



YELLOWHAWK
TRIBAL HEALTH CENTER

HEART DISEASE ON CTUIR

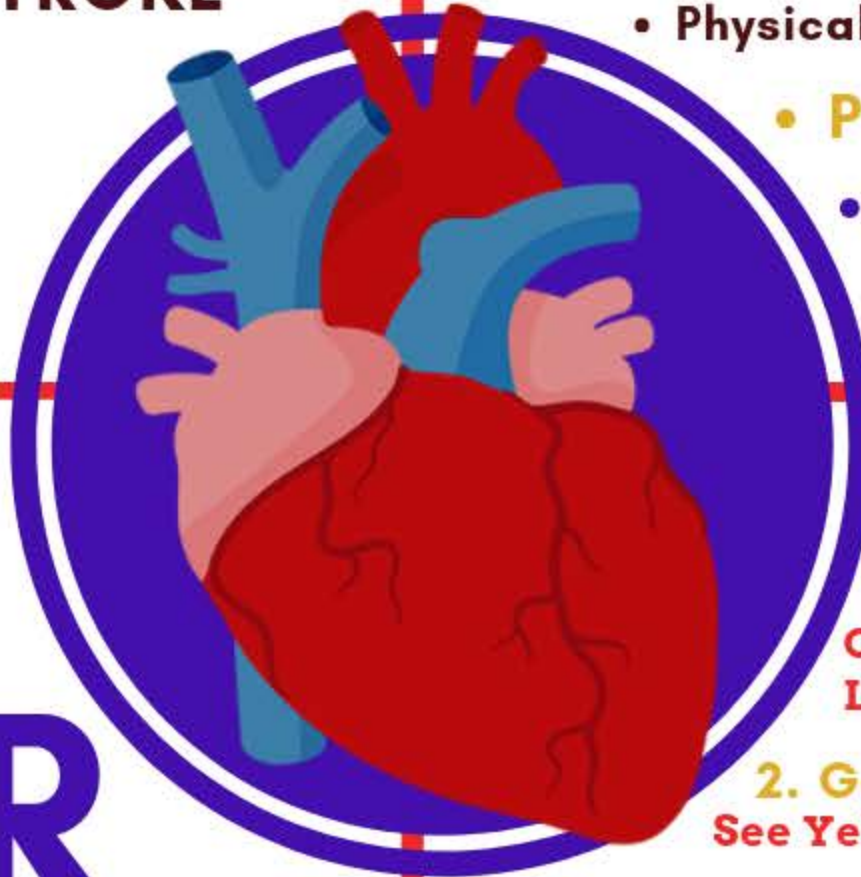
(cardiovascular disease)

WHAT IS HEART DISEASE?

Cardiovascular Disease (CVD) is a "Catch All" phrase for diseases that damage your heart or blood vessels.

- HEART ATTACK
- CHEST PAIN
- DEATH
- HEART FAILURE
- STROKE

Coronary Heart Disease: plaque builds up in your blood vessels (atherosclerosis) to your heart, narrowing or blocking blood flow to your heart.

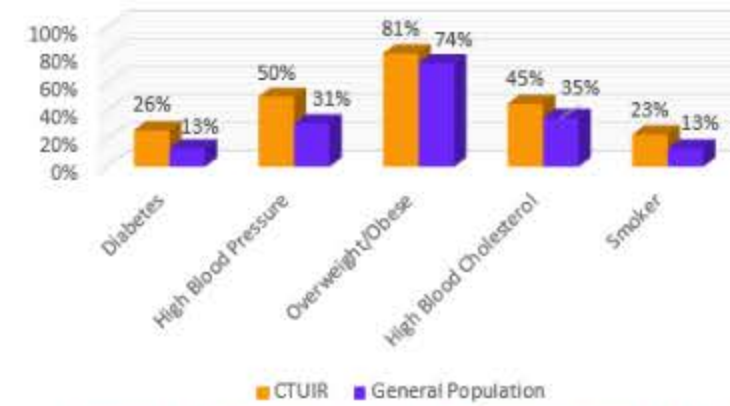


WHAT IS YOUR RISK OF HEART DISEASE?

Risk factors are things that increase the chance of developing a disease, or making a disease worse

- Physically Inactive
- Diabetes
- Poor Diet
- Overweight/Obese
- Smoke/Tobacco Use
- High Blood Pressure, High Cholesterol

Prevalence of CVD Risk Factors



According to the 2015 Community Health Assessment, American Indian/Alaska Native adults living in the CTUIR CHSDA (Umatilla and Union counties) have higher rates of CVD risk factors, compared to the general population.

PREVENTING CVD

1. Kick the Smoking Habit and Avoid Tobacco
Contact LeAnn Alexander, Tobacco Cessation.
LeannAlexander@yellowhawk.org

2. Get Active
See Yellowhawk's Fitness Calendar for classes.



3. Eat for Health
Contact Dusty Dressler, Registered Dietician.
DustyDressler@yellowhawk.org

4. Know Your Numbers
- Blood pressure - Blood Sugar - Blood Cholesterol - Blood lipids. Contact your healthcare provider to check and control your health conditions.



#1 KILLER

In a recent mortality study, **Cardiovascular Disease** was found to be the #1 CAUSE OF DEATH of American Indian/Alaska Native adults living in the CTUIR CHSDA (Umatilla and Union counties).

