









Staying Healthy

Factsheet



Healthy Heart

8 Important Facts

-  A normal **healthy adult heart** is about the size of your clenched fist.
-  Your heart beats around **100,000 times** per day.
-  **Age and fitness** levels affect your heart rate.
-  Heart disease is the **number one killer** for men AND women.
-  Your heart rate drops as you sleep - it is likely to go below **60 beats per minute**.
-  Activity level is the greatest potential risk factor for heart disease - **lower activity means higher risk**.
-  **Depression increases** your risk of a heart attack especially if you are a woman.
-  **Excessive** amounts of **sitting** have been linked to an increased risk of heart disease.



How to help

Maintain a Healthy Heart



Keep active by doing regular exercise



Have a healthy balanced diet

- A variety of nutritious foods
- Control your portion sizes
- 5 or more portions of fruit and veg a day
(just don't overdo it on the fruit!)
- Choose more wholegrain foods
- Limit unhealthy fats
(saturated and trans fats)
- Choose low fat protein options
(poultry, fish, lean meats, eggs, beans, pulses)



Keep active by doing regular exercise.



Plan ahead with your meals to help you make healthy choices

Healthy Heart

How to spot a heart attack

Sweaty _____

Pale _____

Short of breath _____

Other upper body pain: _____

Jaw
Neck
Arms
Tummy

Sudden chest pain or discomfort _____

If you think you or someone around you is having a heart attack, don't delay - **call 999** for help immediately.



Risk factors of *Circulatory and Heart Disease*



High cholesterol



High Blood Pressure



Family History



Diabetes



Smoking



Your weight

Healthy Heart

Blood Pressure

Blood pressure is the force our hearts use to pump blood around our body. The higher the pressure, the greater the force and strain on our heart and arteries.

Blood pressure is measured in millimeters of mercury and is given as two numbers: Diastolic pressure and Systolic pressure

- If you're between 120/80 and 140/90 you're what doctors call 'pre-hypertensive' – which may mean you're developing high blood pressure.
- Over 140/90 is considered high and needs attention. Your heart is working overtime and your arteries are under stress.

High blood pressure also known as (hypertension) doesn't usually have any signs or symptoms and if left untreated you're at a greater risk of heart disease, kidney failure, stroke or even a heart attack. The great news is once high blood pressure is detected it can be easily treated in most cases, with small changes to your lifestyle.

Being inactive is linked to high blood pressure, therefore increasing your level of activity will help reduce your blood pressure. It is recommended that every adult should do some kind of moderate exercise for 30 minutes a day, 5 days a week.



Blood inside the artery.

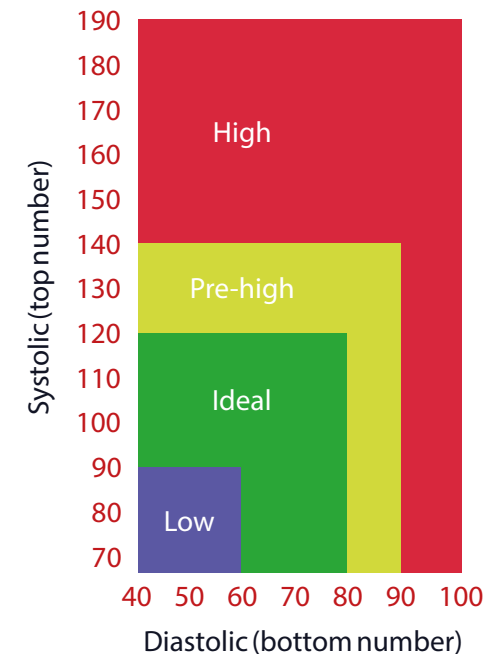


Atheroma (fatty material) narrows the artery, restricting the flow of blood.

Blood Pressure Ranges:

This is measured in **systolic** (the pressure when your heart pushes blood out) and **diastolic** (the pressure when your heart rests between beats).

