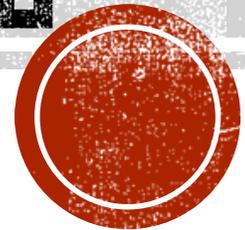


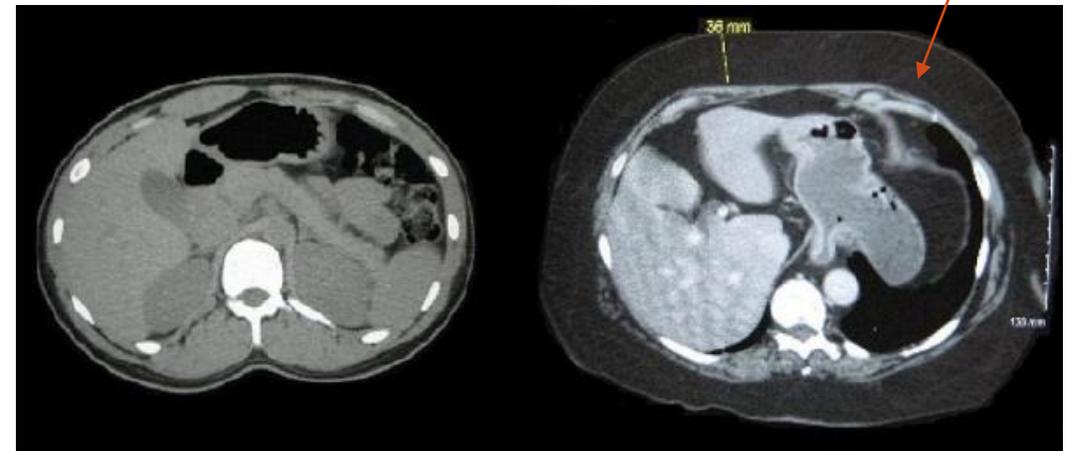
OBESITY A DRIVING FORCE FOR CARDIOVASCULAR DISEASE

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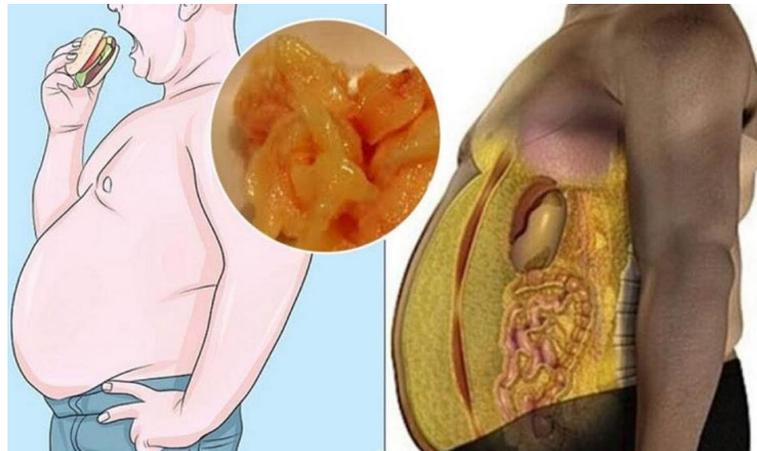
OBESITY

- What defines Obesity?
 - BMI greater than 25 –overweight
 - BMI greater than 30-obese
 - Body fat percentage >30%
 - Too much body fat that might have a negative effect on the body
 - Nearly 70% of Americans are considered obese
 - Imbalance between energy intake and energy expenditure



