a long life.

Cultivating Health

Congratulations 4th Quarter 2024 Peak Performers

Name:	Agency:	METS
Ryuji T. Zafra	P & P	16.1
John Cessford	Investigations	16.1
William Monroe	Corrections	16.1
Andrew C. Higley	Corrections	16.4
Wesley Roberts	NHP	16.7
Michael Baum	NHP	16.4

Leading cause of death in US continues to be heart disease as risk factors rise

Heart disease remains the [leading cause of death](#) in the United States, according to a new report.

The American Heart Association (AHA) report, published Monday in the journal [Circulation](#), found that 941,652 Americans died from cardiovascular disease in 2022, the most recent year for which data is available. That's an increase of more than 10,000 from the just over 931,500 reported to have died from cardiovascular disease in 2021.

It also means that a person in the U.S. dies of cardiovascular disease every 34 seconds, or nearly 2,500 people every day, according to the AHA report.

"The stats are pretty sobering from this report," Dr. Tara Narula, ABC News chief medical correspondent and a board-certified cardiologist, said on ABC's ["Good Morning America"](#) on Monday. "In fact, cardiovascular disease kills more Americans than all forms of cancer and accidents combined."

Cancer and accidental deaths continue to remain the second and third leading causes of death, respectively, [according to the latest data](#) from the Centers for Disease Control and Prevention (CDC).

<https://www.msn.com/en-us/health/other/leading-cause-of-death-us-continues-to-be-heart-disease-as-risk-factors-rise/ar->

HEART DISEASE REMAINS LEADING CAUSE OF DEATH IN U.S., NEW REPORT FINDS

941,652 AMERICANS

Died from cardiovascular disease in 2022

2,500 PEOPLE PER DAY

1 person every 34 seconds

59% Non-Hispanic Black females

58.9% Non-Hispanic Black males

Had some form of the disease between 2017 and 2020

AMONG U.S. ADULTS:	47%	Have high blood pressure
	57%	Type 2 diabetes or prediabetes
	72%	Have an unhealthy weight
	42%	Have obesity

SOURCE: NEWSROOM, AMERICAN HEART ASSOCIATION, CDC

ABC NEWS

Eliminating These 3 Foods From Your Diet Can Be A Game-Changer For Heart Health

Bacon

Sorry, bacon enthusiasts, but all the experts we consulted agreed: If you want to take good care of your heart, you should save bacon for special occasions or eliminate it from your diet completely.

“The way bacon is made can lead to adverse effects on heart health,” said [Michelle Routhenstein](#), a preventive cardiology dietitian-nutritionist.

“The curing process of bacon with sodium nitrite and its high sodium content can elevate blood pressure, while the compounds formed during cooking, like polycyclic aromatic hydrocarbons and heterocyclic amines (HCAs), contribute to inflammation and damage to blood vessels, collectively increasing the risk of heart disease.”

White Bread

White bread — think Wonder Bread products, or similar white breads you might find in a bag at the grocery store — can be very bad for your heart, according to Routhenstein.

“White bread, with its high glycemic index and lack of nutrients and fiber compared to whole-grain options, can lead to rapid blood sugar spikes, insulin resistance and weight gain, all of which increase the risk of heart disease and related complications,” she said.

French Fries

In especially devastating news, french fries aren’t doing your heart any favors.

“When food is fried, its nutritional content changes — the food loses water and takes up fat,” Setareh-Shenas explained. “Especially in the case of french fries, the oil is often reused, which leads to a loss of unsaturated fats and an increase in trans fats. French fries are also topped with lots of salt, and high sodium intake has been associated with high blood pressure and an increase in heart disease.”

<https://www.msn.com/en-us/health>

We will continue to keep you informed on topics ranging from the Heart-Lung Program, to diet, exercise and nutritional advice. We are always looking for contributors to relate personal accomplishments and success stories. We encourage you to drop Risk Management a note at 201 S. Roop St, Ste 201, Carson City, NV 89701, or call Marlene Foley at (775) 687-1757 or email her at mfoley@admin.nv.gov. You can also contact the State Health and Wellness Coordinator, Laura Jackson at (775) 291-7881 or email Laura.Jackson@WTWco.com for a consultation in regard to addressing your risk factor(s) or request information on wellness and a heart-healthy lifestyle.