Normal blood pressure is considered to be **above 90(systolic)/60(diastolic)** mmHg and below 140/90 mmHg.



Obesity

What is Obesity?

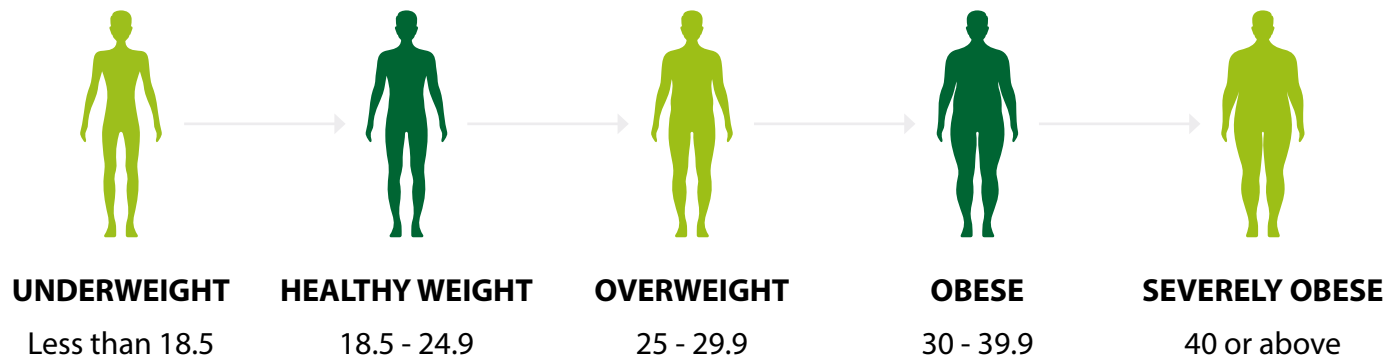
It's the medical term used for when too much body fat has accumulated to an extent that it may have a negative effect on health.

It can increase the risk of other health problems, such as heart disease, diabetes, high blood pressure and certain cancers. And it's a common problem in the UK, estimated to affect around **1 in every 4 adults** and around **1 in every 5 children** (aged 10 to 11).

How to tell if you're a healthy weight

The most widely used way to check this is to work out your body mass index (BMI). A measure of whether you're a healthy weight for your height.

For most adults, a BMI of:



Work out your score <https://www.nhs.uk/live-well/healthy-weight/bmi-calculator>



Obesity - on the rise

Rising levels of obesity are a major challenge to public health. There are expected to be 11 million more obese adults in the UK by 2030, with associated medical costs set to increase by £1.9–2.0 Billion per year.

! Adult obesity rates have almost quadrupled in the last 25 years

Obesity

What causes obesity?

The balance between calorie intake and energy expenditure determines a person's weight.

- If you eat more calories than you burn, you'll gain weight (the body will store the excess energy as fat)
- If you eat fewer calories than you burn, you'll lose weight

The most common causes of obesity are overeating and physical inactivity. But ultimately, body weight is the result of genetics, metabolism, environment, behaviour, and culture.

Other causes include:

- Medications
- Psychological factors
- Some diseases

Understanding your BMR and why it matters

Basal Metabolic Rate is the number of calories required to keep your body functioning at rest. Even when you are asleep, you need the energy to fuel your internal organs, digestive system and brain cells.

It is important to understand your personal BMR to lose weight. If you take your calories too low in a bid to lose weight quickly, you could eat less than your body needs just to keep itself alive.

Once you've determined your BMR, you can begin to monitor how many calories a day you need to maintain or lose weight.

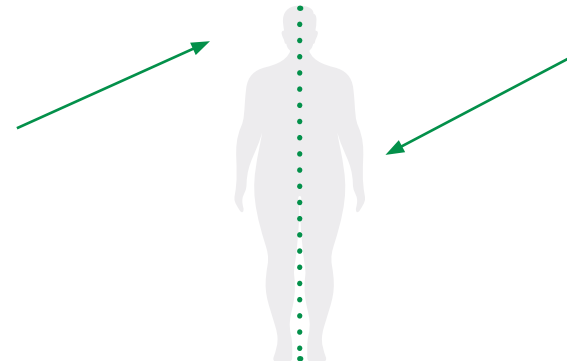
Use an online BMR calculator to determine your metabolic rate.

