



A program of the National
Institutes of Health



NAVIGATING PACIFIC HEARTS

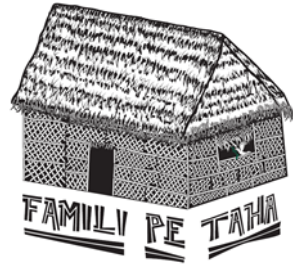
www.pacifichealthpartners.org

A horizontal collage of eight individual portrait photographs of diverse women, all smiling warmly. They are wearing traditional Pacific Island attire, including red and white leis and flower headpieces. The background of the portraits is a lush green tropical setting with palm leaves.

*Aloha, Hafa adai, Malo e telei,
Talofoa lava, Takwe
Hello & Welcome*



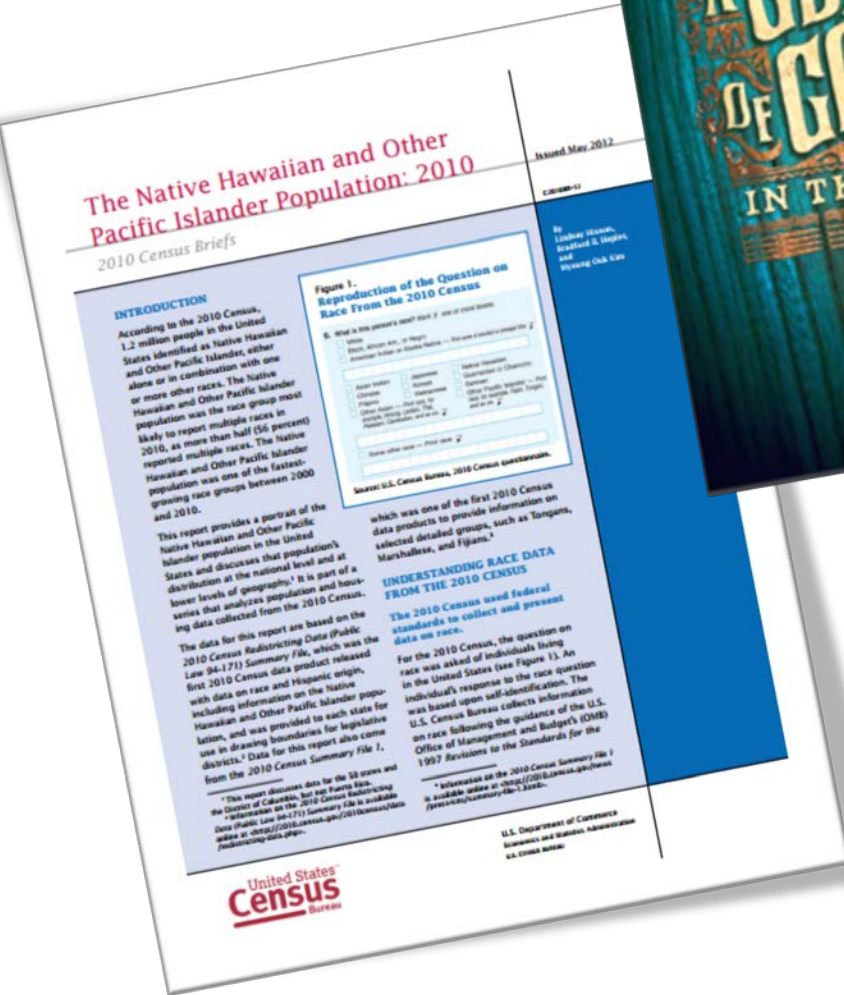
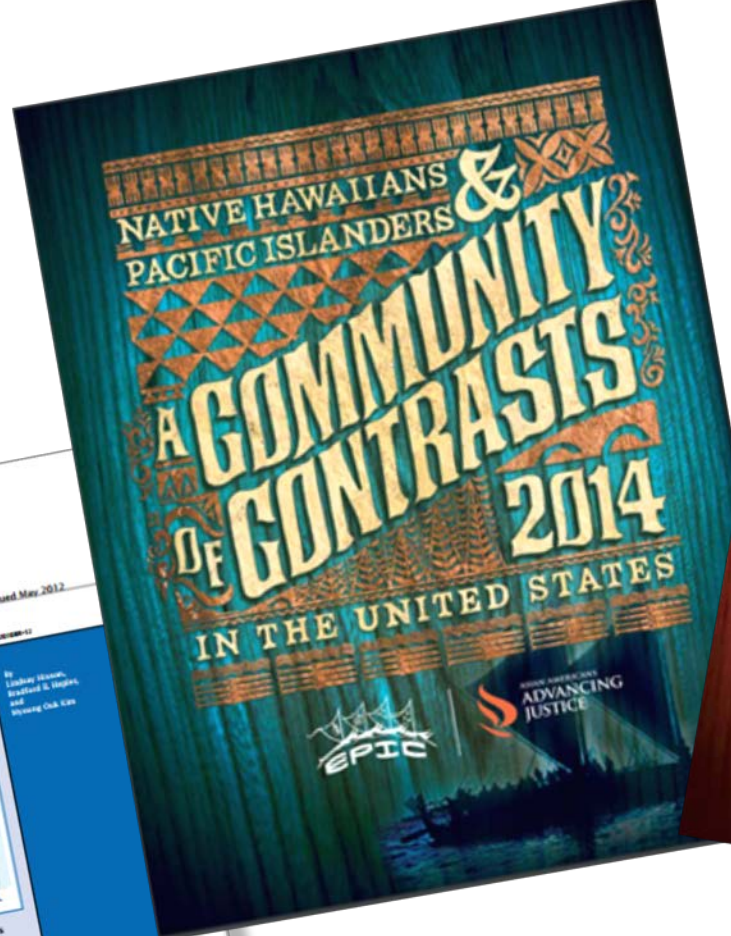
Why does Navigating Pacific Hearts Exist?





