

## OSU Million Hearts Program Curriculum Instructions



### Million Hearts®: Improving Cardiovascular Health Across Ohio

In America, heart disease is the number one killer of both men and women. Two of the major risk factors for Cardiovascular Disease (Heart Disease) are high blood pressure and high cholesterol levels. Nearly half of United States' adults have high blood pressure and about two out of three adults have high cholesterol levels. Annually cardiovascular disease is estimated to have \$273 billion in direct costs and overall costs projected to be \$444 billion. (Figures are from the Centers for Disease Control at [thecommunityguide.org/cvd/](http://thecommunityguide.org/cvd/).)

Million Hearts® is a national initiative designed to prevent one million heart attacks and strokes by the year 2017. The Million Hearts® Initiative's focus is to prevent heart disease by providing community health screenings and education on preventative lifestyle modifications. Ohio State University (OSU) is participating in this campaign by educating students, faculty and staff on cardiovascular disease prevention with the goal of the participants disseminating this information to the community. The OSU College of Nursing is training nursing students to do Million Hearts® cardiovascular risk screenings and provide counsel on modifiable risk factors. Through an OSU Cares Grant, the College of Nursing students will visit county locations to do screenings for cardiovascular disease at the start of the first class of this program and then again 6 months later.

This curriculum has been written as part of the OSU Cares Grant to provide information on how to reduce cardiovascular risk factors and help people make healthy behavior changes. The curriculum follows the "ABCs" on Million Hearts®.

A = Aspirin Therapy for high-risk individuals

B = Blood Pressure Control

C = Cholesterol Management

S = Smoking Cessation

s = Stress Reduction (This "s" was added by Ohio State University.)

The "ABCs" are research-based recommendations to make the most impact on prevention or reduction in the risk of cardiovascular disease.

This curriculum includes three PowerPoint presentations, hands-on-activities, and suggested food demonstration recipes. Recipes can be shared and used for taste-testing. The first PowerPoint presentation includes Aspirin (only mentioning that this needs to be discussed with their doctors) and Blood Pressure management guidelines with explanations including lowering sodium and implementing the DASH diet. The second PowerPoint presentation is on Cholesterol with information about cholesterol and fats in the diet and how they affect a person's risk. The third PowerPoint presentation covers a short unit on smoking cessation and then provides information on stress reduction techniques and the importance of physical activity.

## **Goal and Objectives of the OSU Cares Grant and Program**

**Goal** – To prevent cardiovascular disease and reduce risk within communities across the state of Ohio and the OSU campus.

### **Objectives**

1. Increase screenings for cardiovascular disease via the Million Hearts® Initiative.
2. Provide educational information at screenings to educate people on reducing their cardiovascular risk with preventative lifestyle modifications and to provide referrals to health care providers.
3. Provide educational classes and resources to communities to promote healthy behavior change. Curriculum will follow the “ABCs” of the Million Hearts® Initiative. Curriculum is a series of three two-hour classes. Additional technology resources will be produced.
4. Develop a partnership with the College of Nursing and Extension to reach more people in Ohio and exchange resources.

**Target Audience:** The target audience for “Million Hearts: Improving Cardiovascular Health Across Ohio:” is people at risk for or have had cardiovascular disease. The curriculum was pilot tested in Fayette County.

### **Instructions for Program**

This curriculum was developed as a series of three classes. Three different PowerPoint presentations were developed to provide information on the different “ABCs” of the Million Hearts® Initiative. Pre and post surveys are provided for participants to answer.

Each PowerPoint presentation contains teaching notes and activities to engage learners and to increase learning. Each PowerPoint presentation will take about 50-60 minutes to teach depending upon how many of the suggested activities are used. Handouts are available for each lesson. Three of the handouts provide information on medications or supplements available to help manage cardiovascular disease. The handouts were written by Kate Gawlik from the College of Nursing. Additional handouts are available to provide information on lowering sodium, using herbs, using healthy fats, increasing physical activity and relieving stress.

Factors such as physical activity and eating healthy are a part of each PowerPoint presentation as they influence most of the ABCs. Physical activity is mentioned in each PowerPoint presentation but more detail on physical activity is provided in the third PowerPoint presentation. The team developing this curriculum decided to focus on the different meals of the day and provide recipes and taste-tastings for breakfast, lunch and dinner. Discussion on each of the meals for the day emphasizes the importance of eating healthy throughout the day. Suggested recipes are provided for each lesson.

## Recipes

Most of the heart-healthy recipes are from cookbooks available from the National Institutes of Heart and are available for download from the website at [nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/recipes.htm](http://nhlbi.nih.gov/health/public/heart/obesity/lose_wt/recipes.htm). You may use any recipes from these cookbooks as they have all been labeled as heart healthy. One of the cookbooks has Latino recipes in Spanish, and one has African American recipes.

## Screenings

Cardiovascular blood screenings will be done by College of Nursing students at the first class and then again in 4 to 6 months. Please contact Pat Brinkman, [brinkman.93@osu.edu](mailto:brinkman.93@osu.edu) or by phone 740-335-1150 to set up screenings. If you have a community partner that is willing to do screenings, you may use them.

