



# **Heart Disease & Diet**

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# Heart Disease & Diet

What is heart disease?

What is the impact of Heart Disease in the United States?

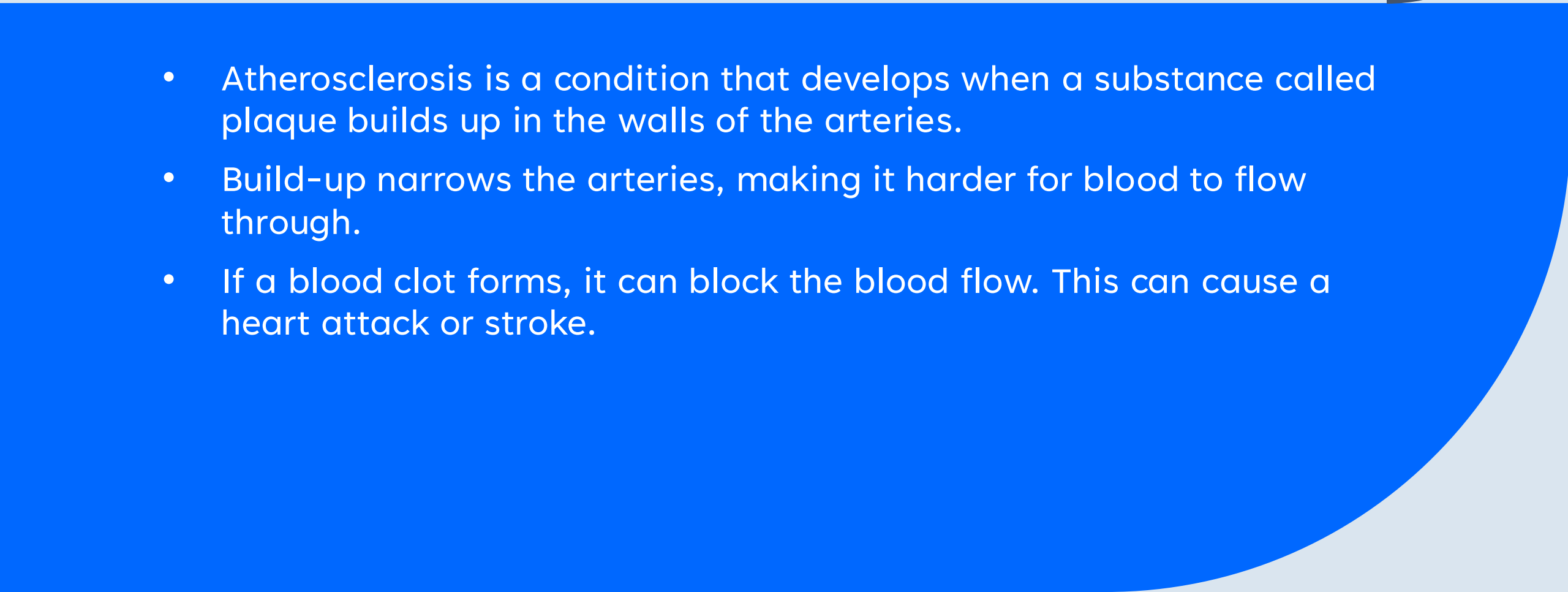
How does diet & lifestyle contribute to heart disease?