Auntie Char's Story





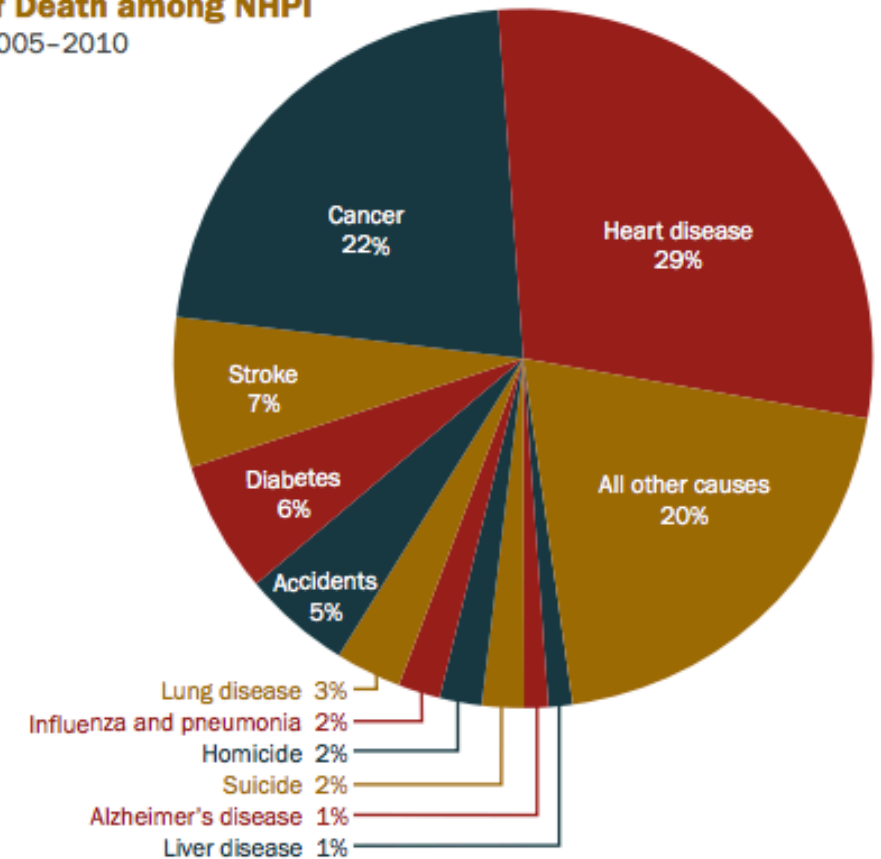
Pacific Islander Health



Pacific Islanders and Heart Disease

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

Causes of Death among NHPI
California, 2005–2010



California Department of Public Health, Death Public Use Files, 2005–2010. Note: "All other causes" is the sum of deaths caused by all other diseases not listed in chart.