<https://www.diabetes.co.uk/bmr-calculator.html>

Obesity's impact on health

Emotional

Anxiety
Depression
Helplessness
Self-consciousness
Isolation
Stigma
Insomnia
Negative self-worth
Lack of motivation



Physical

Coronary heart disease
Type 2 diabetes
Osteoarthritis
Sleep apnea
Body pain
Stroke
High blood pressure

Obesity

Tips to prevent or tackle obesity

Fight the urge to slouch on the couch. Instead, get up and go! Set an example for the kids in your life. Moving more also:

- Relieves stress
- Improves sleep and mood
- Strengthens bones and muscles
- Gives you more energy
- Builds endurance
- Helps you feel good about yourself
- Provides a way to connect with others

Be active your way

- Walk instead of drive
- Take the stairs
- Go for a half hour walk instead of watching TV
- Get off the bus a stop early
- Make a family habit and walk every weekend
- Take the dog on longer walks
- Join an online or local exercise group
- Dance to music
- Try the award-winning **Couch to 5k app**
- Wash the car by hand
- Do some gardening

Choose good food



Breakfast

Although lots of people think they'll cut calories by skipping breakfast, the opposite is true. Studies show that eating breakfast helps you consume fewer total calories for the day.



High fibre foods

Eat a bowl of brown rice with chickpeas and sautéed veg for lunch, and it's likely you won't want another bite until dinner. Other examples of high-fibre foods such as wholegrain oats, wholegrain pasta, pears, berries, seeds, nuts, broccoli, carrots have few calories, little fat, and lots of bulk.



Raw leafy greens

Head for the salad bar. Greens and raw veg like carrots, cucumber, and broccoli are remarkably low in calories but high in water and slow-digesting fibre, keeping you full.



Fish, chicken and beans

High-protein diets that are also rich in slow-burning carbs (like fruit, veg, beans, and whole-wheat pasta) keep hunger at bay for much longer than low-protein, high-carb diets.



Healthy unsalted nuts

The healthy fat in nuts helps stop hunger pangs, and the protein may use up calories as it digests. Studies show that people who eat nuts have lower BMIs than those who don't.



Stay hydrated

Swap sugary, fizzy drinks and alcohol for water, herbal teas and fruit-infused water. Drinking water also helps increase fat oxidation (the body using up stored fats to produce energy).

! Remember - Greencore is a nut-free workplace so please don't bring nuts to work

Diabetes

What is Diabetes?

A serious condition where your blood glucose level is too high.

There are two main types of Diabetes:

Type 1

Your body's immune system attacks the cells that produce insulin.
You can't produce insulin at all.

Type 2

You can't produce enough insulin or the body's cells don't produce insulin effectively.
Type 2 diabetes in some instances can be reversed.

What is pre-diabetes?

- 1** Increased blood sugar levels **above the normal range.**
- 2** **Your risk** of Type 2 diabetes is **increased.**
- 3** Can lead to Type 2 diabetes **if left untreated.**

! *Did you know...*



In the UK more than 90% of adults who have diabetes have Type 2

The Symptoms?



