

Geary County

K-STATE RESEARCH AND EXTENSION NEWS

geary.k-state.edu

January 2023

Ask the Agent

Q: Is it possible that a person with normal blood pressure and low cholesterol could still have heart disease?

A: Yes—Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including

- Diabetes
- Overweight and obesity
- Unhealthy diet
- Physical inactivity
- Excessive alcohol use

For more information call the Geary County K-State Research & Extension office at: **785-238-4161**

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HAPPY HEART MONTH!

February 2023

I know that Valentine's Day is in the rear-view mirror, but having a happy heart month means more than simply sharing a valentine with a loved one. It means taking care of your heart for your Valentine!



February is American Heart month. It is the month of the year when there is extra effort to increase public awareness about the health risks related to poor heart health. It is also a month to celebrate those who are turning the corner on heart health issues through lifestyle changes and their doctor's care.

The Centers for Disease Control and Prevention (CDC) as well as the American Heart Association (AHA) have provided a wealth of important information for consumers to help them understand how to keep their heart healthy and avoid heart disease.

The term "heart disease" refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease (CAD), which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

According to the CDC, about 697,000 people in the United States died from heart disease in 2020—that's 1 in every 5 deaths. If that fact alone doesn't raise concern, many more people in America than that are living with heart disease and don't realize it.

Sometimes heart disease may be "silent" and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include.¹

- **Heart attack:** Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.
- **Arrhythmia:** Fluttering feelings in the chest (palpitations).
- **Heart failure:** Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

What indicates you might have heart disease? The more common risks include:

- 1) **High Blood Pressure (or hypertension):** A normal blood pressure level is less than 120/80 mmHg.
- 2) **High Blood Cholesterol:** Blood cholesterol is a waxy, fat-like substance made by your liver. Blood cholesterol is essential for good health. Your body needs it to perform important jobs, such as making hormones and digesting fatty foods. Your body makes all the blood cholesterol it needs, which is why experts recommend that people eat as little dietary cholesterol as possible while on a healthy eating plan.
- 3) **Smoking:** Smoking leads to disease and disability and harms nearly every organ of the body. Cigarette smoking remains the leading cause of preventable disease, disability, and death in the United States. According to the National Institute of Health, long-term use of electronic cigarettes, or vaping products, can significantly impair the function of the body's blood vessels, increasing the risk for cardiovascular disease. Additionally, the use of both e-cigarettes and regular cigarettes may cause an even greater risk than the use of either of these products alone.²

But there is still hope—check out the recommended lifestyle changes you can adopt to reduce your risks for heart disease.

¹<https://www.cdc.gov/heartdisease/about.htm>

²<https://www.nih.gov/news-events/news-releases/nih-funded-studies-show-damaging-effects-vaping-smoking-blood-vessels> October 26, 2022.

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What to Know for a Healthier Heart

Heart disease is the leading cause of death in the United States. One in five deaths is due to heart disease, even though the disease is largely preventable.

Keeping your heart healthy starts with living a heart-healthy lifestyle. But first, you need to get smart about your heart. Knowing what causes heart disease, what puts you at risk for it, and how you can reduce those risks can help you make informed decisions to protect your heart and keep it strong.

Want to test your knowledge? Take this short **Heart Smart Quiz**:

True or False? High blood pressure is also known as hypertension and occurs when your blood pressure is consistently 130/80 mm Hg or higher.

True or False? Your body mass index, or BMI, shows if your weight is in a healthy range for your height and is one measure of your future risk for heart disease.

True or False? Cholesterol helps make hormones, vitamin D, and substances to help you digest foods. Your body needs it for good health, but in the right amounts.

True or False? Eating lots of vegetables, fruits, and whole grains, using fat-free or low-fat dairy products, and limiting foods high in saturated fat or sugar-sweetened beverages are all part of a heart-healthy diet.

True or False? Not getting enough sleep or getting poor quality sleep on a regular basis increases the risk of having high blood pressure, heart disease, and other medical conditions.

True or False? To strengthen their heart, adults should aim to get at least 150 minutes of moderate-intensity aerobic activity such as brisk walking each week.

How did you do? Knowing your own risk factors for heart disease can help guide your lifestyle choices, so talk to your healthcare provider to make sure you're clear. Just as important: know your numbers. Your weight, waist size, blood pressure, cholesterol, and blood sugar levels all affect your heart. If they aren't where they should be, make a pledge to begin improving them.
Answer Key: All answers are True

Adding more physical activity to your day, eating a heart-healthy diet, managing stress, getting enough quality sleep, and not smoking can put you on the path to better heart health.