## Needed Equipment and Materials for Lessons

Tables and chairs for participants  
Computer, LCD projector and screen  
Recipes, ingredients and equipment for preparation and serving  
Flip Chart/paper/colored markers  
Sample packages containing Nutrition Facts Labels  
Food model pictures with nutrition information/ fake food models  
Participant Handouts  
Stretchy bands, if available, for lesson three

## Tools for Classes

### Recruitment Tools

News Release for Million Hearts Classes  
Million Hearts Brochure

### Curriculum

#### Lesson One

Million Hearts Blood Pressure Control PowerPoint presentation includes information on “A” and “B” of Million Hearts

##### Handouts for Lesson One

**Pre-Survey** – This should be collected by the instructor.  
FAQ Million Hearts Blood Pressure Medications  
Tips on Reducing Sodium  
Flavoring Your Food with Herbs and Spices  
Lesson One Recipes - Heart Healthy Breakfast Recipes

#### Lesson Two

“Million Hearts Cholesterol and Fats Management” PowerPoint presentation covers the

“C” of Million Hearts

**Handouts for Lesson Two**

FAQ Million Hearts Cholesterol Medications

FAQ Million Hearts Supplements

Fats -Tips on Heart Healthy Eating

Lesson 2 Recipes - Heart Healthy Lunch Recipes

**Lesson Three**

“Million Hearts –Ss” PowerPoint presentation covers S= smoking cessation and s= for stress reduction. Physical activity is also emphasized.

**Handouts for Lesson Three**

**Post-Survey** – This should be collected by the instructor.

Benefits of Physical Activity

Guided Imagery-Relaxation-Stress Reduction Tools

Lesson 3 Recipes - Heart Healthy Dinner Recipes

**Follow-up Screenings/Reunion Class**

Recommendations are to have a follow-up screening at the end of 4 to 6 months. This could be a reunion class or just a screening time. The team will be working on additional materials which could be used at a reunion class.

Note: The pre and post surveys have been approved by the IRB. Please contact Pat Brinkman ([brinkman.93@osu.edu](mailto:brinkman.93@osu.edu)) to be added to the IRB application, so data from the classes can be collected.

**References: for Curriculum and to Obtain More Information:**

American Heart Association, (2014). various materials and information are available on their website [heart.org](http://heart.org)

Centers for Disease Control, (2014). various materials and information are available on their websites [cdc.gov/heartdisease/](http://cdc.gov/heartdisease/) and [thecommunityguide.org/cvd/](http://thecommunityguide.org/cvd/)

Henneman, A. (2014). University of Nebraska-Lincoln Extension [food.unl.edu/web/fnh/recipe-central#quick-linkss](http://food.unl.edu/web/fnh/recipe-central#quick-linkss)

Mayo Clinic, (2014). various materials and information are available on their website [mayoclinic.com](http://mayoclinic.com)

Melnyk, Bernadette, [2003]. COPE: Creating Opportunities for Personal Empowerment, permission granted by author to use as reference.

Million Hearts®, (2014). various materials and information are available on their website

[millionhearts.hhs.gov/index.html](http://millionhearts.hhs.gov/index.html)

Million Hearts® Ohio State University, (2014). various materials and information are available on this website at [millionhearts.osu.edu/](http://millionhearts.osu.edu/)

National Institutes of Health, (2014). various materials and information are available on this website at [nccih.nih.gov/health/heartdisease](http://nccih.nih.gov/health/heartdisease) [nhlbi.nih.gov/health/health-topics/topics/cad/](http://nhlbi.nih.gov/health/health-topics/topics/cad/) [nhlbi.nih.gov/health/health-topics/topics/hbp/](http://nhlbi.nih.gov/health/health-topics/topics/hbp/)

National Institutes of Health, (2014). Heart-healthy recipes are available at [nhlbi.nih.gov/health/public/heart/obesity/lose\\_wt/recipes.htm](http://nhlbi.nih.gov/health/public/heart/obesity/lose_wt/recipes.htm) These are in cookbooks which can be downloaded. Most of the recipes used in the pilot classes came from these cookbooks.

Ohio State University Wexner Medical Center Cardiovascular Disease patient education materials. (2014). A list of factsheets available are at [patienteducation.osumc.edu/pages/patienteducation/atoztopicdetail.aspx?t=Heart%20Diseases](http://patienteducation.osumc.edu/pages/patienteducation/atoztopicdetail.aspx?t=Heart%20Diseases)

Social Networks – A list of Facebook and Twitter sites is on the last few slides of the “Smoking Cessation and Stress” PowerPoint.

Note: “Million Hearts® slogan, logo marks and associated trade dress are owned by the U.S. Department of Health and Human Services (HHS). Use of these marks does not imply endorsement by HHS. Use of the Marks also does not necessarily imply that the materials have been reviewed or approved by HHS.”



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