



**Quarterly Publication**

**Happy New Year!**

One of the Health Awareness titles for **January is Healthy Weight Awareness month** and for **February is Heart Health Awareness month**.

This newsletter will present information from the American Heart Association and Center for Disease Control and Prevention (CDC) regarding Healthy weight tips and understanding cardiac care interventions - specifically Cardiopulmonary Resuscitation (CPR).

**Basic Healthy Weight Tips:**

- **More movement:**
  - Walk inside or outside of home 15 minutes twice or 30 min once most days of week (including partner may be incentive for walking plan)
  - Add weights for arms and legs to daily walking (increase size when smaller weights seem too easy)
- **Stay hydrated:**
  - Drink 6 or more glasses water per day
  - Limit/Avoid sugary beverages
- **Plan for and increase diet of vegetables, fruits, and lean meats per day (examine healthy eating cookbooks or internet meal plans)**
  - Plan healthy meals weekend ahead or per day to increase chance of success

- Plan full healthy lunch meal to help limit excess dinner meal or snacks of unhealthy foods before night sleep
- Plan for low calorie snacks like fruit, whole grain products, or vegetables to help with hunger control
- Plan portion sizes for all foods except raw vegetables
- Limit carbs (breads, desserts, etc.)

**CPR – Basic Facts**

- The recent news of a young professional football player who suffered a **cardiac arrest** during a televised game has emphasized the need to understand the importance of **Cardiopulmonary Resuscitation (CPR)** in both professional healthcare settings and in community settings.
- The information in this newsletter focuses on understanding cardiac arrest and how **hands only** CPR may help during such an event in the community.

**What is cardiac Arrest?**

- Cardiac arrest is when the heart stops suddenly with little or no warning. Essential blood flow is stopped to vital organs including the brain during cardiac arrest. Early recognition and actions to

begin CPR improves blood flow and the person's chance of survival.

- Health professionals or Emergency System should be contacted if cardiac arrest is suspected or witnessed; however, non-professional individuals can be trained to initiate CPR and possibly save a life
  - An estimated 350,000 people experience sudden cardiac arrest in the United States each year
  - 70% of cardiac arrests happen in homes or other locations outside of hospitals
  - The more immediate that CPR is performed increases the survival rates for the individual after cardiac arrest

#### What is Hands Only CPR?

- CPR consists of hard (2 inches) and fast compressions (100 – 120 compressions per minute) to the center of the chest using the heel of one hand and fingers of other hand interlocked off chest; then allowing chest to fully rise before administering rapidly again. The person receiving CPR should be on flat hard surface when possible. The person administering CPR should be on knees close beside body with shoulder directly over hands and maintain straight arms as possible with each compression



- Hands only CPR can help keep the heart pumping and blood flowing to vital organs until an electrical shock from a defibrillator is available to restore the heart to a normal heart rhythm.

#### What is a Defibrillator?

- A defibrillator is equipment used to detect and control abnormal heartbeat (heart fibrillation) by applying electric current to the chest wall. All professional healthcare centers should have a defibrillator. Automated external defibrillators (AED) are also now commonly found in non-healthcare locations such as work sites, community centers, churches, etc. Any employee of these non-healthcare sites can be trained to locate and appropriately use an AED until the arrival of health professionals (GWBBC is currently planning purchase of an AED).
- Per American Heart Association: Steps for Initiating Hands Only CPR (teens & adults) Outside Health Setting
- **1. Check the scene and the person.** Check to make sure the scene is safe, tap the person on the shoulder to see if they're OK, and look for signs of rhythmic, normal breathing.

- **2.** If there's no response from the victim when asked if he or she is OK, call 911, or ask a bystander to call for help.
- **3.** If the person is unresponsive, begin compressions to chest until arrival of emergency system.

[View American Heart Association links for videos demonstrating CPR](#)

The American Heart Association, the American Red Cross and other agencies have local branches that offer CPR classes to certify non-health professionals (contact your local branch or GWBBC Health Ministry to assist for more information).