

**Heart disease is the #1 cause of death in the U.S.**

But you can protect your heart by being physically active.

**#ourhearts**  
are healthier together

**#ourhearts**  
work out together



National Heart, Lung, and Blood Institute

American Heart Month

February 2024

February is American Heart Month! Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we work on them with others. NHLBI launched the #OurHearts movement to inspire us to protect and strengthen our hearts with the support of others.

Here are some facts, how-to tips, and resources to inspire you to join with others, even if you can't be physically together, to improve your heart health.

[Heart disease](#) is the leading cause of death for Hispanics/Latinos in the United States. Health problems that increase the risk of heart disease are common in Hispanic/Latino communities, including being overweight and having high blood pressure, high cholesterol, and diabetes. People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

**Did you know?**

**Hispanic/Latino women ages 20 and older in the United States:**

78% are overweight, 35% have high blood pressure, 34% have high cholesterol, and 12% have been diagnosed with diabetes.

**Hispanic/Latino men ages 20 and older in the United States:**

87% are overweight, 50% have high blood pressure, 33% have high cholesterol, and 15% have been diagnosed with diabetes.

**Why Connecting is Good for Your Heart**

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who will motivate and care for us helps, as do feelings of closeness and companionship.

Follow [these lifestyle tips](#) to protect your heart.

It will be easier and more successful if you work on them with others, including by texting or phone calls if needed:

1. Be more physically active.
2. Maintain a healthy weight
3. Eat a nutritious diet
4. Quit smoking
5. Reduce Stress
6. Get 7-9 hours of quality sleep
7. Track your heart health stats



You don't have to make big changes all at once. Small steps will get you where you want to go. Here are some ways to get started.





A healthcare partnership between



**Move more**

Invite family, friends, colleagues, or members of your community to join you in your efforts to be more [physically active](#): Ask a colleague to walk “with you” on a regular basis, put the date on both your calendars, and text or call to make sure you both get out for a walk.

Get a friend or family member to sign up for the same online exercise class, such as a dance class. Make it a regular date! Grab your kids, put on music, and do jumping jacks, skip rope, or dance in your living room or yard.

**How much is enough?** Aim for at least 2½ hours of physical activity each week—that’s just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises 2 days a week. Can’t carve out a lot of time in your day? Don’t chuck your goal, chunk it! Try doing 10 minutes of physical activity three times a day. NHLBI’s [Move More fact sheet](#) has ideas to get and keep you moving.

**Aim for a healthy weight**

Find someone in your friend group, at work, or in your family who also wants to reach or maintain a healthy weight. (If you’re overweight, even a small weight loss of 5–10 percent helps your health.) Check in with them regularly to stay motivated. Agree to do healthy activities, like walking or cooking a healthy meal, at the same time, even if you can’t be together. Share low-calorie, low-sodium recipes. [Read more about a healthy weight](#).

**Eat heart-healthy**

We tend to eat like our friends and family, so ask others close to you to join in your effort to eat healthier. Together, try NHLBI’s free [Dietary Approaches to Stop Hypertension \(DASH\)](#) eating plan. Research shows that, compared to a typical American diet, it lowers high blood pressure and improves cholesterol levels. Find delicious recipes at [NHLBI’s Heart-Healthy Eating](#) web page.

**Quit smoking**

To help you quit, ask others for support or join an online support group. Research shows that people are much more likely to quit if their spouse, friend, or sibling does. Social support online can help you quit. All states have quit lines with trained counselors—call 1-800-QUIT-NOW (1-800-784-8669). You’ll find many free resources to help you quit, such as apps, a motivational text service, and a chat line at [BeTobaccoFree.hhs.gov](#) and [Smokefree.gov](#).

If you need extra motivation to quit, consider those around you: Breathing other people’s smoke, called secondhand smoke, is dangerous. Many adult *nonsmokers* die of stroke, heart disease, and lung cancer caused by secondhand smoke.

**Manage stress**

Reducing stress helps your heart health. Set goals with a friend or family member to do a relaxing activity every day, like walking, yoga or meditation, or participate in an online stress-management program together. Physical activity also helps reduce stress. Talk to a qualified mental health provider or someone else you trust.

**Improve sleep**

Sleeping 7–9 hours a night helps to improve heart health. De-stressing will help you sleep, as does getting a 30-minute daily dose of sunlight. Take a walk instead of a late afternoon nap! Family members and friends: remind each other to turn off the screen and stick to a regular bedtime. Instead of looking at your phone or the TV before bed, relax by listening to music, reading, or taking a bath.