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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





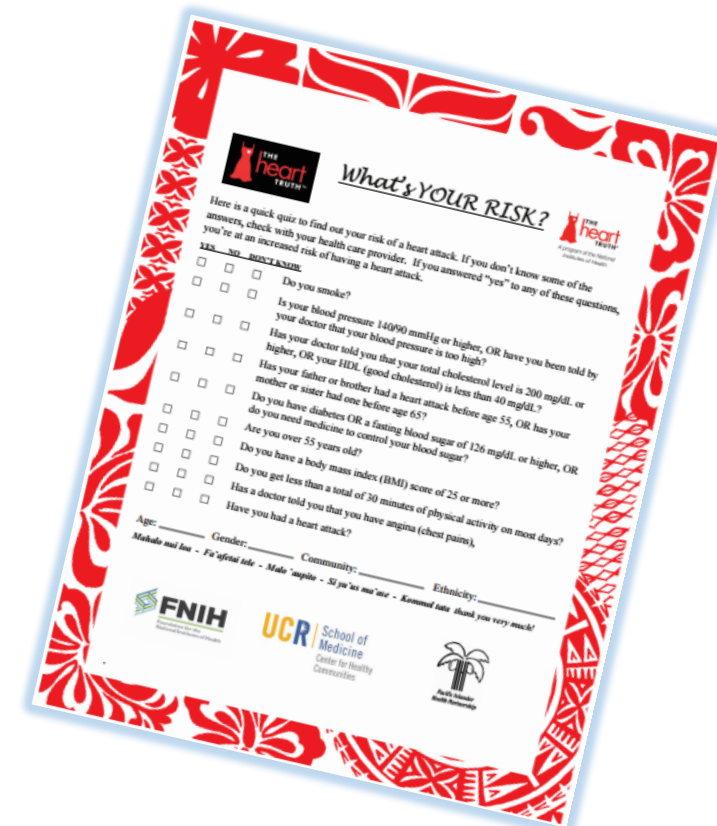
Research – Collect baseline data on community conversations and practices around heart disease

❖ 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



Heart Truth Messages – hearttruth.gov

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 them?
4. What are my "body mass index" and waist measurement? 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?

To learn more, visit www.hearttruth.gov
Source: The Healthy Heart Handbook for Women, National Heart, Lung, and Blood Institute (2007).



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.

	Yes	No	Don't Know
Do you smoke?			

Is your blood pressure 140/90 mmHg or higher have you been told by your doctor that your blood pressure is too high?

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

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

Do you have diabetes OR a fasting blood sugar of 126 mg/dL or higher, OR do you need medicine to control your blood sugar?

Are you over 55 years old?

Do you have a body mass index (BMI) score of 30 or more?

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

Has a doctor told you that you have angina (chest pains) OR have you had a heart attack?

If you answered "yes" to any of these questions, you're at an increased risk of having a heart attack.

To learn more, visit www.hearttruth.gov
Source: The Healthy Heart Handbook for Women, National Heart, Lung, and Blood Institute (2007).

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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

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Has your father or brother had a heart attack before age 55 OR has your mother or sister had one before age 65?			
Do you have diabetes OR a fasting blood sugar of 126 mg/dL or higher OR do you need medicine to control your blood sugar?			
Are you over 55 years old?			
Do you get less than a total of 30 minutes of physical activity on most days?			
Has a doctor told you that you have angina (chest pains) OR have you had a heart attack?			
Are you overweight OR obese?			

