



Our Families

Our Hearts

Youth
Take
heart

Volume 2 Number 2

Winter 2006

One American dies of a heart or blood vessel disease every 34 seconds. What does heart health mean to your family?

Answer the following questions:

What is one reason why I should stay healthy? _____

How motivated am I to protect my family's heart health?

On a scale from 1-10, this is my motivation: _____.

(1-3) (4-6) (7-10)

Not at all A Little Very



If you answered 5 or higher, congratulations! You are ready to take some action. Check out some steps you can take below.

Talk with your kids about the risks of heart disease for your family--then tell them how to turn it around!

What's your blood pressure?

African Americans have the highest rates of high blood pressure. People of East Asian heritage are also at high risk.

➡ Turn it around by avoiding the 3 S's: smoking, salt and soda!



How physically active are you?

Many Hispanics do not get enough vigorous physical activity. Most Americans don't get enough exercise.

➡ Turn it around by aiming to be physically active every day. Start at any amount and aim for an hour/day.

Have you had your blood sugar checked?

Many Native Americans or Alaska Natives have diabetes. Japanese and Filipino Americans are also at greater risk for diabetes.

➡ Turn it around by reducing soda, candy and alcohol and adding fruits and vegetables!



Reach Out!

Your community—your church, school, and friends—is an important support for your family. Work with your school, church or tribal elders to provide a safe place for indoor activities during rainy or winter weather and for gym use for people living with disabilities.

Rely on your family, friends, and community to help you through stressful times. Let someone know if you're under too much pressure and need help.

Youth Take Heart is a partnership between University of Washington Engineered Biomaterials (UWEB), Washington State Math, Engineering, Science Achievement (MESA), and The Hope Heart Institute.

www.youthtakeheart.org