**Track your heart health stats, together**

Keeping a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars, will help you stay on a heart-healthy track. Ask your friends or family to join you in the effort. Check out NHLBI’s [My Heart Health Tracker](#) For more information about heart health, visit [www.hearttruth.gov](#).

Visit [#OurHearts](#) for inspiration on what others around the country are doing together for their heart health. Then join the #OurHearts movement and let NHLBI know what you’re doing to have a healthy heart. Tag #OurHearts to share how you and your family and friends are being heart healthy

## Healthy Recipe

<https://www.womansday.com/food-recipes/food-drinks/recipes/a59773/shrimp-bowls-scallion-vinaigrette-recipe/>  
**Heart Health**

By: Woman's Day Kitchen

Published: Aug 4, 2017

Shrimp Bowls with Scallion Vinaigrette

Makes: 4 Servings, Prep Time: 30 mins, Total time: 30 mins

Ingredients:

- 1 ½ c. quinoa
- 1 lb broccoli, cut into small florets and stems cut into thin pieces
- 2 Tbsp. olive oil
- Kosher salt and pepper
- 20 large peeled and deveined shrimp, tails removed
- 1 Tbsp. rice vinegar
- 1 Tbsp. finely grated fresh ginger
- 8 oz. plum tomatoes, seeds removed and cut into ¼' pieces
- 2 scallions, thinly sliced
- 1 avocado, cut into small pieces



Directions:

1. Preheat oven to 425 degrees F. Heat a medium saucepan over medium, add quinoa, and cook, shaking the pan occasionally, until lightly toasted, 5 minutes. Add 3 cups water and immediately cover (it will sputter). Simmer gently for 10 minutes. Remove from heat, remove lid, cover with a clean towel, and let stand 10 minutes; fluff with a fork.
2. Meanwhile, on a rimmed baking sheet, toss the broccoli with 1 tablespoon oil and ¼ tsp each salt and pepper. Spread in an even layer and roast 15 minutes.
3. Season the shrimp with a pinch each salt and pepper, toss with the broccoli, and roast until opaque throughout, 6 to 8 minutes.
4. In a medium bowl, whisk together the vinegar, ginger, and remaining tbsp. oil. Toss with the tomatoes, then fold in the scallions.
5. Divide the quinoa among bowls, then top with the shrimp, the broccoli, and the avocado.
6. Spoon the tomato scallion vinaigrette over the top.

**Nutrition:**

**CALORIES: 462KCAL | CARBOHYDRATES: 57G | PROTEIN: 20G | FAT: 19 G | SATURATED FAT: 2.5G | FIBER: 12G | CHOLESTEROL 58MG | SODIUM 457MG**

# QPIC Corner



## 28 Day Heart Healthy Challenge

Try one challenge per day for a month, then keep up the momentum and make your favorites part of your regular routine.

Premise Health.



### WEEK 1



1



Call a friend and join the heart healthy challenge together



2



Make a tasty, heart-healthy snack



3



Schedule your annual physical and discuss your heart health goals with your provider



4



Squat it out – try to do 1 minute of squats today



5



Wear red today for National Wear Red Day



6



Make sure you know your blood pressure numbers and other heart stats



7



Cook at home instead of going to a restaurant or ordering delivery

### WEEK 2



8



Create your self-care checklist for this week



9



Aim for 30 minutes of physical activity today



10



Plan your menu for the week ahead and prepare your meals



11



Walk an extra 15 minutes today



12



Get outside during your lunch break



13



Replace sugary drinks with water for all 3 meals today



14



Pledge to take the stairs today

### WEEK 3



15



Swap the sweets for a piece of fruit for dessert



16



Stress less – practice 10 minutes of mindful meditation



17



Head to bed with enough time to get a full 7-8 hours of sleep



18



Add a stretch break to your calendar to increase your flexibility



19



Eat vegetarian for a day



20



Share a funny joke or video that makes you laugh



21



Dance for 15 minutes to your favorite music

### WEEK 4



22



Share who inspires you to show your heart more love



23



March in place during commercial breaks to get your heart going



24



Try a healthy recipe that you've never made before



25



Ask a family member or friend to join you for a walk



26



Fill half of your lunch and dinner plates with vegetables



27



Try a workout you've never done before



28



Post about your favorite new way to take care of your heart