



HEART & NUTRITION MONTHS



February, 2013

Dear Colleagues,

February and March mark the celebration of American Heart Month and the 40th National Nutrition Month[®] respectively. There is a wealth of information available from government and non-profits for your outreach! Check out the links in this newsletter.

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The Choose My Plate web site showcases videos, recipes, information on physical activity, healthy eating tips and more...
<http://www.choosemyplate.gov/>

FDA's proposed rules to update the nutrition facts label and serving size information are in the works. The rules will help to improve consumer understanding & use of nutrition information on food labels. A public comment period will follow.
Stay tuned...

Government Resources for Nutrition:

BodyWorks: <http://www.womenshealth.gov/bodyworks> - program to improve eating and activity habits

Let's Move! <http://www.letsmove.gov> - healthy eating and physical activity

Make Your Calories Count:
<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm275438.htm>
on-line program to help understand the food label

NIH Portion Distortion
<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/portion/index.htm> - portion size

Nutrition Facts Label and Materials:
<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm20026097.htm>

Power of Choice: http://www.fns.usda.gov/tn/RESOURCES/power_of_choice.html
[ages 11-13] - great resource for nutrition facts cards (170 cards)

Spot the Block:
<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm281746.htm>
[ages 9-13] - teach kids how to read the food label with on-line activities and rap songs



www.therealcost.gov

FDA initiated a national public education campaign to prevent youth tobacco use and reduce the number of kids ages 12 to 17 who become regular smokers. "The Real Cost" campaign is the FDA's first of several tobacco education campaigns using the authority granted under the *Family Smoking Prevention and Tobacco Control Act*.

Tobacco use remains the leading preventable cause of disease, disability and death in the United States, causing more than 480,000 deaths each year. Each day, more than 3,200 youth under age 18 in the US try their first cigarette and more than 700 kids < 18 become daily smokers.

Heart Truth, sponsored by NIH's National Heart, Lung, and Blood Institute, is a national campaign for women to raise awareness about heart disease and its risk factors and educate/motivate them to take action to prevent the disease and control its risk factors.
<http://www.nhlbi.nih.gov/educational/hearttruth/>



National Wear Red Day[®] is February 7th

FDA Email Updates: To sign up, select topics of interest e.g. heart, diabetes, nutrition, or recalls & provide your e-mail address. <http://www.fda.gov/AboutFDA/ContactFDA/StayInformed/GetEmailUpdates/default.htm#food>

WARNING SIGNS

STROKE

Face Drooping Does one side of the face droop or is it numb? Ask the person to smile.

Arm Weakness Is one arm weak or numb? Ask the person to raise both arms.

Speech Difficulty Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence,

HEART ATTACK

Chest discomfort. - In the center of the chest that lasts more than a few minutes, or that goes away and comes back - uncomfortable pressure, squeezing, fullness, pain.

Discomfort in other areas of the upper body - Pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath with or without chest discomfort.

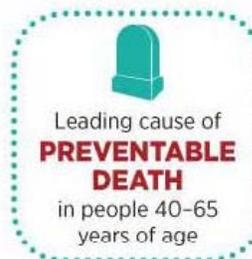
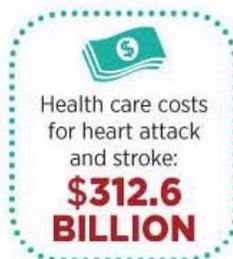
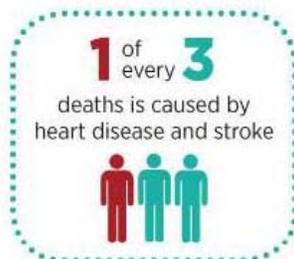
Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

<http://www.heart.org>

Lower Your Risk of Heart Disease

- Find out if heart disease runs in your family.
- Visit your doctor/clinic often. Find out if you are at risk.
- Don't smoke.
- Get your blood pressure checked often. You might need medicine to keep it at the right level.
- Control your diabetes.
- Get your cholesterol checked often.
- Stay active. Walking every day can lower chances of a heart attack.
- Eat right/ keep a healthy weight.
- Eat less salt.
- If you take birth control pills, don't smoke.
- Hormones for menopause should not be used to prevent heart attacks.
- Being stressed, angry or sad a lot may add to your risk of heart attack.
- If you've had a heart attack, talk to your doctor about medicine. Some medicines can help cut down the risk of having another heart attack.

<http://www.fda.gov/ForConsumers/ByAudience/ForWomen/WomensHealthTopics/ucm117974.htm>



To prevent 1 million heart attacks and strokes, health care professionals and public health workers should do what we know works:

FOCUS ON THE ABCS

- A**spirin when appropriate
- B**lood pressure control
- C**holesterol management
- S**moking cessation

USE HEALTH IT

Use **electronic** health records and other health IT to identify patients who need support to improve their ABCS and then track their progress over time.

USE TEAM-BASED CARE

- Use clinical innovations, including:
- ♥ Use everyone who interacts with patients to the top of their skills and license
 - ♥ Self-measured blood pressure monitoring with clinical support
 - ♥ Reward and recognize excellence in the ABCS

<http://millionhearts.hhs.gov/index.html>