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TRUMBULL COUNTY  
HEART-HEALTHY RESOURCE GUIDE








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# Community Resource Guide

## *Heart-Healthy Resources in Trumbull County*

*\*Call Ahead for Days and Times\**

	Glucose Screenings/Diabetes Education		Cholesterol Screenings		Nutrition Education
	Blood Pressure Screenings		Physical Activity Education		Stroke Education/Survivor Group
	Tobacco Education/Cessation				

### **COMMUNITY** **HEART-HEALTHY** **RESOURCES**

American Heart Association  
(330) 965-9230  
840 Southwestern Run  
Youngstown

<http://www.americanheart.org/presenter.jhtml?identifier=10000052>



Girard Multi-Generational Center  
(330) 545-6596  
443 Trumbull Ave. Girard



Howland Fire Department  
(330) 856-5022  
169 Niles Cortland Rd. Warren



Neighborhood Health Watch  
Humility of Mary  
(330)480-2876  
1044 Belmont Ave. Youngstown



Champion Fire Department  
(330) 847-0311  
139 Champion Ave. Warren



HMHP Regional Tobacco Treatment Center  
1-877-306-5010  
St. Joe's New Start Treatment Center

[http://www.ehealthconnection.com/regions/youngstown/content/srv\\_behavioral\\_health.asp](http://www.ehealthconnection.com/regions/youngstown/content/srv_behavioral_health.asp)



Newton Falls Community Center  
(330) 872-5261  
52 E. Quarry St. Newton Falls



Ohio State University Extension Service  
 (330) 638-6783  
 520 West Main Suite #1 Cortland  
[http://extension.osu.edu/health\\_and\\_nutrition/index.php](http://extension.osu.edu/health_and_nutrition/index.php)  
<http://trumbull.osu.edu/fcs/index.html>



Warren West Health Center  
 (330) 373-0222  
 716 Tod Ave. Warren



Diabetes

- In 2007, 23.6 million people (7.8% of the population) were estimated to have diabetes.
- Diabetes is a disease in which blood glucose (sugar) levels are increased due to the lack of the hormone insulin being produced by the pancreas.
- Insulin causes glucose to get into the cells of our bodies to use for energy. Lack of insulin causes sugar to build up in the bloodstream.
- Symptoms of diabetes include frequent urination, excessive thirst, unexplained weight loss, extreme hunger, fatigue and constant infections, to name a few.
- Risk factors for diabetes include older age, obesity, genetics, physical inactivity and race/ethnicity.
- There are three types of diabetes: Type I : Diabetes Mellitus(juvenile-onset/insulin dependent), Type II: Diabetes Mellitus (mature-onset/ non-insulin dependent), Gestational Diabetes (Pregnancy Induced)
- The best treatment for both Type I and Type II diabetes is healthy eating and physical activity.



Physical Activity

- The American College of Sports Medicine recommends that adults have at least 30 minutes a day/5 days a week of moderately intense cardio OR 20 minutes a day/3 days a week of vigorously intense cardio AND 8-10 strength-training exercises repeated twice a week.

FACTS



High Blood Pressure

- Nearly 1 in 3 American adults have high blood pressure and 21.3% are unaware that they have it.
- High blood pressure is called a 'silent killer' because it has no symptoms or warning signs.
- High blood pressure otherwise known as hypertension is the force of blood against the artery walls.
- Normal blood pressure is a systolic pressure (heart contracts) of 120 mmHg or less and a diastolic pressure (heart rests) of 80 mmHg or less. Ex. <120/80
- Hypertension is a major risk factor for heart disease, stroke, congestive heart failure, and kidney disease.
- The only way to tell if you have hypertension is to have your blood pressure checked regularly.
- High blood pressure can be controlled by eating healthy, staying physically active, not smoking or drinking alcohol and maintaining a healthy weight.

St. Joe's at the Eastwood Mall  
 (330) 652-7542  
 Located behind Target and next to Sears.



Southington Fire Department  
 (330)898-6242  
 4703 State Route 305 Southington



St. Joe's Lab Express  
 1-877-700-4647  
[http://www.ehealthconnection.com/regions/youngstown/content/srv\\_Laboratory\\_Services.asp](http://www.ehealthconnection.com/regions/youngstown/content/srv_Laboratory_Services.asp)

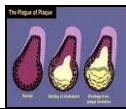


Warren City Health Department  
 (330) 841-2596  
 418 Main Ave. Warren



Physical Activity Cont...

- Moderately intense cardio can include walking fast, bike riding or pushing a lawn mower.
- Vigorously intense cardio can include jogging, swimming laps, playing basketball and riding a bike fast on hills.
- Strength-training exercises can include lifting weights, working with resistance bands, heavy gardening and yoga.
- Exercise helps reduce the risk of heart disease by improving blood circulation and strengthening the heart.
- Exercise can keep weight under control, improve blood cholesterol levels and control hypertension.



Cholesterol

- About 17% of adult Americans have high blood cholesterol (240 mg/dl >) which is a major risk factor for heart disease.
- Like high blood pressure there are no symptoms for high blood cholesterol.
- Blood cholesterol can be easily checked and controlled.
- Cholesterol is a soft, fat-like waxy substance found in your body.
- The body actually needs cholesterol to function normally. Too much cholesterol in the body, however, can cause cholesterol to be deposited in the arteries such as those of the heart. In turn, the arteries begin to close up which can lead to heart disease.
- The things that can affect your cholesterol levels include diet, weight, physical inactivity, heredity, age and sex.
- High cholesterol can be prevented by maintaining a healthy diet and weight, engaging in physical activity and refraining from tobacco usage and alcohol intake.

- Total cholesterol should be <200 mg/dL.
- LDL levels ('bad' cholesterol) should be <100mg/dL.
- HDL levels ('good' cholesterol) should be 40mg/dL>.



Nutrition

- Eat a well-balanced diet that includes all food groups (grains, fruits, vegetables, fat-free/low-fat products, lean meats/poultry/fish and nuts/seeds/legumes).
- Drink at least 8 glasses of water a day to maintain body temperature, lubricate and cushion joints, and get rid of body wastes.
- Balance the number of calories you eat with the amount of calories you burn through physical activity.
- Limit your intake of foods high in calories and low in nutritional content such as desserts, candy and pop.
- Limit foods high in saturated fat, trans fat and/or cholesterol.



Tobacco

- Smoking can affect nearly every organ of the body resulting in disease and/or a decrease in overall physical well-being.
- Smoking can cause coronary heart disease, and cancers of the bladder, oral cavity, pharynx, larynx (voice box), esophagus, cervix, kidney, lung, pancreas and stomach.
- Tobacco usage can narrow the arteries and increase: your heart rate, blood pressure and tendency for the blood to clot.

- Tobacco usage can decrease the amount of blood your heart can pump per beat.
- Cigarette smoking can double a person's risk for stroke.

*"In the year 2004, 38, 449 Ohioans died from major cardiovascular diseases."*

*(CDC, 2007)*

*"In the year 2004, 6,501 Ohioans died from stroke."*

*(CDC, 2007)*



For more information contact:

**The Trumbull County Health Department**

176 Chestnut Ave. N.E.  
Warren, OH 44483  
Phone (330) 675-2489

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