

## KNOW YOUR NUMBERS

Consult your Primary Care Provider  
for further information.

### BLOOD PRESSURE

Normal – less than 120/80  
Elevated – 120-129/less than 80  
Stage 1 – 130-139/80-89  
Stage 2 – 140+/90+  
Crisis – 180+/120+



### CHOLESTEROL

Normal – Below 200 mg/dL  
Borderline – 200-239 mg/dL  
High – At or above 240 mg/dL

There are two types of cholesterol.

#### HDL CHOLESTEROL

Aim for this number to be high.

Moves cholesterol out of your  
arteries. A higher HDL number  
lowers your risk for heart disease.

#### LDL CHOLESTEROL

Aim for this number to be low.

Moves cholesterol into your  
arteries. A lower LDL number  
decreases your risk for heart  
disease.

*SOURCES: Nat'l Institute of Health,  
Conway Medical Center, Hopkins Medicine*

## THE ONONDAGA COUNTY DEPARTMENT OF ADULT & LONG TERM CARE SERVICES OFFICE FOR AGING

(315) 435-2362  
[WWW.ONGOV.NET/AGING](http://WWW.ONGOV.NET/AGING)



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COUNTY OFFICE FOR AGING

**IN CASE OF A LIFE THREATENING  
EMERGENCY – CALL 911**

## HEART HEALTH AND NUTRITION

**FEBRUARY 2023**

## WHY IS HEART HEALTH IMPORTANT?

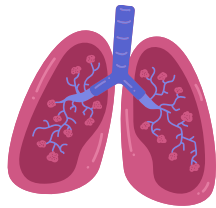
The heart is responsible for pumping blood throughout the body to bring nutrients and oxygen to all of your organs.

As we age, our heart and blood vessels change. Like any other muscle, the heart can become stronger or weaker with lifestyle changes.

## WHAT IS A HEART HEALTHY DIET?

Heart healthy items will include high levels of:

- Fiber
- Folate
- Antioxidants
- Omega-3 Fatty Acids
- Unsaturated fats



To help your heart work properly, limit the following:

- Saturated fats
- Sodium
- Processed/ fast food
- Added sugar

See the chart to the right for examples of heart healthy foods!



## WHAT STEPS CAN I TAKE TO IMPROVE MY HEART HEALTH?

No matter our age, we can improve our heart health by making lifestyle changes.

### SMOKING

Stopping use of tobacco dramatically improves heart and lung health. Start small by reducing the amount of tobacco you use to work toward quitting.

### NUTRITION

Over time, a diet high in saturated fats, sodium, and sugar cause build-up in the heart and blood vessels. Eating a heart healthy diet can decrease your risk for this outcome.

### STRESS

High levels of stress for a long period of time puts extra strain on your heart. This causes high blood pressure and is linked with lower levels of "good cholesterol", or HDL.

### PHYSICAL ACTIVITY

Doing 30 minutes of physical activity 3-5 times a week can help strengthen your heart muscle and reduce the risk for heart attack.

Fiber	Folate	Anti-Oxidants	Omega-3 Fatty Acids	Unsaturated Fats
