

Facilitator's Guide



FRESH
CONVERSATIONS



Volume 8, Issue 10

Beating the Silent Killer

Background Information (optional):

- [American Heart Association, HBP and the Cardiovascular System](#)
- [National Institute on Aging, HBP](#)
- [American Heart Association, Common HBP Myths](#)
- [National Heart, Lung and Blood Institute, The DASH Eating Plan](#)
- [American Heart Association, Can Processed Foods Be a Part of a Healthy Diet?](#)
- [Mayo Clinic, Video on Talk Test](#)

Behavior Goals

1. Gain new insights for the ways uncontrolled high blood pressure could harm them.
2. Identify at least one way to adopt or emphasize DASH diet principles.
3. Be able to identify ways that physical activity is useful in their everyday life.

Meeting Preparation:

1. Review the newsletter. Send questions or concerns to your coordinator.
2. Review the background resources (website links are provided above).
3. Choose one of the recipe options. Make the recipe at least once before the meeting. Write down helpful hints for the group. If virtual, have ideas on what to share about the recipe you tried.
4. Determine how to transport and taste featured food tasting.
5. If the meeting is virtual, prepare ideas for how to engage participants in the recipe making process.
 - a. Prepare a grocery list for the recipe chosen that can be sent with newsletter for participants to purchase
 - b. Demonstrate recipe on video and direct participants to the recipe in the newsletter.
 - c. If conference call: create a conversation about the recipe: serving size, freezing instructions, tips, discussion on ingredients, nutrition etc.

Continued on page 2

The suggested wording for the presentation is in regular font and the facilitator directions are in ***bold, dark red italic.***

It's best not to read the presentation, but to use your own words, staying close to the meaning.

Props:

1. Pencils or pens and paper
2. Timer

Conversation

Welcome to Fresh Conversations! At our last meeting, we we talked about food snacks and physical activity snacks! Did anyone add more protein to their diet through snacks?

Allow time for participants to answer.

Did you try any physical activity snacks throughout your day?

Allow time for participants to answer.

Introduction

Today, we're going to talk about high blood pressure—a very common condition among older adults. First we are going to talk about some myths and facts related to blood pressure.

Myth or Fact?

High blood pressure is only a problem for men?

Allow time for participants to guess.

Myth! Fact: Women have hypertension, too. And it can be dangerous to their health. In fact, one in three women die of heart disease and stroke.

Older women may be at an increased risk for HBP if they are:

- Overweight
- African-American
- Postmenopausal
- Diabetic
- Have a family history of hypertension

Myth or Fact?

People with HBP are nervous, sweat easily, can't sleep and their faces become flushed. I don't have those symptoms so I'm good.

Allow time for participants to guess.

Myth! Fact: Many people have high blood pressure for years without knowing it. That's why it's called "The silent killer." You may not be aware that HBP is damaging your arteries, heart and other organs. Don't make the mistake and assume any specific symptom will tell you have HBP.

Myth or Fact?

Low blood pressure isn't anything to worry about, in fact, it's probably a good thing.

Allow time for participants to guess.

Myth! Fact: Low blood pressure can be a problem if it causes symptoms such as dizziness, fainting, or even shock in extreme cases. It's true that low blood pressure is actually normal for some people, so again, know your numbers and talk to your doctor about any symptoms or concerns.

Refer to page 2 of the newsletter. Participants can learn more about their blood pressure numbers. Also how to take their blood pressure properly at home.

Nutrition Discussion:

Has anyone heard about the DASH eating plan?

Allow participants to share what they already know or don't know about DASH.

DASH stands for Dietary Approaches to Stop Hypertension.

Have participants take turns reading the DASH diet principles on page 3.

Do the principles of the DASH diet sound familiar? They are very similar to the Dietary Guidelines for Americans!

I found it amazing that DASH studies have shown results in a matter of weeks. Sounds like an infomercial on TV!

Let's take a look at the Smart Choices Quick Tips on page 3. Take some time to review the list. Make a heart next to a couple of principles you already do well.

Allow time for participants to review the list.

Does anyone want to share?

Facilitator should be prepared to share one of their own answers if needed.

Now, circle a couple of things you think you could do better or more often.

Allow time for participants to review the list.

Does anyone want to share?

Facilitator should be prepared to share one of their own answers if needed.

Next, write one specific action or step in the Be active. Eat healthy section on page 2. Work on this small step before our next meeting! Does anyone want to share?

Allow time for participants to write their goal or action step and to share.

Physical Activity:

Physical activity is good for your heart. In fact, being active is one of the most important actions that people of all ages can take to improve their health.

Increased physical activity can reduce the risk of more than 20 chronic diseases and conditions including heart disease, type 2 diabetes, obesity, some types of cancer, and depression.

Not only does being active help prevent chronic diseases, but it's really useful for your everyday life.

Who can tell me how has physical activity helped you in your everyday life?

Being active helps me:

- ***Keep up with activities I enjoy***
- ***Keep my body warmer***
- ***Move bowels move regularly***
- ***Sleep better***
- ***Manage my blood pressure***
- ***Prevent further harm to my heart, arteries and veins***
- ***Boost my mood***
- ***Sharpen my mental focus***
- ***Reduces stress***
- ***Improve my sleep***

When you're active you want your breathing to increase so you can talk to a friend, but not be able to sing a song. We're going to practice this by using the "talk test."

Ask participants to march in place or sit in their chair and "conduct an orchestra" for one minute. Set the timer for 60 seconds. After one minute have them talk to their neighbor.

If it's too hard to talk, they need to dial back the intensity.

If they could sing a song, then they may be able to increase their intensity.

Tasting Activities:

1. Spicy Tuna Salad (preferred):

- <https://spendsmart.extension.iastate.edu/recipe/spicy-tuna-salad/>
- Fear not! Not actually that spicy!
- You can easily make this recipe in front of participants! Just have everything chopped and diced, combine and mix!
- Use canned beans that have been drained and rinsed or dried beans that have been cooked.
- This can be served a variety of ways. Try with tortilla chips, as a wrap, on top of salad or on crackers!
- Food Safety Tip: Remind participants that bacteria grow rapidly at temperatures between 40 °F and 140 °F; tuna salad should be discarded if left out for more than 2 hours at room temperature.
- Beans are beneficial for heart health due to protein and fiber content without saturated fat found in meat proteins. Beans can positively impact your cholesterol numbers! Look at the label for the beans and make sure you are getting the no salt added type!
- Tuna, and other canned fish, give your heart omega-3 fatty acids, just like with fresh fish! Omega-3 is an essential oil needed to keep the heart healthy. They work against inflammation and lowering blood pressure. Canned fish is often much less expensive than fresh fish but equally as beneficial!

2. Quick Black Bean Salsa

- <https://spendsmart.extension.iastate.edu/recipe/quick-black-bean-salsa/>
- Salsa is an easy way to get some vegetables in your diet! Add this recipe in salads, on top of a protein or in plain rice. Can also eat with tortilla chips, on tacos or in a quesadilla.
- In this recipe, try other canned beans such as garbanzo, red, or pinto.

Take Action

Did you write down your goal or small step related to our DASH diet earlier?

Otherwise think how you can be more active this month by raising your heart rate so you can still talk but not sing!

Fresh Conversations Community- Find us on Facebook!

Encourage participants to find our group on Facebook for more interaction during the week!

[facebook.com/groups/freshconversationscommunityidph](https://www.facebook.com/groups/freshconversationscommunityidph)

Do your participants know someone that would benefit from Fresh Conversations? Encourage them to invite people to the next meeting!