Learn more about heart disease prevention from *The Heart Truth*® at www.hearttruth.gov or download the [Heart Smart Basics fact sheet](#) on the Geary County K-State Research & Extension webpage to improve your knowledge about heart health.

Source: Centers for Disease Control & Prevention—<https://www.cdc.gov/heartdisease/facts.htm>

Focus on High Risk Populations: Hispanic/Latinos

Heart disease is the leading cause of death for Hispanics/Latinos in the United States. Health problems that increase the risk of heart disease are common in Hispanic/Latino communities, including being overweight and having high blood pressure, high cholesterol, and diabetes. People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

Did you know?

Hispanic/Latino women ages 20 and older in the United States: 78% are overweight, 35% have high blood pressure, 34% have high cholesterol, and 12% have been diagnosed with diabetes.

Hispanic/Latino men ages 20 and older in the United States: 87% are overweight, 50% have high

blood pressure, 33% have high cholesterol, and 15% have been diagnosed with diabetes.

Follow [these lifestyle tips](#) to protect your heart. It will be easier and more **successful if you work on them with others, including texts or phone calls if needed:**

- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Reduce stress.
- Get 7-9 hours of quality sleep.
- Track your heart health stats.

You don't have to make big changes all at once. Small steps will get you where you want to go. The key is to start TODAY!

DINING WITH DIABETES

LEARN NEW WAYS TO MAKE THE FOOD YOU LOVE!

LOCATION:

KONZA PRAIRIE COMMUNITY HEALTH CENTER
361 GRANT AVE. JUNCTION CITY, KS 66441

DATES:

MARCH 4, 14, 21, & 28
MAY 2

TIME:

4:00 - 6:00PM

CONTACT:

785-238-4711 EXT. 2082



Call or
Scan QR Code
to Register!

HOSTED BY:

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KONZA
PRAIRIE

Community Health
Center

FREE

for Geary County
Residents!

\$25

Returning & non-
Geary County



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Accommodations for persons with disabilities may be requested by contacting the event contact Deb Andres two weeks prior to the start of the event April 28, 2022 at 785-238-4161. Requests received after this date will be honored when it is feasible to do so.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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2023 Medicare Basics Workshop II

For those nearing &/or
turning Medicare Age



Friday, March 10th
10:00am – 11:30am
Dorothy Bramlage Public Library
230 W 7th St, Junction City, KS

**To register for this FREE educational program call
Geary County K-State Research & Extension at
785-238-4161**

Presented by:

Deb Andres, Family & Consumer
Sciences Agent, Geary County

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Family Life

Mental Health and Youth

The truth about youth mental health is that the occurrence of mental health issues has become much more prevalent in recent years. So much so, that in 2021, the United States Surgeon General published an advisory report shedding light on the concerning upward trends. The U.S. Surgeon General Advisory reports:

"Unfortunately, in recent years, national surveys of youth have shown major increases in certain mental health symptoms, including depression symptoms and suicidal ideation. From 2009 to 2019, the proportion of high school students reporting persistent feelings of sadness or hopelessness increased by 40%; the share seriously considering attempting suicide increased by 36%; and the share creating a suicide plan increased by 44%. Between 2011 and 2015, youth psychiatric visits to emergency departments for depression, anxiety, and behavioral challenges increased by 28%. Between 2007 and 2018, suicide rates among youth ages 10-24 in the US increased by 57%. Early estimates from the National Center for Health Statistics suggest there were tragically more than 6,600 deaths by suicide among the 10-24 age group in 2020."

However, that is just the beginning of the advisory statement released that also raises a call to action for individuals, families, and communities.

The document, [Protecting Youth Mental Health: The U.S. Surgeon General's Advisory](#), shares a wealth of strategies and resources for youth, families, caregivers, and communities to use to change the projection away from the current trends.

A child or teen's first circle of support is their family and caregivers. This circle of support is critical in providing a safe, stable, and nurturing environment that youth need in which to thrive. Giving close attention to how this need is met on the very basic level is critical to mental well-being.

Here is a quick glance at what families can do to support their teens who are struggling with mental health:

- 1) Be the best role model you can be by taking care of your own mental and physical health.
- 2) Help children and youth develop strong, safe, and stable relationships with you and other supportive adults.
- 3) Encourage children and youth to build healthy social relationships with peers.
- 4) Do your best to provide children and youth with a supportive, stable, and predictable home and neighborhood environment.