Increased
urination



Increased
thirst



Feeling
tired / fatigued



Slow
healing wounds



Thrush



Weight
loss



Loss of
muscle bulk



Blurred
vision

Diabetes

The risks...

of developing Type 2 Diabetes



Increased waist circumference



BMI overweight or obese



Smoker



Family history



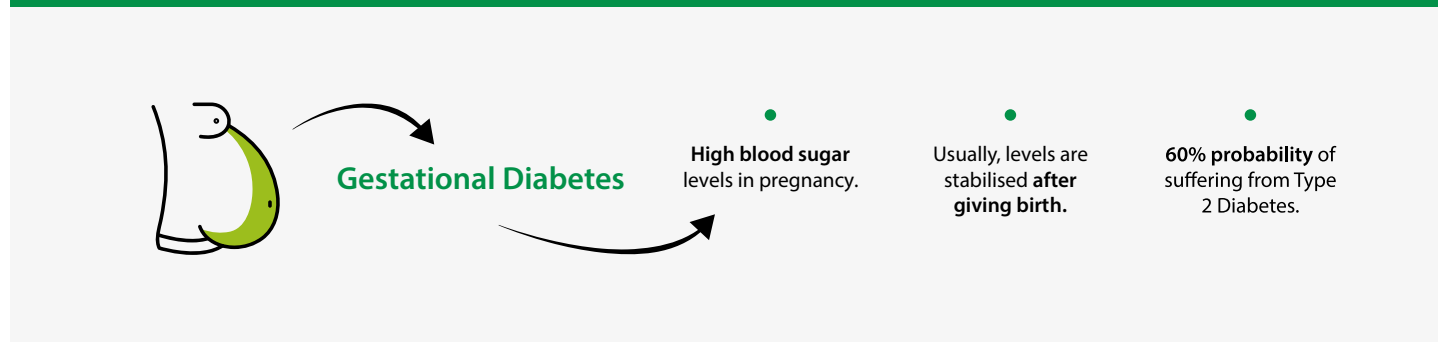
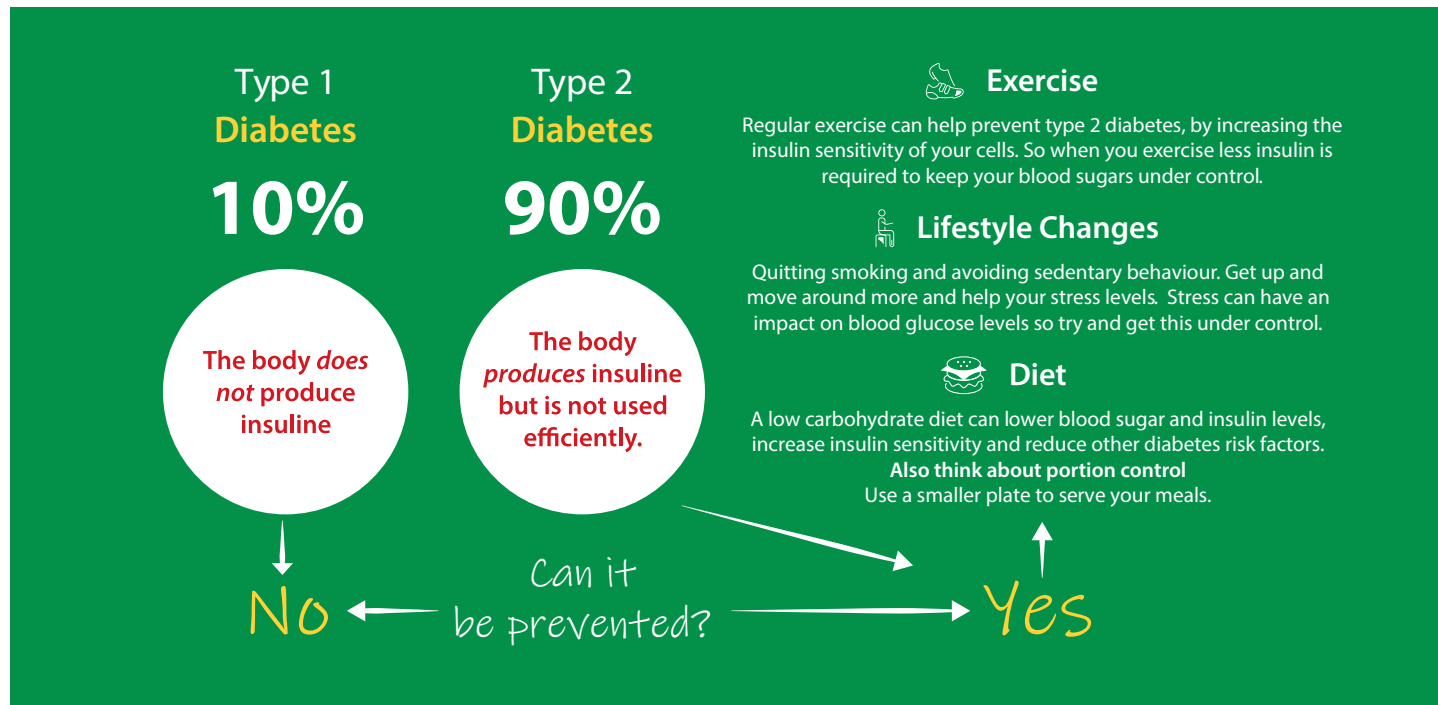
White and over 40

