



# WORLD HEART HEALTH DAY

**World Heart Day** was founded in 2000 to inform people around the globe that heart disease and stroke are the world's leading causes of death, claiming 17.3 million lives each year. It takes place on 29 September every year.

According to the latest WHO data published in May 2014 Coronary Heart Disease Deaths in Kenya reached 9,163 or 2.74% of total deaths. The age adjusted Death Rate is 53.61 per 100,000 of population ranks Kenya 149 in the world and the sixth cause of deaths.

This is the perfect day to quit smoking, get exercising and start eating healthy – all in the name of keeping your ticker in good working order, and improving the health and your wellbeing.

*"It takes more than just a good looking body. You've got to have the heart and soul to go with it."*  
– Epictetus

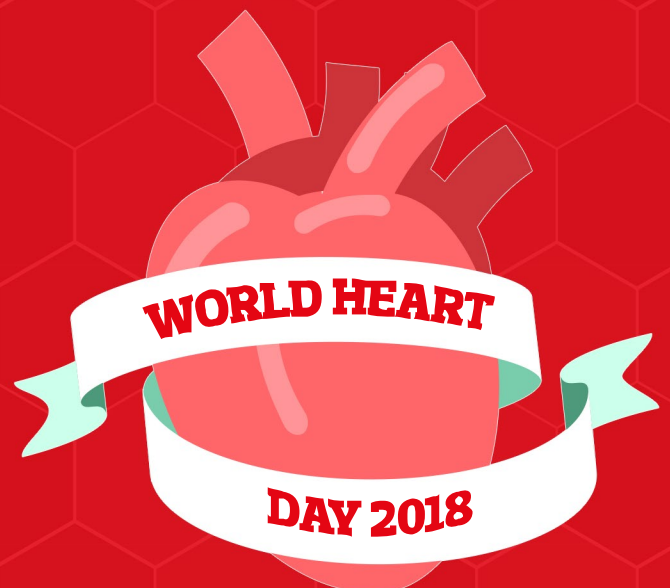
This World Heart Day, we want everyone to understand there is something they can do to fuel their hearts and power their lives. Your heart is at the heart of your health. And it's easy to give it the care it deserves.

There are many different forms of heart disease. The most common cause of heart disease is narrowing or blockage of the coronary arteries, the blood vessels that supply blood to the heart itself, the blockage maybe caused by cholesterol plague. This is called coronary artery disease and happens slowly over time. It's the major reason people have heart attacks.

Other kinds of heart problems may happen to the valves in the heart due to infection; the heart may not pump well and cause heart failure. Some people are born with heart disease.

Here are a few simple tips that can improve your heart health and your overall well-being:

- ▶ Avoid smoking and using tobacco products.
- ▶ Be physically active every day.
- ▶ Eat a heart-healthy diet.
- ▶ Keep a healthy weight
- ▶ Keep your blood pressure healthy.
- ▶ Keep your total cholesterol healthy.
- ▶ Keep your blood sugar healthy.



### **DRINK LESS ALCOHOL**

Don't forget alcohol contains calories. Regular drinking more than recommends can have a noticeable impact on the waistline. Try to keep to the recommended daily alcohol limits to reduce the risk of serious problems with your heart.

### **GET PHYSICALLY ACTIVE**

Getting and staying active can reduce the risk of developing heart disease. It can also be a great mood booster and stress releaser.

Do 30 minutes of moderate-intensity aerobic activity every day. Fit it in where you can, such as brisk walking to work.

### **STOP SMOKING**

Smoking is one of the main causes of coronary heart disease. A year after giving up, your risk of a heart attack falls to about half that of a smoker.

### **MANAGE YOUR WEIGHT**

Being overweight can increase the risk of heart disease. Stick to a healthy balanced diet low in fat and sugar, with plenty of fruit and vegetables, combined with regular physical activity.

Find out if you are a healthy weight with the BMI calculator.

Eating too many foods that are high in saturated fat can raise the level of cholesterol in the blood. This increases risk of heart disease. Choose leaner cuts of meat and lower-fat dairy products like 1% fat milk over full-fat (or whole) milk.

To maintain healthy blood pressure, avoid using salt at the table and try adding less while cooking. Watch out for high salt levels in ready-made foods; Check the food labels – a food is high in salt if it has more than 1.5g salt (or 0.6g sodium) per 100g. Adults should eat less than 6g of salt a day in total – that's about one teaspoon.

