

WHY DO FATS MATTER



OK, NOW LET'S CONTINUE. WE PROMISED A FEW MINUTES AGO THAT WE'D DISCUSS WHY UNSATURATED FATS WERE CONSIDERED GOOD AND WHY SATURATED AND TRANS FATS WERE CONSIDERED BAD. IN SAYING THIS, IT IS IMPORTANT TO NOTE THAT FAT IS A NECESSARY NUTRIENT FOR THE HEALTHY FUNCTIONING OF OUR BODIES. THAT SAID SOME FATS ARE BETTER THAN OTHERS.



DISEASE DISCUSSION

RESEARCH SHOWS THAT A DIET HIGH IN SATURATED FAT (HIGH IN FATS OBTAINED FROM ANIMAL SOURCES) SUBSTANTIALLY INCREASES THE RISK FOR HEART DISEASE. WE UNDERSTAND THAT HEART DISEASE IS COMMON IN THE LATINO COMMUNITY. THINK ABOUT WHETHER YOU KNOW ANYONE WITH HEART DISEASE. WOULD YOU BE WILLING TO SHARE A LITTLE BIT ABOUT HOW THEY ATE BEFORE AND AFTER THEY LEARNED THEY HAD THE DISEASE?

PAUSE FOR EXPERIENCE SHARING.

IT'S SAD TO HEAR THESE STORIES. UNFORTUNATELY, DISEASES THAT INCREASE THE RISK FOR HEART DISEASE, SUCH AS OBESITY AND DIABETES, ARE VERY COMMON IN THE LATINO COMMUNITY THESE DAYS.

THE GOOD NEWS IS THAT THERE ARE SEVERAL VERY IMPORTANT THINGS THAT YOU CAN DO TO LOWER BOTH YOUR FAMILY'S AND YOUR OWN CHANCES OF BEING AFFECTED BY HEART DISEASE. THIS INCLUDES FINDING WAYS TO EAT HEALTHIER, EXERCISING REGULARLY, LIKE TAKING DAILY WALKS, AND COOKING TASTY DISHES YOUR FAMILY WILL LIKE.

THE MOST FUNDAMENTAL POINT THAT WE WANT TO EMPHASIZE IS THAT BY DECREASING THE SATURATED OR TRANS FATS, ALSO KNOWN AS THE BAD FATS, AND BY INCREASING THE UNSATURATED OR GOOD FATS, YOU ARE HELPING YOUR BODY FIGHT THE TOXINS THAT LEAD TO HEART DISEASE.

INCREASING THE GOOD FATS IS PARTICULARLY HELPFUL TO WOMEN. THERE IS RESEARCH SHOWING THAT THE GOOD FATS MAY HELP TO IMPROVE FEMALE HEARTS A LITTLE BIT MORE THAN MALE HEARTS, BUT WHETHER YOU ARE A WOMAN OR A MAN, THE GOOD FATS CAN REALLY HELP REDUCE YOUR RISK OF HEART DISEASE.



DISEASE DISCUSSION

LET'S NOW TALK ABOUT HOW THIS PROCESS WORKS SO THAT WE MAY UNDERSTAND HOW SATURATED AND UNSATURATED FATS AFFECT THE BODY.

 UNVEIL DIAGRAM OF ARTERIES AND HANDOUT.

THIS IS AN ARTERY. AS YOU MAY KNOW, ARTERIES ARE THE PIPES IN OUR BODY THAT CARRY BLOOD AND OTHER NUTRIENTS FROM OUR HEART AND THAT SUPPLY OXYGEN TO OUR BODY.

WHEN OUR ARTERIES ARE HEALTHY, THEY LOOK LIKE THIS **(POINT TO TOP PORTION OF DIAGRAM)**. NOTICE THAT THE ARTERY IS COMPLETELY EMPTY - NOTHING IS BLOCKING IT.

WHEN OUR ARTERIES ARE NOT SO HEALTHY, HEART DISEASE CAN BEGIN TO DEVELOP.

SIMPLY STATED, WHEN THE WALL OF THE ARTERY BEGINS TO THICKEN, DUE TO FAT BUILD UP, IT MAKES IT VERY DIFFICULT FOR BLOOD AND OTHER NUTRIENTS TO FLOW THROUGH THE ARTERY. **THIS LEADS TO HEART DISEASE.**

THE MOST COMMON TYPE OF A HEART ATTACK IS WHEN THE ARTERY BECOMES BLOCKED, AND NO MORE BLOOD CAN PASS THROUGH, CAUSING THE TISSUE AROUND THE HEART TO DIE, AND SUBSEQUENTLY, STOPPING OUR ABILITY TO BREATHE.

