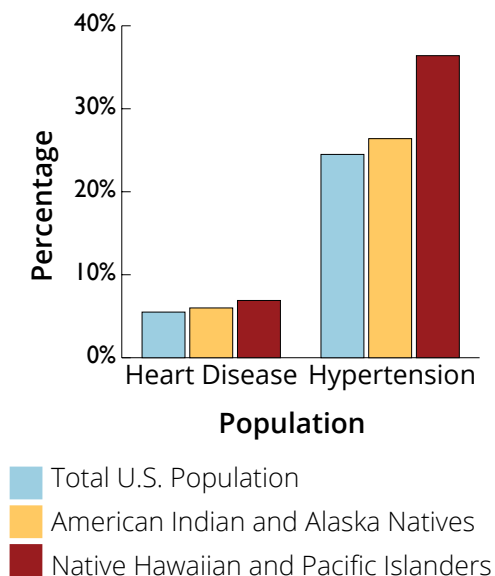


American Indians, Alaska Natives, Native Hawaiians, and Pacific Islanders experience more risk factors for heart disease and related complications than other racial groups. **The promising news is that as we learn more about prevention and treatment, you can reduce your risk!**

#### HEART DISEASE AND HYPERTENSION AMONG ADULTS IN THE U.S.



Native-CHART aims to improve control of blood pressure and other risk factors for cardiovascular disease in American Indians, Alaska Natives, Native Hawaiians, and Pacific Islanders with diagnosed hypertension. It includes three intervention projects and four supporting Cores. The projects are:

Chickasaw Healthy Eating Environments Research Study (CHEERS)  
 – **Ada, Oklahoma**

Blood Pressure-Improving Control among Alaska Native People (BP-ICAN)  
 – **Anchorage, Alaska**

Engaging Native Hawaiians and Pacific Islanders and Activating Communities to Take Steps (ENACTS)  
 – **Seattle, Washington**

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#### SOURCE MATERIAL

CDC (2016) American Indian and Alaska Native Heart Disease and Stroke Fact Sheet

CDC (2014) National Health Interview Survey

NHLBI (n.d.) Coronary Heart Disease

NHLBI (n.d.) Know the Differences: Cardiovascular Disease, Heart Disease, Coronary Heart Disease Fact Sheet

PubMed Health (n.d.) Hypertension (High Blood Pressure)

Illustrations: Blausen.com staff (2014). Medical Gallery of Blausen Medical 2014

Cover art provided by Krystal Koop



For more information, visit [ireach.wsu.edu/nchart](http://ireach.wsu.edu/nchart) or contact [native.chart@wsu.edu](mailto:native.chart@wsu.edu).

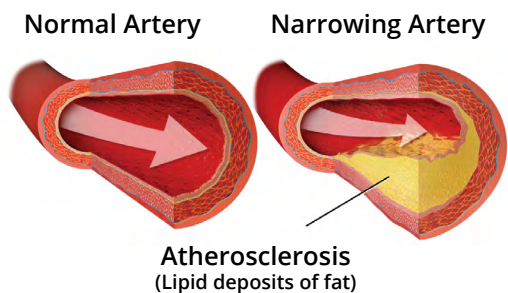
## HEART DISEASE

Native-Controlling Hypertension and Risk Through Technology  
**NATIVE-CHART**

## HEART DISEASE

**Heart disease** includes any condition that affects the structure of the heart or its ability to function, such as irregular heartbeat, heart failure, or coronary heart disease, the most common heart disease.

Heart disease, especially coronary heart disease, is often related to atherosclerosis, a condition in which fatty deposits known as plaque build up in the arteries. The plaque buildup can narrow or clog the arteries, affecting blood flow. When atherosclerotic plaques rupture or break away, they can lead to heart attacks or strokes.



## HYPERTENSION

**Hypertension**, also known as high blood pressure, is a common condition that results when the heart pumps too hard or too much, or when the heart pumps blood at a higher pressure through abnormal arteries. Hypertension becomes more prevalent with age and must be treated to reduce the risk of heart disease and stroke.

Blood pressure can vary from minute to minute and from day to day. Nevertheless, higher blood pressure over longer periods of time increases the odds of damage to the heart, kidneys, brain, and other organs.

## PREVENTION

**You can protect your heart health and reduce your risk of heart disease, stroke, and kidney disease!**

Here are some tips to keep your heart healthy:

### Get regular check-ups

See your doctor at least once a year and have your blood pressure checked. Maintaining healthy blood pressure levels is key to preventing heart disease.

### Eat well

Eat a healthy diet with plenty of vegetables and try to limit your consumption of alcohol, caffeine, and salty foods.

### Quit smoking

Smoking cigarettes or using commercial tobacco products increases your risk of heart disease.

### Stay active

Try to get at least 30 minutes of exercise every day. Even taking a walk will help.

### Maintain a healthy weight

Carrying excess weight can make your heart work harder than it should and increases your risk of developing heart disease and hypertension.

## BLOOD PRESSURE LEVELS

	Normal	High
<b>Systolic</b> (Top number)	Less than < 120 mm Hg	Equal or greater than ≥ 140 mm Hg
<b>Diastolic</b> (Bottom number)	Less than < 80mm Hg	Equal or greater than ≥ 90 mm Hg

## HEART DISEASE RISK FACTORS

Certain medical conditions and lifestyle choices may increase your risk of heart disease. Although some risk factors, such as age and family history, cannot be controlled, you can change other behaviors to reduce your risk. Common risk factors for heart disease include:

### Age & gender

Up to age 50, men have a greater risk of heart disease than women. After menopause, women's risk of heart disease increases.

### Smoking & commercial tobacco use

Use of tobacco products causes about one out of every three deaths due to cardiovascular disease by damaging blood vessels throughout the body and increasing plaque buildup.

### Hypertension & high cholesterol

If left untreated, both conditions may contribute to the development of heart disease. Medication can treat both conditions safely and effectively.

### Unhealthy diet & obesity

Obesity alone increases your risk of both diabetes and heart disease. Diets high in saturated and trans fats can also be harmful. Diets high in salt (sodium) and low in potassium (which we get mostly from vegetables, fruits, or beans) can worsen high blood pressure and contribute to heart disease.

### Diabetes

Although people with diabetes are at particularly high risk of heart disease, stroke, and kidney disease, physical activity and a healthy diet can help to reduce their risk. Diabetes can also be treated safely and effectively with medication.