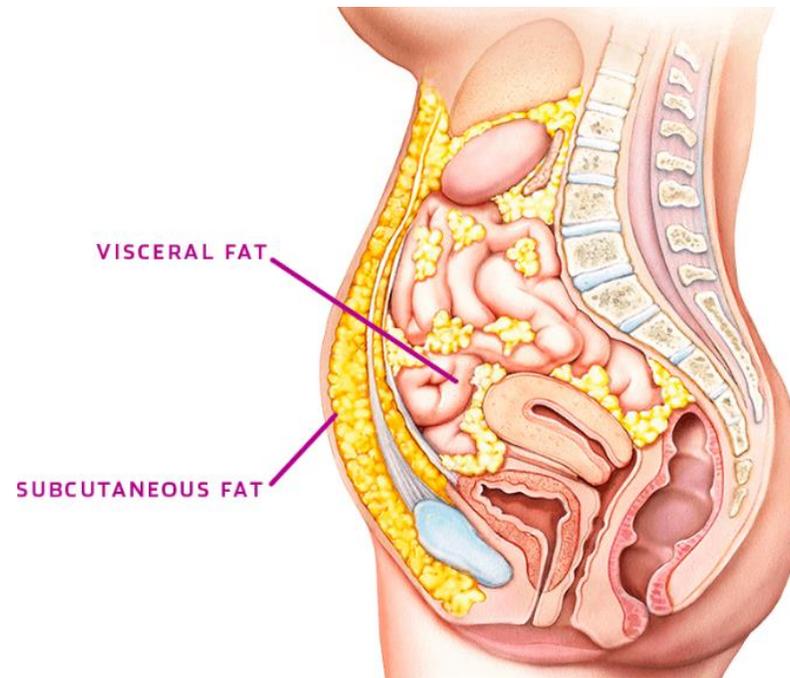
OBESITY

- Types of Fat:
 - Visceral fat-excess intra-abdominal fat (the deep fat). Wraps around major organs such as liver, pancreas, and kidneys.
 - Toxic
 - Interfere with normal hormone functions
 - Grows from excess intake of sugary foods, drinks and refined processed carbs
 - Problems: Inflammation, heart disease, diabetes, makes it harder to lose weight, strokes, dementia, depression and mood swings



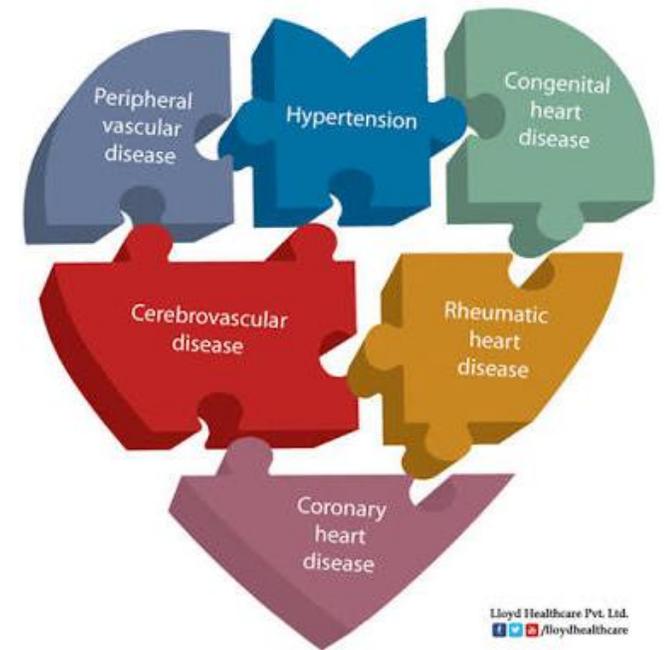
OBESITY

- Types of Fat:
 - Subcutaneous fat-the fat just under the skin (the jiggle fat)