TO BETTER EXPLAIN THIS, WE ARE GOING TO DO A DEMONSTRATION. WE CAN DRAW A COMPARISON BETWEEN A PIPE AND AN ARTERY.

 SHOW PIPE.



DISEASE DISCUSSION

HERE'S A PIPE, SIMILAR TO PIPES FOUND IN YOUR HOME. WE WANT YOU TO IMAGINE THAT THIS PIPE IS LIKE AN ARTERY IN YOUR BODY. A HEALTHY ARTERY IS LIKE A CLEAN PIPE. EVERYTHING FLOWS THROUGH IT AS IT SHOULD. HOWEVER, SOMETIMES THERE'S A CLOG IN OUR ARTERIES, SIMILAR TO HAIR CLOGGING AND BLOCKING A PIPE LIKE THIS. WE CAN DEMONSTRATE THIS WITH HAIR, REPRESENTED BY THIS BALL OF YARN:

 *JAM PIPE WITH BLACK YARN BALL.*

SO, AN UNHEALTHY ARTERY IS LIKE A BLOCKED PIPE. YOU KNOW WHEN YOU WASH YOUR HANDS IN THE SINK AND THE WATER TAKES A LONG TIME TO GO DOWN THE DRAIN? WELL, WHEN HAIR ACCUMULATES, WATER CAN'T PASS THROUGH THE PIPE. THIS IS WHAT BAD FATS DO TO OUR ARTERIES AS THEY CREATE A BLOCKAGE IN BLOOD FLOW. THE BLOOD JUST DOESN'T FLOW AS WELL AS IT COULD.

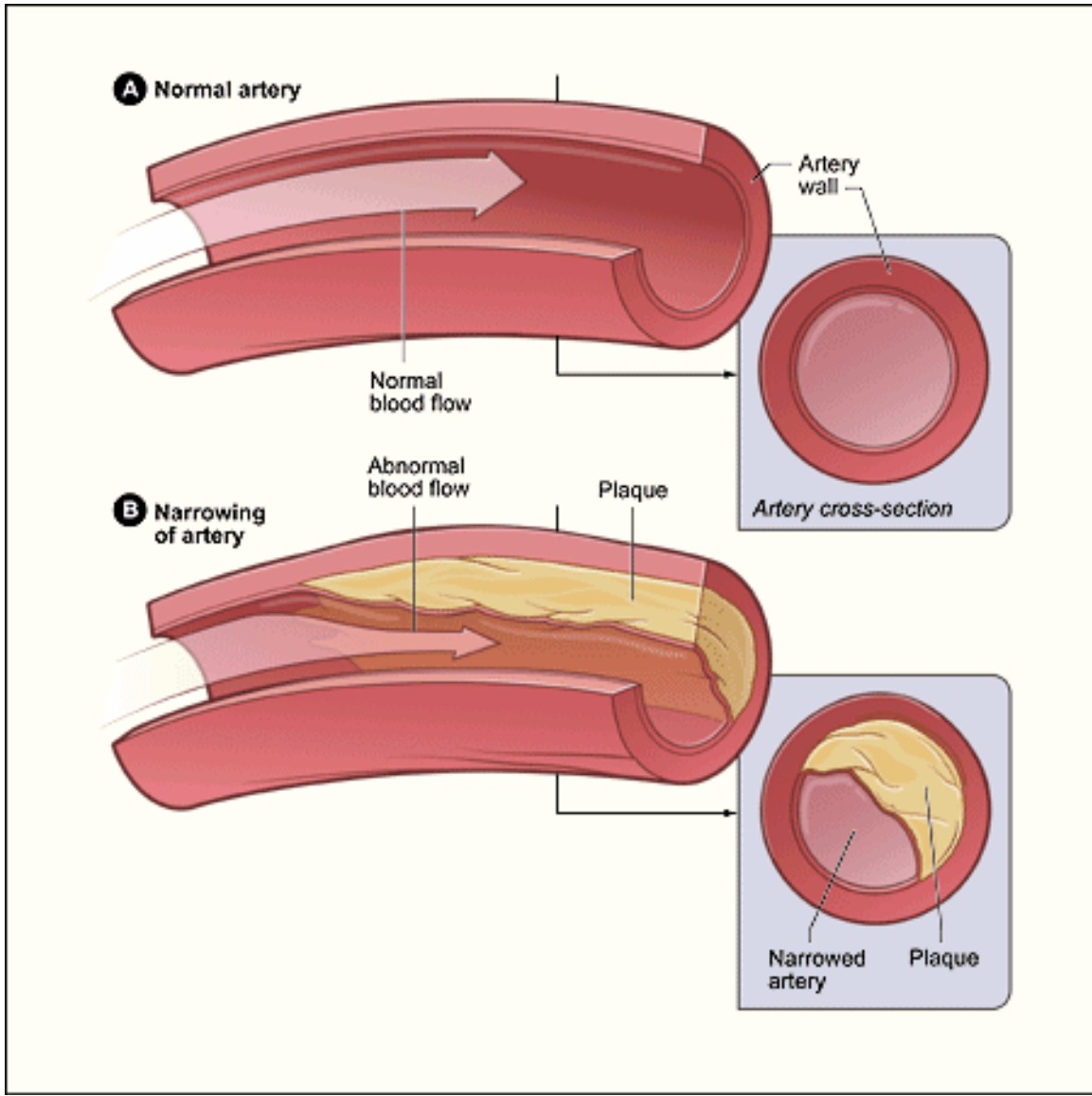
RESEARCH INDICATES THAT THE BAD FATS CONTRIBUTE MOST SIGNIFICANTLY TO THE BUILD UP OF THIS BLOCKAGE.

