Aloha, Hafa adai, Malo e lelei,
Talofa lava, Iakwe
Hello & Welcome
Why does Navigating Pacific Hearts Exist?
Auntie Char’s Story
Pacific Islander Health
Pacific Islanders and Heart Disease

- US – 34%
- California – 29%
- Orange County – 29%
  - 42% of Native Hawaiians
  - 28% of Samoan
  - 24% of Guamanian or Chamorro

Citation: A Community of Contrasts 2014. Empowering Pacific Islanders and Asian Americans Advancing Justice
The Heart Truth®: A National Campaign

• Helping women, especially women ages 40 to 60, understand their risk of heart disease and take action to protect their heart health

• Sponsored by the National Heart, Lung, and Blood Institute, the National Institutes of Health, U.S. Department of Health and Human Services

• Supported by national community, government, nonprofit, media, and corporate partners committed to women’s health
Goals of the Grant

- Disseminate Heart Truth messages
  - Train the Trainer Sessions
  - Create community appropriate and in language Heart Truth materials
  - Red Dress Event

- Research
  - Offer the Kaleponi PILI ‘Ohana Lifestyle Change Program
  - Collect baseline data on community conversations and practices around heart disease
    - Surveys at festivals
    - Focus groups
Goal – Train the Trainer Sessions
Goal – Disseminate Heart Truth messages

Outreach at small community events and larger festivals
Research - Offer the Kaleponi PILI `Ohana Lifestyle Change Program
Research – Collect baseline data on community conversations and practices around heart disease

- **Surveys at Festivals**
  - What’s your risk?
  - 1217 surveys collected

- **Focus Groups**
  - 13 separate groups gathered
  - Demographics / Knowledge of Heart Disease
  - 104/110 surveys collected
Questions to Ask Your Doctor

Getting answers to these questions will give you vital information about your heart health and what you can do to improve it. You may want to bring this list to your doctor’s office.

1. What is my risk for heart disease?
2. What is my blood pressure? What does it mean for me, and what do I need to do about it?
3. What are my cholesterol numbers? (These include total cholesterol, LDL or "bad" cholesterol, HDL or "good" cholesterol, and triglycerides.) What do they mean for me, and what do I need to do about it?
4. What are my "body mass index" and waist measurements? Do they indicate that I need to lose weight for my health?
5. What is my blood sugar level, and does it mean I’m at risk for diabetes?
6. What other screening tests for heart disease do I need? How often should I return for checkups for my heart health?
7. What can you do to help me quit smoking?
8. How much physical activity do I need to help protect my heart?
9. What is a heart-healthy eating plan for me? Should I see a registered dietitian or qualified nutritionist to learn more about healthy eating?
10. How can I tell if I’m having a heart attack?

Heart Truth Messages — hearttruth.gov

What’s your Risk?

Here is a quick quiz to find out your risk of a heart attack. If you don’t know some of the answers, check with your health care provider.

Do you smoke?

If your blood pressure 140/90 or higher, OR

Are you over 55 years old?

Do you have a body mass index (BMI) over 30?

Do you get less than 30 minutes of physical activity on most days?

Has a doctor told you that you have anemia (low red blood cells)?

Do you have diabetes? OR is fasting blood sugar 126 mg/dL or higher?

Has your father or mother had a heart attack before age 55? OR has your mother or sister had one before age 65? OR

Has your doctor told you that your total cholesterol is over 200 mg/dL? OR your HDL (good cholesterol) is less than 40 mg/dL?

Do you have a multi-risk factor in your heart attack is age 55. OR Has your sister or brother had a heart attack at age 65. OR

If you answered "YES" to one of these questions having a heart attack, to learn more, visit www.hearttruth.gov.

Heart Disease Risk Factors: "Multiplier Effect" in Midlife Women

- Risk for heart disease increases with each risk factor you have.
- This chart shows the dramatic rise in heart disease risk for each added risk.

Are you at Risk?

The major controllable risk factors for heart disease are high blood pressure, high cholesterol, diabetes, smoking, overweight/obesity, and physical inactivity.

Navigating Pacific Hearts

A program of the National Institutes of Health


www.pacifihealthpartners.org

Heart Truth Messages — hearttruth.gov
HEART DISEASE

DOESN'T

CARE WHO

YOU ARE

IT'S THE #1 KILLER OF WOMEN

Being a woman doesn’t protect you from heart disease. Try these risk factors on for size:

- Do you have high blood pressure? High blood pressure? Think about who you are: married?
- Are you married? Are you married?
- Are you a smoker? Don’t smoke!
- You, sir, could damage your heart and lead to heart attack, disability and death.

Talk to your doctor to get answers that may save your life. The truth is, it’s best to know your risks and to take action now.

www.hearttruth.gov / www.guilfordhealthpartners.org
HEART DISEASE doesn't CARE WHAT YOU WEAR

IT’S THE #1 KILLER OF WOMEN

These women know The Heart Truth®—no matter how great you look on the outside, heart disease can strike on the inside. And being a woman won’t protect you.

Try these risk factors on for size: Do you have high blood pressure? High blood cholesterol? Diabetes? Are you inactive? Are you a smoker? Overweight? If so, this could damage your heart and lead to disability, heart attack, or death.

The Red Dress® is a red alert to take heart disease seriously. Talk to your doctor and get answers that may save your life. The Heart Truth is, it’s best to know your risks and take action now. www.hearttruth.gov

*The Heart Truth, inSYNC® The Red Zone, and Heart Disease Doesn’t Care What You Wear—It’s the #1 Killer of Women are trademarks of HHS.

HEART DISEASE DOESN'T CARE WHAT YOU WEAR

These women know The Heart Truth®

IT’S THE #1 KILLER OF WOMEN

For women who care about the outside, heart disease can strike on the inside. And being a woman won’t protect you. Try these risk factors on for size:

Do you have high blood pressure? High blood cholesterol? Diabetes? Are you inactive? Are you a smoker? Overweight?

The Red Dress® is the national symbol for women and heart disease awareness. Talk to your doctor and get answers that may save your life. The Heart Truth is, it’s best to know your risks and take action now.

www.hearttruth.gov
Goal - Create community appropriate language and videos
The Heart Truth by: Martha Misikei

Heidi and her father John

The source of my first heart beat

https://vimeo.com/150969288

https://www.youtube.com/watch?v=ZH_4G7b6ssA&feature=youtu.be
Mahalo Nui Loa, Si Yu`us Ma`ase
Malo `Aupito, Fa`afetai Tele Lava, Kommol T`ata
Thank You Very Much
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