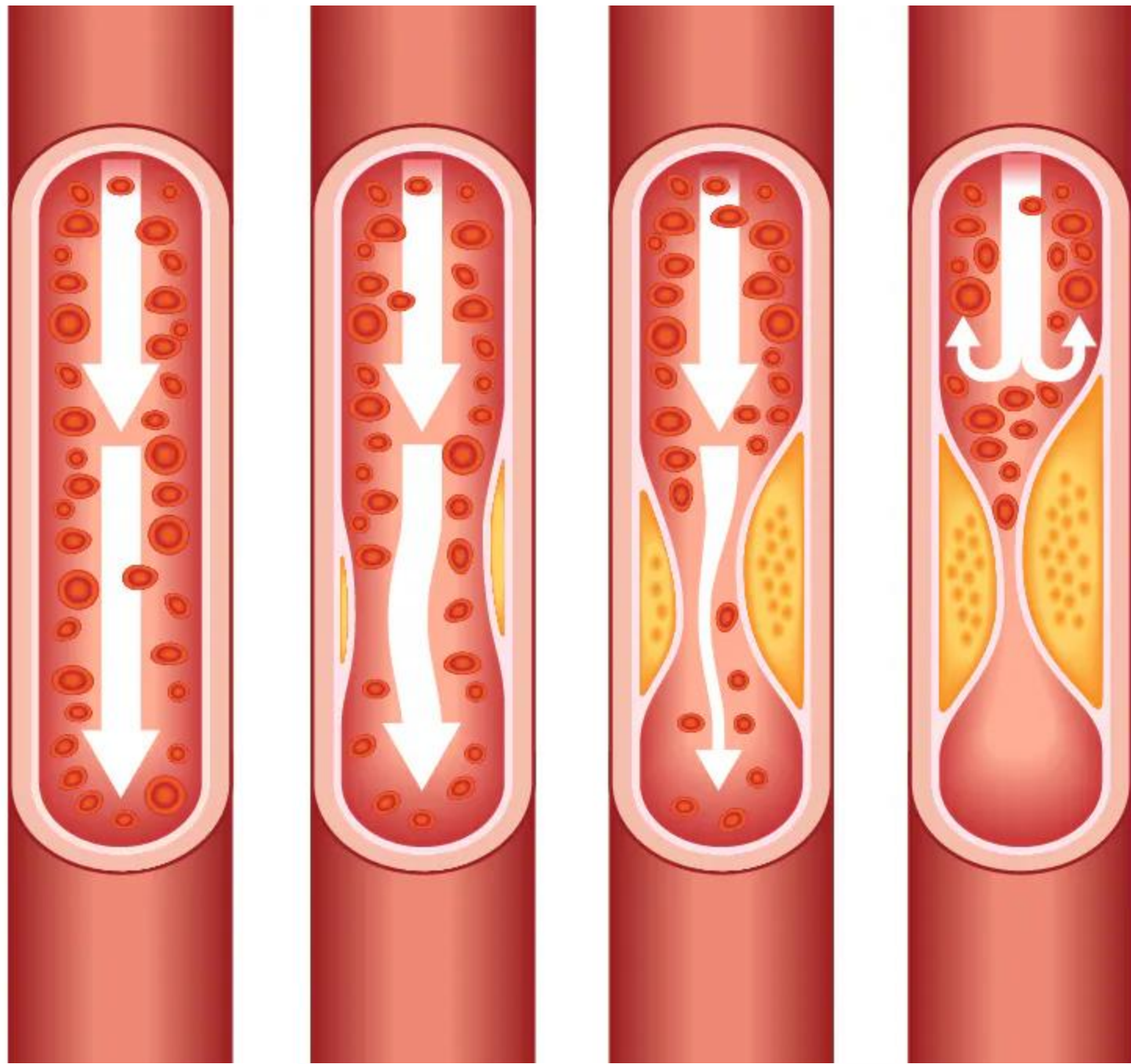
How can diet and lifestyle improve outcomes in heart disease?





- **What is heart disease?**

- Atherosclerosis is a condition that develops when a substance called plaque builds up in the walls of the arteries.
  - Build-up narrows the arteries, making it harder for blood to flow through.
  - If a blood clot forms, it can block the blood flow. This can cause a heart attack or stroke.
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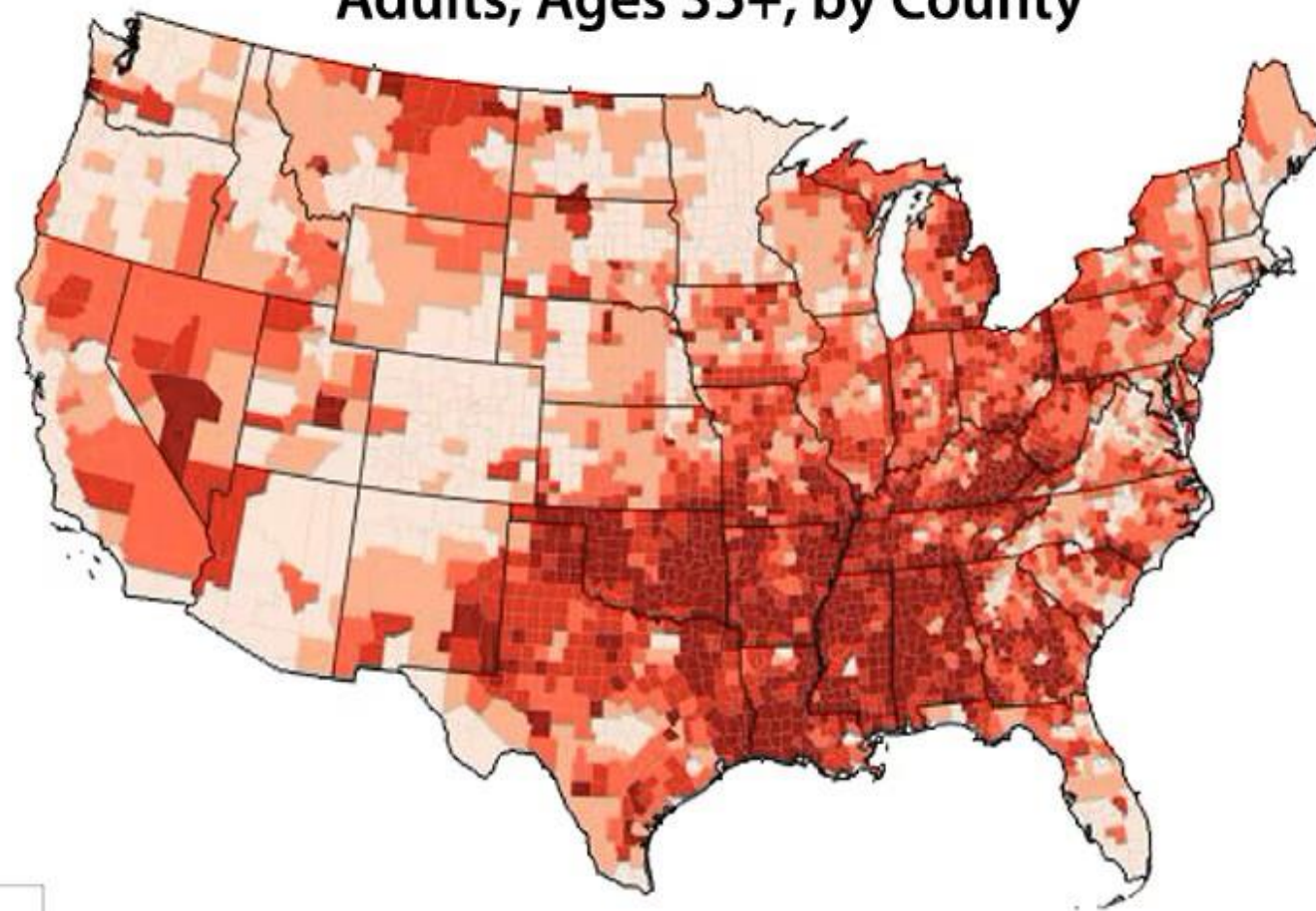


