Health Lines [Facilitator's Guide]

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Health Lines

Lesson Goals
After this lesson, participants will:
• Understand that obesity is a risk factor for many chronic diseases
• Understand that weight control is achieved by balancing calories consumed with calories used
• List three general sources of excess calories
• Describe at least six low-fat cooking methods
• Suggest at least five substitutions for lowering fat when cooking
• List at least three ways to reduce calories from sugar
• List three dangers of high blood pressure
• Explain how a diet high in fat increases risk of high blood pressure
• List at least three risk factors for high blood pressure
• Be able to tell what a normal blood pressure reading is
• List at least four lifestyle habits that can affect blood pressure
• Explain how the body uses food for energy
• Describe how diabetes affects the body’s ability to use food for energy
• List three early symptoms of diabetes
• Explain the difference between Type I and Type II diabetes
• List four techniques for eating to control diabetes
• Define cardiovascular disease (CVD)
• Explain what causes a heart attack
• Explain what causes a stroke
• List at least five risk factors for CVD that are controllable
• Understand the importance of knowing their fasting blood sugar, blood cholesterol and blood pressure
• Does she follow United States Department of Agriculture (USDA) Dietary Guidelines when planning, preparing and consuming meals?
• Does she use low-fat cooking methods?

3. Find out whether the homemaker or a member of her household has been diagnosed with high blood pressure, diabetes or cardiovascular disease. If so, find out whether a diet has been prescribed by a physician and whether they have been referred to work with a registered dietitian. If so, tailor your lesson to support the prescribed diet. This lesson does not prescribe a diet to address an existing disease state. Rather, it teaches participants how to use USDA Dietary Guidelines to prevent chronic diseases.

4. Plan how you will teach this lesson.

Teaching Tools
For the Homemaker:
• A Weighty Problem? (NEP-212)
• Lighten Up! (NEP-212A)
• Normal Blood Pressure (NEP-212B)
• Diabetes (NEP-212C)
• Cardiovascular Disease (CVD) (NEP-212D)
• PowerPoint® Presentation “Power of Prevention; Nutrition and You”
• PowerPoint® Presentation “Power of Primary Prevention: Diabetes”
• PowerPoint® Presentation “Power of Primary Prevention: Cardiovascular Disease”
• Nutrition analysis of “24-Hour Food Recall Record,” if available
• MyPyramid, Steps to a Healthier You (NEP-210)
• “MyPyramid, Steps to a Healthier You” mini-poster (USDA CNPP-15)
• What Counts as One Serving? (NEP-201A)
• MyPyramid Worksheet (NEP-201C)
• Discretionary Calories (NEP-201D)
• Fiber handout (NEP-216)
• Water handout (NEP-217)
• Food models
• Comparison cards
• Packaging from various foods
• Fat test tubes
• Cookbooks
• NEP recipes
• NEP calendar

Before Teaching the Lesson
1. Read:
• A Weighty Problem? (NEP-212)
• Lighten Up! (NEP-212A)
• Normal Blood Pressure (NEP-212B)
• Diabetes (NEP-212C)
• Cardiovascular Disease (CVD) (NEP-212D)

2. Check the homemaker’s food recall records(s) and Food Behavior Checklist.
• Does she balance her calories and physical activity to maintain a healthy weight?
For Youth
- LEAP for Health (preschool–primary)
- Heart Healthy Challenge (3rd-5th grades)
- Think Your Drink display and game (4th-12th grades)
- The Organwise Guys
  - Organ Annie
  - “How to Be Smart from the Inside Out” (3rd-5th grades)
  - “Basic Training for Better Health” (3rd-5th grades)

Lesson Points to Stress
1. This lesson does not prescribe a diet to treat an existing disease. If a participant has been diagnosed with heart disease, diabetes or high blood pressure and has been prescribed a diet by a physician or consulted a registered dietitian or Certified Diabetes Educator, he or she should follow the prescribed diet. This lesson may provide tips and assistance in following a prescribed diet.
2. Maintaining a healthy weight is a crucial part of maintaining good health throughout life. Overweight and obesity are risk factors for many chronic diseases, including high blood pressure and heart disease, diabetes and some cancers.
3. The USDA Dietary Guidelines provide the foundation for balancing diet and exercise to maintain a healthy weight. If the participant has not determined her MyPyramid meal plan, she should use the MyPyramid Worksheet (NEP-201C) to do that.
4. If a participant needs to lose weight, she should reduce the amount of food she eats and exercise more. To lose one pound per week, a person must use 500 more calories than they eat every day.
5. Foods high in fat and added sugar are the biggest sources of excess calories. Extra calories are often added during preparation of foods, when condiments are used, and when large portions are consumed. Many extra calories are hidden in beverages such as soft drinks, fruit drinks and fruit juices, beer, wine and liquor.
6. Daily physical activity is necessary to tone muscles and burn calories. Without regular physical activity, it is very difficult to lose weight and maintain a desirable weight.