or over 25 if you're African-Caribbean, Black African or South Asian.



High blood pressure

How can you prevent Type 2 Diabetes



Vitamin D

What is vitamin D?

An important nutrient needed for strong bones and teeth, and to maintain good health. It helps the body to absorb calcium (one of bone's main building blocks) from food and supplements and helps our muscles to move.

Nerves need vitamin D to carry messages between the brain and body parts, and the immune system needs it to fight off invading bacteria and viruses. Together with calcium, vitamin D also helps protect older adults from osteoporosis.

Not enough vitamin D may cause soft, thin, and brittle bones, a condition known as rickets in children and osteomalacia in adults.

Where does vitamin D come from?

It comes from two places – we take it into our bodies in foods and supplements, and our bodies produce it after sunlight exposure.

We get a little vitamin D from food, but we get most of it from sunlight. The sun acts on chemicals under the skin and helps turn them into vitamin D.

In the UK, between late March to the end of September, most people can get all the vitamin D they need through sunlight on their skin and from a balanced diet.

In winter, we don't get enough of the right type of sunlight to make enough vitamin D, so some people choose to take a 10mg daily supplement. **Talk to a GP for guidance.**



Vitamin D

Vitamin D-rich foods



Oily fish

Such as salmon, sardines, mackerel, trout



Red meat



Liver and fish liver oil



Egg yolks



Fortified foods

(with vitamin D added) – most fat spreads, some breakfast cereals and some plant-based alternatives to milk. Check the labels.



Infant formula

It has vitamin D added to make sure babies get enough.

As most of these foods are animal products, it's harder to get vitamin D from food if you're vegan or vegetarian. Plant-based sources of vitamin D include sun-exposed mushrooms and fortified foods.

What could cause a vitamin D deficiency?

Although the body can create vitamin D, a deficiency can occur for many reasons.

Skin type

Darker skin can reduce the body's ability to absorb the ultraviolet radiation B (UVB) rays from the sun. Absorbing sunlight is essential for the skin to produce vitamin D.

Sunscreen

A sunscreen with a SPF of 30 can reduce the body's ability to synthesize the vitamin by 95% or more. Covering the skin with clothing can also hinder vitamin D production. Direct sunlight for 20 minutes will radiate enough Vitamin D for the day, then cover up/apply sunscreen.

Geographical location

People who live in northern latitudes or areas of high pollution, work night shifts, or are house-bound should aim to consume vitamin D from food sources whenever possible.

Breastfeeding

Infants who exclusively breastfeed need a vitamin D supplement, especially if they have dark skin or have minimal sun exposure.



When vitamin D levels are very low, symptoms may include tiredness, weakness, muscle and bone pain. And you may not be as mentally healthy as you could be.

If you don't feel like you eat enough Vitamin D rich foods or get enough natural sunlight, you can take Vitamin D supplements, available at your local health foods shop.

Always remember to cover up or protect your skin if you're out in the sun for long periods, to reduce the risk of skin damage and skin cancer.

greencore
group