# Other Diseases of the Heart

- Heart Failure-means heart is not pumping blood correctly
- Arrhythmia-changes in the rhythm of the heartbeat
- Heart Valve problems



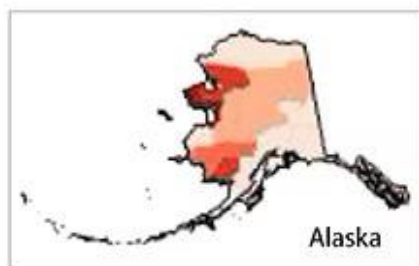
# Heart Disease Rates, 2018-2020 Adults, Ages 35+, by County



Age-Adjusted  
Prevalence (%)

- 52.7-283.1
- 283.2-322.1
- 322.2-360.9
- 361.0-416.0
- 416.1-810.5
- Insufficient Data

Data source and methodology found at:  
[www.cdc.gov/dhdsp/maps/atlas/statistical-methods](http://www.cdc.gov/dhdsp/maps/atlas/statistical-methods)



# Heart Disease in United States

- Leading cause of death for men and women and across most racial & ethnic groups
- One person dies every 33 seconds from heart disease
- 2022-702,880 deaths from heart disease or 1 in 5 deaths
- Cost approximately \$252.2 billion from 2019-2022
  - >63 Billion per year

# Effects of Lifestyle on Heart disease

## 1. Increased risk

- a. Smoking
- b. Diabetes
- c. Sedentary Lifestyle
- d. Obesity
- e. Genetics

## 2. Decreased risk

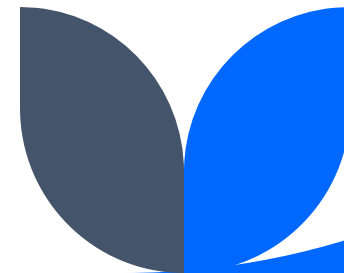
- a. Don't smoke or stop if you do
- b. Control blood sugars
- c. Increase activity levels
- d. Maintain appropriate weight
- e. Address blood cholesterol through diet and medication, if needed