Lighten Up! (NEP-212A)
1. Calories from fat and saturated fat can be reduced by:
   - Using low-fat cooking methods
   - Making recipe substitutions
   - Avoiding frying
   - Using chicken, turkey, fish and lean red meat instead of high fat meats and processed meats
   - Using spices, herbs and low-fat or fat free products to flavor foods
2. Calories from sugar can be reduced by:
   - Replacing regular soft drinks with water, skim milk or sugar-free beverages
   - Choosing healthier foods for dessert
   - Adapting recipes to reduce sugar

Normal Blood Pressure (NEP-212B)
1. Normal blood pressure is essential to good health. Ongoing high blood pressure is called hypertension. Hypertension can cause stroke, heart attack and kidney disease.
2. A diet high in fat and cholesterol can lead to hypertension (ongoing high blood pressure.)
3. Those at greatest risk for hypertension include:
   - Those with a family history of hypertension
   - African Americans
   - Overweight people
   - Those with chronic kidney (renal) disease
   - Those over age 50
4. High blood pressure is often called “the silent killer” because there are often no symptoms.
5. Normal blood pressure is 120/80 mm Hg or lower. Blood pressure should be checked regularly by a trained health care professional.
6. The following steps may help lower blood pressure:
   - Limiting salt in the diet
   - Increasing potassium in the diet
   - Enjoying low-fat dairy products to increase calcium intake
   - Losing weight and maintaining a healthy weight
   - Exercising

Diabetes (NEP-212C)
1. Diabetes is a disease that affects the body’s ability to control blood sugar (blood glucose.) Effects of diabetes can include blindness, kidney disease, heart disease, stroke and nerve damage.
2. Type I diabetes is called “insulin dependent diabetes.” This occurs when a person is unable to make insulin, the hormone that helps the body’s cells use blood sugar. A person with Type I diabetes must inject insulin.
3. Type II diabetes is called “non-insulin dependent diabetes” or “adult onset diabetes.” A person with this type of diabetes is either not producing enough insulin or has trouble using the insulin his body makes. This person is often overweight and usually is over 40 years of age.
4. Early symptoms of diabetes include
   • Excess thirst
   • Excess hunger
   • Excess urination
   • Unexplained, rapid weight loss
5. All persons with diabetes should work with their doctors and a registered dietitian (R.D.) to design a personalized care plan. General diet techniques for controlling diabetes include
   • Eating meals and snacks at regular times
   • Eating the same amount of food each day
   • Eating plenty of high fiber foods such as whole fruits and vegetables and whole grains
   • Limiting fat and cholesterol intake

**Cardiovascular Disease (CVD) (NEP-212D)**
1. Cardiovascular disease (CVD) is any illness affecting the heart and/or blood vessels.
2. CVD occurs when fat in the blood is deposited onto the walls of the arteries. This forms a fatty plaque build-up that narrows the arteries and raises blood pressure. It allows blood clots to form.
3. If a clot breaks off and lodges within an artery, preventing the flow of blood to or from the heart, a heart attack results.
4. If a clot breaks off and lodges in an artery in the brain, it causes a stroke.
5. Most risk factors for CVD are preventable or controllable. Risk factors include
   • Physical inactivity
   • Poor nutrition
   • Tobacco use
   • Diabetes
   • Obesity
   • High blood cholesterol
   • High blood pressure
   • Family history
   • Minority or ethnic heritage
6. It is important to have blood pressure, fasting blood sugar and blood cholesterol measured by a trained health professional routinely.
7. Normal fasting blood sugar is below 110 mg/dl.
8. Blood cholesterol should be below 200 mg/dl.
9. Normal blood pressure is 120/80 mm Hg or lower.

**Ideas for Teaching the Lesson**
1. Use comparison cards to identify foods that are:
   • High in fat, saturated fat, trans fat and calories.
   • Low in fat, saturated fat, trans fat and calories
   • High in sodium
   • Low in sodium
   • High in potassium
   • High in fiber
   • Low in fiber
   • High in added sugar

2. Use packages to identify foods that are:
   • High in fat, saturated fat, trans fat and calories.
   • Low in fat, saturated fat, trans fat and calories
   • High in sodium
   • Low in sodium
   • High in potassium
   • High in fiber
   • Low in fiber
   • High in added sugar
3. Determine whether the homemaker is following her MyPyramid meal plan. If she (or he) needs to lose weight, help her (or him) make a plan for reducing calories and increasing activity to lose 1 pound per week.
4. Ask the homemaker to show you some of her family’s favorite recipes. Help her modify the recipes to reduce fat, excess calories from sugar, or sodium, as needed. Suggest ways to increase fiber, if possible.

**Ideas for Teaching Small Groups**
1. Use comparison cards to identify foods that are:
   • High in fat, saturated fat, trans fat and calories.
   • Low in fat, saturated fat, trans fat and calories
   • High in sodium
   • Low in sodium
   • High in potassium
   • High in fiber
   • Low in fiber
   • High in added sugar
2. Use packages to identify foods that are:
   • High in fat, saturated fat, trans fat and calories.
   • Low in fat, saturated fat, trans fat and calories
   • High in sodium
   • Low in sodium
   • High in potassium
   • High in fiber
   • Low in fiber
   • High in added sugar
3. Demonstrate low-fat cooking techniques. Use a favorite recipe that is typically high in fat or sugar, or low in fiber. Modify the recipe to reduce fat and sugar and increase fiber.
4. Use the “Power of Prevention; Nutrition and You,” “Power of Primary Prevention: Diabetes,” or “Power of Primary Prevention: Cardiovascular Disease” PowerPoint® presentations or corresponding flip charts.
5. Use the Think Your Drink Display and/or game.
How to Tell What the Homemaker(s) Learned

Immediately following the lesson:

- Show the homemaker(s) a high-fat, high-sugar, low-fiber recipe and ask for suggestions to reduce fat and sugar and increase fiber.
- Present the homemaker(s) with unhealthy menus and ask for suggestions for improvement.
- Present a variety of food packages and ask the homemakers to arrange them according to the amount of fat, saturated fat, trans fat, sugar or fiber in them.

At a later visit:

- Take a new food recall from the homemaker. Has the amount of fat, saturated fat, trans fat, sugar and fiber improved?
- Ask the homemaker if she has tried any of the recipes you provided.
- Ask the homemaker what changes she has made in her food buying and preparation habits.

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