If you answered "YES" to any of these questions, you're at an increased risk of having a heart attack

to learn more, visit www.hearttruth.gov
Source: The Healthy Heart Handbook for Women, National Heart, Lung and Blood Institute (2007)

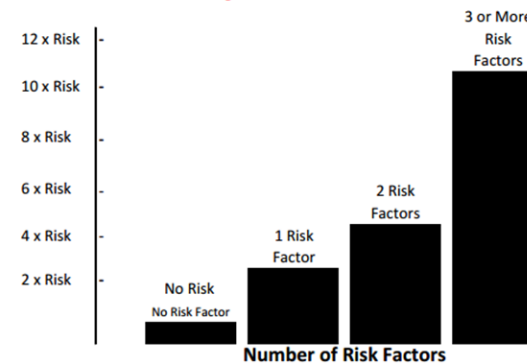
www.pacifichealthpartners.org



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?



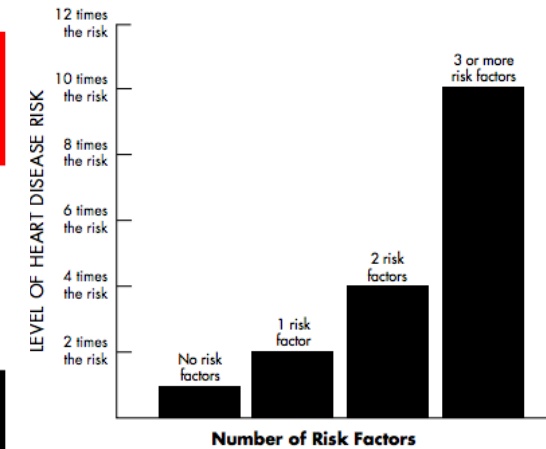
The major controllable risk factors for heart disease are high blood pressure, high cholesterol, diabetes, smoking, overweight/obesity and physical inactivity



A program of the National Institutes of Health

HEART DISEASE RISK FACTOR "MULTIPLIER EFFECT" IN MIDLIFE WOMEN

Many women don't realize that their risk for heart disease significantly increases based on the number of risk factors they have. This chart shows the dramatic rise in the level of heart disease risk for each added risk factor.



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

learn more, visit www.hearttruth.gov
source: National Heart, Lung, and Blood Institute (2006)



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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 cholesterol? Diabetes? Are you inactive? Are you a smoker? Overweight?
If so, this 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.pacifichealthpartners.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 both.

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



U.S. Department of Health and Human Services
National Institutes of Health



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HEART DISEASE

DOESN'T CARE WHAT YOU WEAR

These women know The Heart Truth®

IT'S THE #1 KILLER OF WOMEN

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 heart attack, disability and death. 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 | www.pacifichealthpartners.org

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Goal - Create community appropriate language and videos





Red Dress Luncheon – February 27, 2016





***The Heart Truth by:
Martha Misikei***

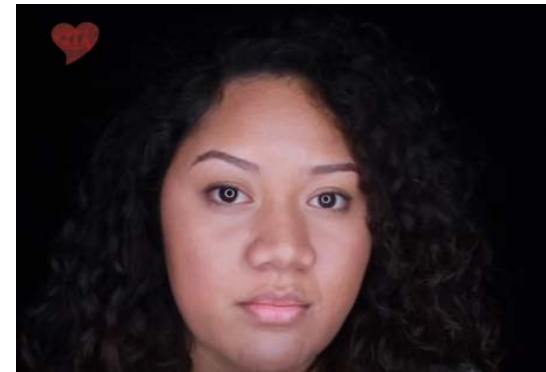


Heidi and her father John



<https://vimeo.com/150969288>

The source of my first heart beat



https://www.youtube.com/watch?v=ZH_4G7b6ssA&feature=youtu.be



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Pacific Islander Health Partnership



NAVIGATING
PACIFIC
HEARTS

www.pacifichealthpartners.org



*Mahalo Nui Loa, Si Yu`us Ma`ase
Malo`Aupito, Fa`afetai Tele Lava, Kommol Tata*

Thank You Very Much

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