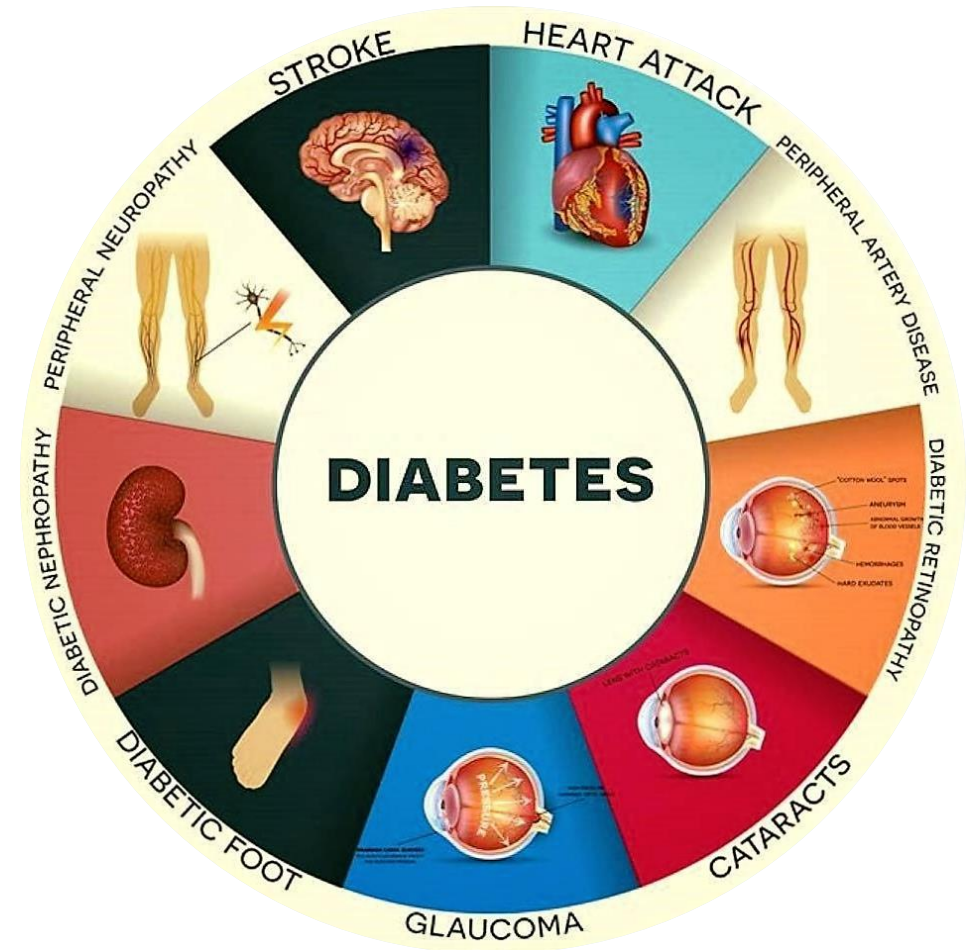
# Smoking & Heart Disease

Smoking creates “free radicals” in the blood which damage the blood vessels



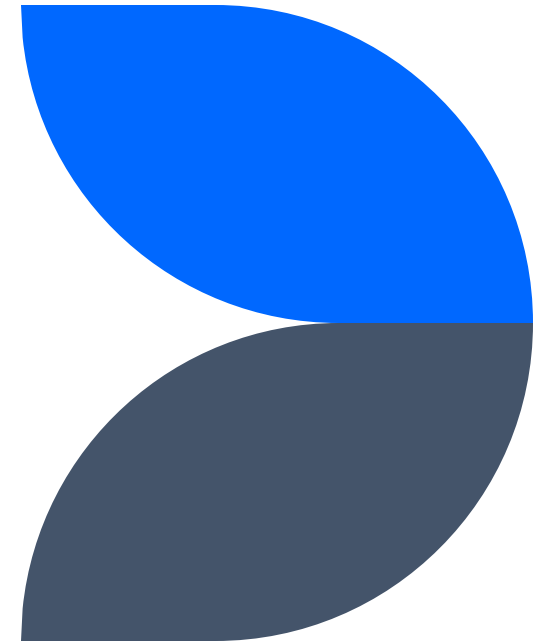
# Diabetes

Uncontrolled blood sugars damage blood vessels



# Hypertension

Uncontrolled elevated blood pressure damages blood vessels



# Lifestyle and Heart Disease

## 1. Sedentary Lifestyle Effects

- Increase chance of weight gain
- Decreased blood flow to all of the body
- Maintains the strength of the heart muscle

## Active Lifestyle

- Maintain weight
- Improves blood flow and oxygen to all of the body
- Maintains the heart muscle
- Decreases depression

# Reducing risk factors through diet

- Eat more fruits and vegetables
  - Provides antioxidants that protect blood vessels
- Eat a moderate amount of complex carbohydrates
  - Improves blood sugar control and increases satiety
  - Decrease sugar intake
- Increase healthy fats
  - Avoid trans fats
  - Olive oil, coconut oil, liquid vegetable oils
  - Increase consumption of fish
  - Eat grass fed beef and pork





## Decrease sodium intake

- High sodium diets can increase blood pressure
- High intake of processed foods increases sodium intake
- Processed foods may also be higher in trans fat



# Addressing & Controlling Heart Disease

- Know your numbers
  - Cholesterol
  - HDL Cholesterol
  - LDL Cholesterol
  - Hemoglobin A1c
  - Blood pressure
- Steps to take
  - See your doctor to be tested
  - See a dietitian for individualized instruction on diet
  - Take medications as prescribed
  - Monitor numbers and address if not within range



# Questions?



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# Thank you

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