Bulletin Board Packet

*Keys To A Healthy Heart!*

*Heart Health*

**Description:** This bulletin board packet covers information on Heart health and ways college students can prevent a number of risk factors related to heart complications. If you have any questions or would like additional information or materials please contact the Office of Health Promotion at (610) 519-7408 or email us at healthbytes@villanova.edu.

**When to display this board:** Valentine’s Day, February for American Heart Month or National Heart Month, or randomly throughout the semester.

**Ways to alter this board:** You can re-create the information with different themes. Include additional information on mental health and relationships, or fitness and nutrition benefits. You could also include heart healthy recipes or heart healthy snack ideas.
KEYS TO A HEALTHY HEART!

- Be a nut about heart health
- Get heart healthy social support
- Limit your salt intake
- Measure your blood pressure
- Know your heart numbers!
- Be a Democrat
- Why College Students Should Have Care of Their Hearts
- Where is the Love?
Keys
To A
Healthy Heart!
Healthy Heart!

Know your heart numbers!

Establish a baseline to help plan preventative steps for the rest of the year. Know your HDL or "good" cholesterol, LDL or "bad" cholesterol, total cholesterol, triglycerides, blood pressure, weight, and body mass index (BMI). Get regular check-ups!
Be a nut about heart health

People who eat nuts as part of a heart-healthy diet can lower the LDL, or "bad" cholesterol level in their blood. High LDL is one of the primary causes of heart disease. Of course, moderation is key!
De-stress your heart

Unplug! Unplug yourself from the news cycle, your email and social media. Unplug and turn off to reduce your stress. Stress has a nasty habit of raising blood pressure, heart rate, and the levels of the stress hormone cortisol.
Get heart healthy social support

Social support helps to lower your risk of heart disease and helps you stay motivated. It turns out that people who have a spouse, go to church, join social clubs, and have a lot of friends have significantly lower blood pressure and other heart disease risk factors.
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Measure your waist size

If your waist measures more than 35 inches in women or more than 40 inches in men, you are at an increased risk for heart disease and type 2 diabetes.
Limit your salt intake for heart disease and reducing salt intake can help lower blood pressure. Try cooking with herbs instead of salt. Try to aim for less than 2.3 grams of salt per day ~ 1tsp.
People who sleep fewer than 7 hours a night have higher blood pressure and higher levels of the stress hormone cortisol. Latest research shows that people who do not get enough sleep are more than twice as likely as others to die of heart disease. Try to avoid caffeine after noon and develop a stress-free wind down ritual before bed.
Why College Students Should Take Care of Their Hearts

A study published in the journal *Advances in Nutrition* found that more than half of young adults ages 18-24 have at least one risk factor for coronary heart disease, and nearly one-quarter have advanced atherosclerotic lesions, or plaque buildup, in their arteries.

Unhealthy habits you develop in college can easily become normalized and continue into life after college.

Consider college a learning experience for how you want to take care of yourself for the rest of your life.