

Matters of the Heart



Take Heart Alaska's Quarterly Newsletter

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New 2010 Dietary Guidelines for Americans

Because more than one-third of children and more than two-thirds of adults in the United States are overweight or obese, Agriculture Secretary Tom Vilsack and Secretary of the Department of Health and Human Services (HHS) Kathleen Sebelius today announced the release of the 2010 Dietary Guidelines for Americans, the federal government's evidence-based nutritional guidance to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity.

The new 2010 Dietary Guidelines for Americans focus on balancing calories with physical activity, and encourage Americans to consume more healthy foods like vegetables, fruits, whole grains, fat-free and low-fat dairy products, and seafood, and to consume less sodium, saturated and trans fats, added sugars, and refined grains¹.

The 2010 Dietary Guidelines for Americans include 23 Key Recommendations for the general population and six additional Key Recommendations for specific population groups, such as women who are pregnant. The recommendations are intended as an integrated set of advice to achieve an overall healthy eating pattern.

More consumer-friendly advice and tools, including a next generation Food Pyramid, will be released by USDA and HHS in the coming months. Below is a preview of some of the tips that will be provided to help consumers translate the Dietary Guidelines into their everyday lives:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Compare sodium in foods like soup and frozen meals – and choose those with lower numbers.
- Drink water instead of sugary drinks.

**Take Heart
Alaska**

Alaska's Cardiovascular
Health Coalition

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Committee Minutes

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[Steering Committee](#)

[Healthy Lifestyles Committee](#)

[Alaskans Promoting Physical Activity \(APPA\) Subcommittee](#)

[Eat Smart Alaska Subcommittee](#)

[Public Education Committee](#)

Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Here are some of the signs that can mean a heart attack is happening.

Chest discomfort—Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body—Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

Shortness of breath—This may occur with or without chest discomfort.

Other signs—These may include breaking out in a cold sweat, nausea, or lightheadedness.

If you or someone you're with has any of these symptoms, call 9-1-1 immediately. Don't wait longer than five minutes before calling for help. You need to get to a hospital right away. Calling 9-1-1 is almost always the fastest way to get lifesaving treatment!

School Nutrition Standards

Exactly a month after **President Obama** signed the **Healthy, Hunger-Free Kids Act 2010**, the legislative centerpiece of First Lady Michelle Obama's "Let's Move!" campaign, the USDA announced a dramatic upgrade to nutrition standards for meals served through the National School Lunch and School Breakfast programs. The new rules are based on recommendations from an October, 2009 report from the federal Institute of Medicine (IOM), and specified portion sizes as well as the kinds of vegetables schools must offer. For instance, French fries will be a rare treat, because starchy vegetables such as corn, green peas, and potatoes are limited to one cup per week.

For the first time, USDA is setting minimum and maximum calorie limits for school meals. For lunch, meals must have a minimum of 550 and a maximum of 650 calories for students in K-5; this jumps up to 600 minimum and 700 maximum for grades 6-8; and 750 to 850 for grades 9-12. USDA estimates that overall, kids consume between 30% to 50% of their daily calories at school. There are currently no calorie maximums for school meals.

Sodium

Although the new standard for reducing sodium has a decade-long implementation time, it cuts in half the allowable level. USDA estimates that the average high school lunch has 1,600 milligrams of sodium. By 2021, this should be lowered to 740 milligrams or less for grades through 9-12; 710 milligrams or less for grades 6-8; and 640 milligrams or less for grades K-5.

Sugar

While reducing sodium levels in school foods is a big focus, sugar is not on the chopping block because the IOM report did not cite it as a major concern. So under the new rules, flavored milk will still be available to kids in cafeterias. It must be non-fat, but it is still flavored, and still has a fairly high sugar content. Chocolate and other flavored milk is a big bone of contention among nutritionists, who cite it as adding unnecessary sugar to kids' diets. Unflavored milk must be 1% fat or nonfat. Schools can currently serve milk with any fat percentage.

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm, or leg—especially on one side of the body.
- Sudden confusion, or trouble speaking or understanding;
- Sudden trouble seeing in one or both eyes;
- Sudden trouble walking, dizziness, or loss of balance or coordination;
- Sudden severe headache with no known cause.

If you or someone with you has one or more of these signs, don't delay! Immediately call 9-1-1 or the EMS number in your area so an ambulance can be sent for you. Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. If given within three hours of the start of symptoms, a clot busting drug can reduce long-term disability for the most common type of stroke.

Subcommittee Updates: Healthy Lifestyles

The Take Heart Alaska Healthy Lifestyles Committee met on Thursday February 17th. Topics of discussion included updates from the Alaskans Promoting Physical Activity and Eat Smart Alaska subcommittees.

Goals and Objectives from the Take Heart Alaska state plan pertaining to physical activity and nutrition were reviewed and modified to reflect current efforts and wishes of each group. Minutes will be posted on the Healthy Lifestyles page of the THA website.

Take Heart Alaska Website Updates

New to the Take Heart Alaska website is the "Press Room" which is accessible through the button on the top header of the home page. The press room will be host to a variety of press-ready media - everything from radio PSA's to transcripts of advertisements to digital storytelling files. Currently the radio spots on heart attack and stroke signs and symptoms are featured.

