

BRITISH HEART FOUNDATION

JANUARY 2020

With the help of patients and health professionals, the British Heart Foundation (BHF) has created a streamlined collection of leaflets aimed at those at risk of developing heart or circulatory disease, those newly diagnosed and those who have been managing their condition for a while. The *Understanding Risk* and the *Taking Control* series explain the link between certain lifestyle choices and circulatory disease and provide top tips for simple, small changes that can be made to keep our hearts healthy.

If you would like any of the materials featured in this bulletin, please contact Knowledge Evidence and Insight (details below). Orders can be sent to GP practices and health centres via internal transport or the leaflets can be collected in person from Standard Court.

Understanding Risk:

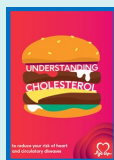
UNDERSTANDING BLOOD PRESSURE

Aimed at those people who have been told they have high blood pressure or are at risk of having it, this leaflet explains its causes and what can be done to lower it.



UNDERSTANDING CHOLESTEROL

This simple guide is for those who have been told they have high cholesterol or are at risk of getting it. It explains what cholesterol is, what can cause it and what can be done to lower it.



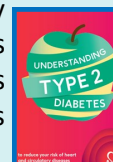
UNDERSTANDING YOUR WEIGHT

This leaflet explains why being overweight increases your risk of heart and circulatory diseases, and why where you carry excess weight on your body is important. It includes a BMI chart, explains how to measure your weight and gives advice on keeping a healthy weight.



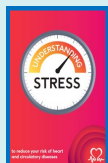
UNDERSTANDING TYPE 2 DIABETES

If you have diabetes you're more likely to have a heart attack or stroke. This short booklet explains how diabetes affects your heart and suggests things you can do to keep your heart healthy.



UNDERSTANDING STRESS

This leaflet explains the link between stress and unhealthy habits that can increase the risk of heart and circulatory diseases. It also offers tips to help lower stress levels to keep body and mind healthy.



UNDERSTANDING SMOKING

Aimed towards those at increased risk of heart and circulatory diseases because they smoke, this leaflet describes the many benefits of quitting, giving tips on how to quit and how to find people who can help you quit.



Contact Us:

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UNDERSTANDING PHYSICAL ACTIVITY

This leaflet explains how physical activity can reduce the risk of heart and circulatory diseases and help tackle high blood pressure, high cholesterol, Type 2 diabetes and being overweight. It explains what counts as activity, how much is enough and provides examples of how to make a change for a more active lifestyle.



Taking Control:

TAKING CONTROL OF SALT

This leaflet is for people with, or at risk of, high blood pressure. It explains how eating too much salt can cause high blood pressure, which can lead to a heart attack or stroke. It provides practical tips on how to cut down on salt.



TAKING CONTROL OF SATURATED FATS

Eating too much saturated fat is linked to high cholesterol, which can lead to a heart attack or stroke. This leaflet offers simple ways to lower the amount of saturated fat you eat and healthier options to aim for.



TAKING CONTROL OF SUGAR

This leaflet explains how eating too much sugar can cause weight gain and obesity, which increases the risk of having a heart attack, stroke and of developing Type 2 diabetes. It provides simple changes that can be made to cut back on sugar.



TAKING CONTROL OF FOOD PORTIONS AND LABELS

Did you know that eating the right amount of food is just as important as the kinds of foods you eat? This leaflet provides practical tips on how to measure portions and read food labels.



TAKING CONTROL OF ALCOHOL

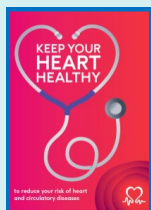
Drinking too much alcohol can increase your risk of heart and circulatory diseases. This leaflet provides practical tips on how to cut down on the amount you drink, thereby lowering that risk.



Additional Titles:

KEEP YOUR HEART HEALTHY

This short leaflet is a helpful summary of the risk factors of heart and circulatory diseases. It offers simple changes people can make to live a heart healthy life.



EAT BETTER

This booklet is a comprehensive guide to help you make healthier food choices to reduce your risk of developing or worsening heart and circulatory diseases. It offers small changes towards a healthy balanced diet, with simple, practical tips for everyday life.

