

Cardiovascular Disease

"Wiki Alert"

*Wiki is the Hawaiian term for "fast." The intent of these "Wiki" Alerts is to provide brief informational resources about chronic disease issues that impact Asian Americans, Native Hawaiians and Pacific Islanders.

February is American Heart Month

Cardiovascular Disease

Cardiovascular disease (CVD) includes diseases of the heart and blood vessels. It is caused by atherosclerosis, or the restriction of normal blood flow to parts of the body due to plaque build-up. When this occurs, aneurysms and clots can cause disorder in the body. The four most common types of CVD are coronary heart disease (heart attack and chest pain), stroke, high blood pressure and heart failure.

- Heart attacks occur when blood flow to the heart is blocked.
- Strokes occur when a blood vessel carrying oxygen to the brain get blocked.
- High blood pressure (hypertension) is an elevated pressure within the arteries.
- Heart failure is the shortage of blood and oxygen in the body due to a poorly pumping heart.

~~~ *National Wear Red Day is February 5, 2010* ~~~

### Facts and Statistics

CVD is the leading cause of death for both men and women in the U.S. In 2010, an estimated 785,000 Americans will experience a new coronary attack and about 470,000 will have a recurring attack. In the U.S., a person will experience a coronary incident about every 25 seconds and a person will die every minute from a coronary incident. In 2010, CVD health care services, medications, and lost productivity will cost the United States \$316.4 billion (Centers for Disease Control and Prevention, 2010).

- Among Asian American adults (ages 18+), 38.1% are obese or overweight. (National Health Interview Survey, 2008)
- An NHIS study showed that 21.0% of Asian American adults age 18 and older had been told on two or more occasions that they had hypertension. (National Health Interview Survey, 2008)
- The 2006 death rate for CHD (coronary heart disease) was 101.3 for Asian Americans or Pacific Islander males and 58.9 for females. (National Center for Health Statistics, 2008)
- Native Hawaiians and Pacific Islanders are 40% more likely to be diagnosed with heart disease than non-Hispanic whites. (Office of Minority Health, 2009)

## Preventing Cardiovascular Disease



Avoid smoking and secondhand smoke altogether.



Incorporate foods and beverages like tofu, miso, brown rice, and green tea into your diet to reduce cholesterol.



Exercise everyday (about 30 minutes everyday). Tai chi and yoga are great examples.



Get regular check-ups and screenings from the doctors.



Drink alcohol in moderation (1 drink for women, 2 drinks for men a day).



Avoiding stress and choosing to eat healthy foods can prevent unhealthy weight gain.

Body Mass Index (BMI) for Asian adults:

- 18.5-24.9: Healthy
- 25-29.9: Overweight
- 30+ : Obese

\*BMI: measures body fat; ratio of weight-to-height.

Visit <http://www.nhlbisupport.com/bmi/> to calculate your own BMI.



Heart-healthy foods can be delicious. Try this recipe below:

**Ginger Chicken with Rice Noodles** (Recipe from Diabetic Living):

- 2 tbs. finely chopped green onions
- 1 1/2 tsp. freshly grated ginger
- 3 cloves of minced garlic
- 1/8 tsp. salt
- 2 boneless, skinless chicken breast halves
- 2 ounce dried rice noodles
- 3 tsp. olive oil
- 1/2 cup of chopped carrots
- 1/2 tsp. finely shredded lime peel
- 1 tbs. lime juice
- 2 tbs. peanuts (optional)
- 1 1/2 tbs. cilantro

**Directions:** **1)** For a rub: in a small bowl, combine green onion, ginger, garlic, the 1 teaspoon oil, and the salt. Sprinkle evenly over chicken; rub in with your fingers. **2)** Place chicken on the rack of an uncovered grill directly over medium coals. Grill for 12 to 15 minutes or until tender and no longer pink (170 degree F), turning once. Thinly slice chicken diagonally; set aside. **3)** Meanwhile, in a large saucepan, cook rice noodles and carrot in a large amount of boiling water for 3 to 4 minutes or just until noodles are tender; drain. Rinse with cold water; drain again. Use kitchen scissors to snip noodles into short lengths. In a medium bowl, stir together lime peel, lime juice, and the 2 teaspoons oil. Add noodle mixture and cilantro; toss gently to coat. **4)** Divide noodle mixture between two individual bowls; arrange chicken slices on noodle mixture. Sprinkle with peanuts. Serve immediately.

**Nutrition Facts per Serving:** Makes 2 Servings; Calories 396; Total Fat (g) 13; Saturated Fat (g) 2; Cholesterol (mg) 82; Sodium (mg) 369; Carbohydrate (g) 32; Fiber (g) 3; Protein (g) 37