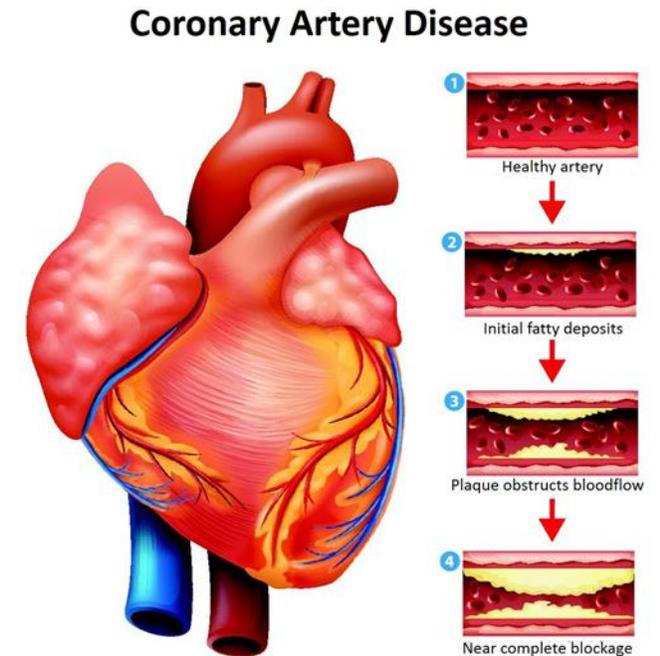
OBESITY AND HEART DISEASE

- Heart disease:
 - Range of disease that affect your heart
 - Many are related to the formation of plaque along the artery walls
 - Affects over 900,000 people yearly
 - Over 610,000 deaths yearly related to heart disease
 - Number one killer in the United States
 - Affects all ages
 - Cost over \$110 billion healthcare dollars yearly



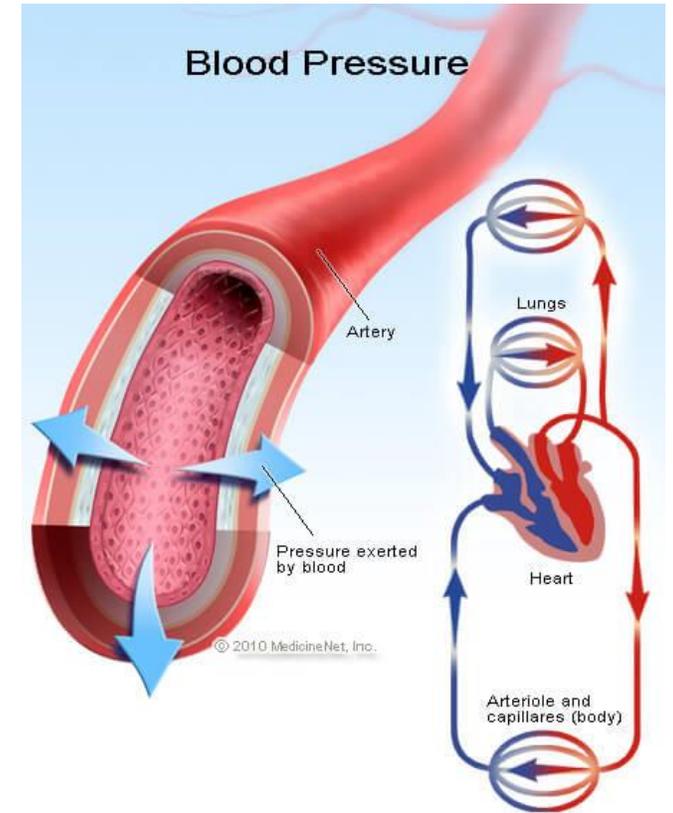
OBESITY AND HEART DISEASE

- **Coronary Artery Disease:**
 - Most common cardiovascular disease
 - Narrowing of the arteries= Atherosclerosis-buildup of plaque
 - Soft, fatty-wax like substance
 - LDL-low density lipoproteins (the bad cholesterol)
 - HDH-high density lipoproteins (the good cholesterol)
 - Cholesterol-lack of exercise, poor nutrition intake, genetics