5) Try to minimize negative influences and behaviors in young people's lives.

6) Ensure children and youth have regular check-ups with a pediatrician, family doctor, or other health care professional.

7) Look out for warning signs of distress, and seek help when needed.

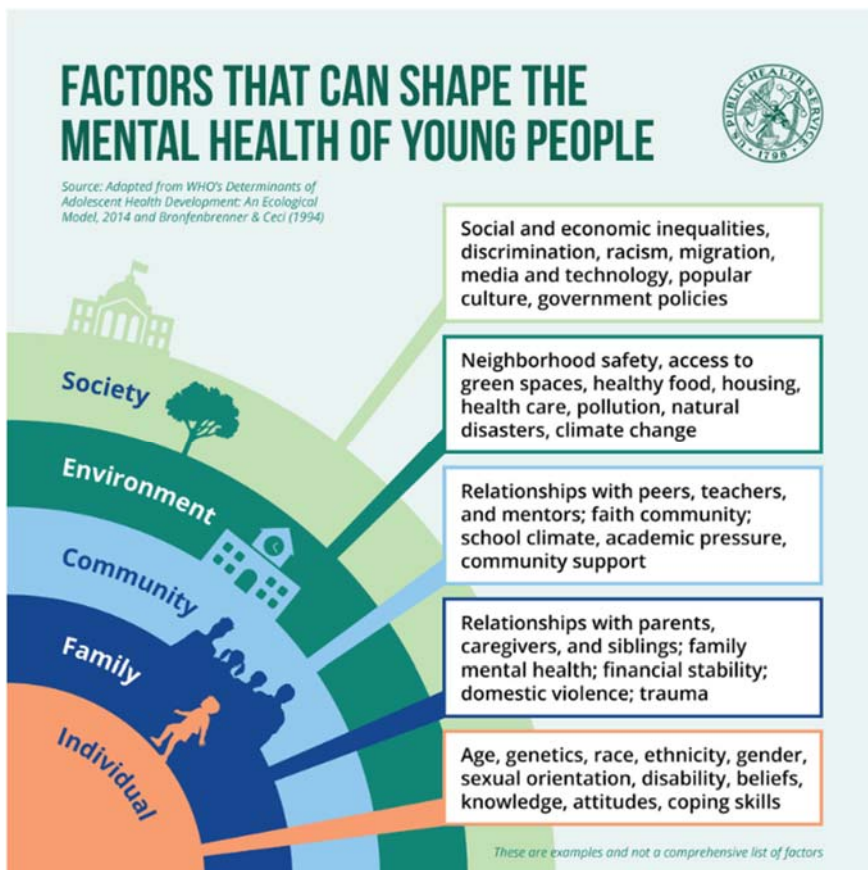
8) Minimize children's access to means of self-harm, including firearms and prescription medications.

9) Be attentive to how children and youth spend time online.

10) Be a voice for mental health in your community.

Note that the first recommendation is to take care of yourself. Being in the inner circle of support for a child with mental health challenges is not for the weak and nimble. Making sure that you are on solid ground health-wise is essential.

To read the full Advisory, click on the link provided here: [Geary County K-State Research & Extension](#).



Geary County

P.O. Box 28
119 E. 9th Street
Junction City, KS 66441

Upcoming Geary County Extension Programs

****Requires pre-registration. Call 238-4161 to pre-register****

March

7, 14, 21, 28**Dining With Diabetes Class begins at 4:00PM and lasts until 6:00PM at the Konza Prairie Community Health Clinic. Pre-registration is required and is due by March 1, 2023. A follow-up session & celebration will be scheduled for May. See flyer insert.

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Practical L.I.F.E. Series: March class, Medicare Basics II offered from 10:00—11:30 AM at the Dorothy Bramlage Public Library. Pre-registration is required, the class is free. Space is limited. Register by noon March 9, 2023 to secure your seat. See flyer insert.

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Walk Kansas 2023 begins and will run (or walk) thru May 20, 2023! Start thinking about who you want to have on your team of 6. Registration for Geary County will open Wednesday, March 8, 2023. It will be here before you know it!

April

21*

Practical L.I.F.E. Series: Let's Get Moving—Simple Steps to Increasing Physical Fitness offered from 10:00—11:00 AM at the Dorothy Bramlage Public Library. Pre-registration is required, the class is free. Space is limited. Register by noon April 20, 2023 to secure your seat.



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