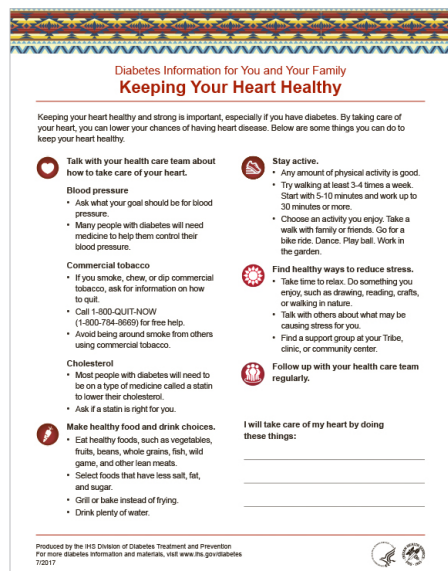


# Lesson Plan: Keeping Your Heart Healthy



## Handout and Key Points

Handout to use: [Keeping Your Heart Healthy](#)

This one-page education handout is designed to complement the conversation between the educator and participant. Download at no cost using the link above.

### Key Points to Discuss:

- Taking care of your heart can lower the chances of having heart disease.
- Talk with your health care team about your blood pressure goal.
- Quit using commercial tobacco or never start.
- Ask about your cholesterol and if a statin is right for you.
- Make healthy food and drink choices.
- Stay active.
- Find healthy ways to reduce stress.
- Follow up with your health care team regularly.

## Objectives and Goal Setting

### Objectives

By the end of this lesson, the participant will be able to:

1. Discuss how taking care of the heart can lower the chances of having heart disease.
2. Recognize that medicines may be needed to help manage blood pressure and cholesterol.
3. Identify where to get help if using commercial tobacco.
4. Describe ways to keep the heart healthy.

### Goal Setting

Participant will identify two or more ways to lower the risk for heart disease and set a goal to get started.

# Keeping Your Heart Healthy



## Educator Resources

### IHS Division of Diabetes Treatment and Prevention Resources

- A variety of materials can be found on the [Division of Diabetes Clinician Resources](#) and [Standards of Care](#) websites related to Heart Health. Search the Standards of Care for [Blood Pressure](#), [Lipid Management](#) and [Tobacco Use](#).
- Search the [Education Materials and Resources Online Catalog](#) for materials and resources featuring American Indian and Alaska Native people.
- [Integrating Case Management Into Your SDPI Diabetes Best Practice](#) [PDF – 290 KB] – Use this Case Management guide to assist you in meeting the health needs of individuals in your clinic and community diabetes programs.
- [Integrating Diabetes Self-Management Education and Support Into Your SDPI Diabetes Best Practice](#) [PDF – 275 KB] – Explore strategies and tools to enhance DSMES in your diabetes program.
- [Healthy Heart Toolkit](#) is an intensive case management approach to reduce CVD risk in individuals with diabetes. This toolkit shares the SDPI Healthy Heart Program (HH) grantees' strategies, approaches, and examples of tools and materials useful for implementing a CVD risk reduction (or HH) program. Feel free to adopt or adapt the toolkit resources to best meet the needs of your community.

### Looking for additional materials?

- [NIH: Diabetes, Heart Disease, & Stroke](#)
- [Prevention and Treatment of High Cholesterol \(Hyperlipidemia\)](#)



## Participant Materials and Handouts

### IHS Division of Diabetes Treatment and Prevention Resources

Search the [Education Materials and Resources Online Catalog](#) for materials and resources featuring American Indian and Alaska Native people.

- Keeping Your Heart Healthy
- Know Your Numbers: A1C and Blood Pressure
- Tips for Managing Blood Sugar
- Working With the Diabetes Health Care Team

Also available on the Online Catalog (select “Heart” as the topic) are uplifting stories of people and programs making a difference in Indian Country.

- From Heart Problems to Heart Health
- If You Have Diabetes, You Are At Risk for Heart Disease
- What Wise Women Know