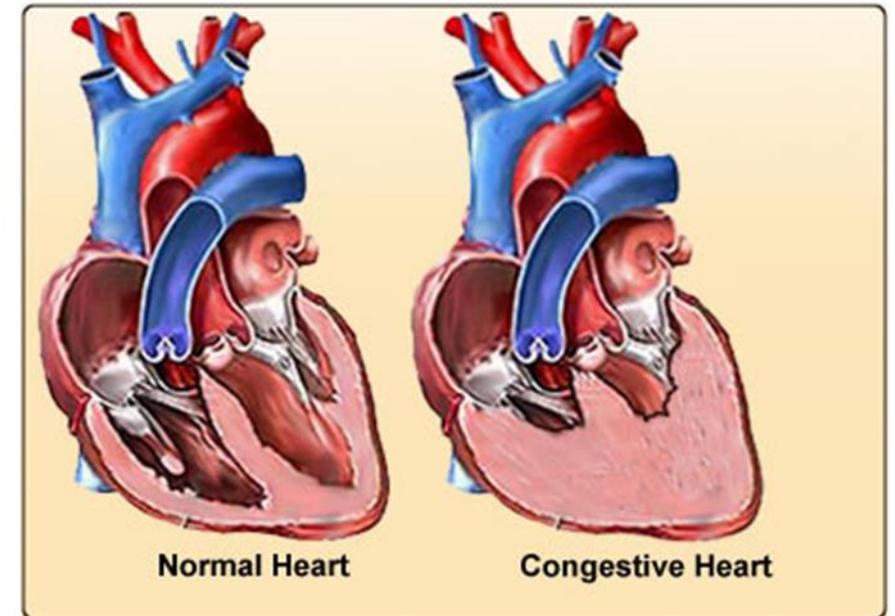
OBESITY AND HEART DISEASE

- Hypertension:
 - Arterial pressure in the systemic circulation
 - Force against the artery wall
 - Regulated by the brain via the endocrine and nervous system
 - Can vary depending on the situation
 - Obesity-cause artery stiffness
 - Gut abnormalities-inflammation response throughout the body
 - Obesity-increased intravascular volume and cardiac output



OBESITY AND HEART DISEASE

- **Congestive Heart Failure:**
 - Heart muscle is weakened
 - Heart pumping power is weak
 - Blood flows through the heart at a slower pace
 - Body lacks oxygen to meet the body's needs
 - Heart walls become enlarged and stiff



OBESITY AND HEART DISEASE

Take Action:

Modifiable Risk Factors

- Unhealthy Diet
- Physical Inactivity
- Hypertension
- Excess Weight/Obesity
- Tobacco Use
- Abnormal Cholesterol
- Raised Blood Glucose/Diabetes

Non-modifiable Risk Factors

- Age
- Gender
- Family History

The infographic consists of two vertical panels on a red background. The left panel, titled 'Modifiable Risk Factors', lists seven factors: Unhealthy Diet, Physical Inactivity, Hypertension, Excess Weight/Obesity, Tobacco Use, Abnormal Cholesterol, and Raised Blood Glucose/Diabetes. The right panel, titled 'Non-modifiable Risk Factors', lists three factors: Age, Gender, and Family History. A large white heart shape is centered in the right panel, with the non-modifiable factors listed inside it. Below the large heart are two smaller hearts, one light blue and one dark blue.

Moderate weight-loss
of even as much as
10%
in those affected by excess weight and obesity
can **IMPROVE** or **PREVENT** obesity-related risk factors for Cardiovascular Disease.

The infographic features a teal background with a large red heart on the left. A slice of the heart is cut out and placed to the right, revealing a dark blue interior. The text is positioned to the right of the heart, highlighting the 10% weight loss statistic and its potential to improve or prevent obesity-related risk factors for cardiovascular disease.



HEALTHY RECIPE

MEDITERRANEAN FRIED RICE



INGREDIENTS

- 1 lemon
- 2 tbsp. extra-virgin olive oil
- 1 lb. Lean ground beef 2 cloves garlic, finely chopped
- kosher salt
- Freshly ground black pepper
- 4 c. cooked long-grain rice
- 1 tsp. ground cumin
- 1 pt. grape or cherry tomatoes, halved
- 1/2 seedless cucumber, cut into 1/4" pieces
- 2 Scallions, Sliced
- 1/4 c. fresh mint, roughly chopped
- Crumbled feta cheese, for serving

DIRECTIONS

- Finely grate the zest of the lemon, then cut the lemon in half.
- Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat.
- Add the beef and cook, breaking it up with a spoon, until browned, 4 to 5 minutes (spoon off and discard any excess fat).
- Add the garlic and 1/4 teaspoon each salt and pepper and cook, stirring, for 1 minute; toss with the lemon zest.
- Transfer the beef to a bowl and squeeze the juice of half a lemon on top.
- Wash and dry the skillet, then heat the remaining tablespoon oil over medium-high heat.
- Add the rice and season with the cumin and 1/4 teaspoon each salt and pepper. Cook, tossing occasionally, until the rice begins to crisp at the edges, about 5 minutes.
- Fold in the beef mixture and remove from heat.
- Meanwhile, squeeze the juice of the remaining lemon half into a medium bowl.
- Toss with the tomatoes, cucumber, scallions, and 1/4 teaspoon each salt and pepper. Fold in the mint and serve over the rice.
- Top with crumbled feta, if desired.