Russ will be adding content to this page regularly and will find and post all of the media produced by Take Heart Alaska in previous years so that all of that hard work is not lost.

If you are looking for a media clip and can't find it in the Press Room please contact Russ directly at (907) 465-8541.

Steering Committee Meeting March 23rd

In coordination with the March 22, 2011 "Emergency Preparedness for Vulnerable Populations" 1-Day Emergency Preparedness Conference, Take Heart Alaska will be holding a Steering Committee meeting on the morning of Wednesday March 23 at the Millennium Hotel in Anchorage.

Conference participants will gain the skills to develop, disseminate, and/or implement an emergency preparedness (EP) plans for vulnerable populations their communities. Participants will work together on developing EP plans that address the needs of vulnerable populations in the community.

Key Speaker: Ana-Marie Jones, from CARD (Collaborating Agencies Responding to Disaster).

New 2010 Dietary Guidelines for Americans

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The Dietary Guidelines, based on the most sound scientific information, provide authoritative advice for people 2 years and older about how proper dietary habits can promote health and reduce risk for major chronic diseases.

The 2010 Dietary Guidelines is available at www.dietaryguidelines.gov. For more information on dietary guidelines, see www.health.gov/dietaryguidelines and www.healthfinder.gov/prevention.

¹U.S. Department of Agriculture. USDA and HHS Announce New Dietary Guidelines to Help Americans Make Healthier Food Choices and Confront Obesity Epidemic. Washington DC: U.S. Government Printing Office; 2011 Jan.

Dietary Guideline Resources

[Press Release](#)

[Executive Summary](#)

[Messages for Consumers](#)

[2010 Dietary Guidelines Full Document](#)

[Heart Healthy Foods: Shopping List](#)

[Healthy Snacks: Quick Tips for Parents](#)

[Adult Energy Needs/BMI Calculator](#)

[MyPyramid Tracker: Online Dietary and Physical Activity Assessment Tool](#)

[Dietary Guidelines FAQ's](#)

[2008 Physical Activity Guidelines](#)



Heart Disease & Stroke Resources

National Resources

National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)

Centers for Disease Control and Prevention

For more information, go to:

<http://www.cdc.gov/chronicdisease/>

<http://www.cdc.gov/dhdsp/>

<http://www.cdc.gov/stroke/>

<http://www.cdc.gov/heartdisease/>

<http://www.cdc.gov/bloodpressure/>

<http://www.cdc.gov/cholesterol/>

<http://www.cdc.gov/salt/>

<http://www.cdc.gov/WISEWOMAN/>

Mission

The mission of the NCCDPHP is to lead efforts that promote health and well-being through prevention and control of chronic diseases.

NCCDPHP supports a variety of activities that improve the nation's health by preventing chronic diseases and their risk factors. Program activities include one or more of our major functions: supporting states' implementation of public health programs; public health surveillance; translation research; and developing tools and resources for stakeholders at the national, state and community levels.

National Association of Chronic Disease Directors (NACDD)

Centers for Disease Control and Prevention

www.chronicdisease.org

NACDD is a national public health association founded in 1988 to link the chronic disease program directors of each U.S. state and U.S. territory to provide a national forum for chronic disease prevention and control efforts. Since its founding, NACDD has made impressive strides in mobilizing national efforts to reduce chronic diseases and associated risk factors.

State of Alaska Chronic Disease Prevention Programs and Program Resources

Alaska Heart Disease and Stroke Prevention Program

<http://www.hss.state.ak.us/dph/chronic/chp/default.htm>

The goal of Alaska's Heart Disease and Stroke Prevention Program is to maintain and build the state's capacity to improve the cardiovascular and cerebrovascular health of all Alaskans.

Alaska Chronic Disease Prevention and Health Promotion Section

<http://www.hss.state.ak.us/dph/chronic/default.htm>

The Section of Chronic Disease Prevention and Health Promotion seeks to improve the health and well being of all Alaskans.

Alaska Behavioral Risk Factor Surveillance System (BRFSS)

<http://www.hss.state.ak.us/dph/chronic/hsl/brfss/default.htm>

The Alaska Behavioral Risk Factor Surveillance System (BRFSS) working with the National Centers for Disease Control and Prevention (CDC), gathers information about the health related lifestyle choices of Alaskan adults. Each year, results are analyzed to improve the understanding of health habits and measure progress towards health objectives at the state and national level.

Alaska Diabetes Prevention and Control Program

<http://www.hss.state.ak.us/dph/chronic/diabetes/default.htm>

The Diabetes Prevention and Control Program's efforts to reduce the burden of diabetes in Alaska are consistent with national strategies and place special emphasis on communities and populations at risk for diabetes.

Alaska Obesity Prevention and Control Program

<http://www.hss.state.ak.us/dph/chronic/obesity/default.htm>

The Obesity Prevention and Control Program's mission is to prevent and reduce obesity among Alaskans through the promotion of physical activity and good nutrition.

Alaska Tobacco Prevention and Control Program

www.hss.state.ak.us/dph/chronic/tobacco/default.htmh

The mission of the Alaska Tobacco Prevention and Control Program is to provide leadership, coordinate resources, and promote efforts that support Alaskans in living healthy and tobacco-free lives.