 *RETURN TO ARTERY DIAGRAM.*

SO, WHO CAN TELL US THE DIFFERENCE BETWEEN THE TOP ARTERY AND THE BOTTOM ARTERY?



DISEASE DISCUSSION



Picture courtesy of the National Heart Lung and Blood Institute.



DISEASE DISCUSSION

LET'S TAKE A MOMENT AND THINK ABOUT WHAT INCREASES THE RISK FOR HEART DISEASE.

👉 UNVEIL LIST OF RISK FACTORS FOR HEART DISEASE AND HANDOUT.

AS SEEN ON THIS BOARD, MAJOR RISK FACTORS OF HEART DISEASE THAT YOU CAN CONTROL INCLUDE SMOKING, HIGH BLOOD PRESSURE, HIGH BLOOD CHOLESTEROL, BEING OVERWEIGHT, PHYSICAL INACTIVITY, AND DIABETES, OR HIGH BLOOD SUGAR PROBLEMS.

HERE'S SOME VERY GOOD NEWS: A COMMON FACTOR THAT IS SHARED BY MANY OF THESE RISK FACTORS IS RELATED TO FOOD. BY CHANGING YOUR EATING HABITS, INCREASING THE GOOD FATS IN YOUR DIET AND DECREASING THE BAD FATS, YOU WILL HELP TO REDUCE THE RISK OF HEART DISEASE IN YOUR SELF AND IN YOUR FAMILY.

FORTUNATELY, THE GOOD FATS OR THE UNSATURATED FATS ACTUALLY HELP TO LOWER THE BUILD UP OF THE BAD FATS IN THE ARTERIES. LET'S GO BACK TO THE PIPE EXAMPLE. JUST LIKE EXISTING HAIR CLOGS CAN BE DECREASED BY THE USE OF A CLEANING AND DISSOLVING PRODUCT LIKE "LIQUID PLUMBER", THE BUILD UP OF BAD FATS IN OUR ARTERIES CAN BE REDUCED BY EATING GOOD FATS. SO, GOOD FATS LIKE UNSATURATED FATS ARE THE LIQUID PLUMBERS OF OUR HEARTS. SO IT IS IMPORTANT TO INCREASE THE AMOUNT OF GOOD FATS AND DECREASE THE AMOUNT OF BAD FATS THAT YOU CONSUME.



DISEASE DISCUSSION



Major Risk Factors
Of Heart Disease
That You Can Control:

- Smoking



- High Blood Pressure



- High Cholesterol



- Being Overweight



- Not Exercising



- Diabetes



Source: National Heart Lung and Blood Institute



DISEASE DISCUSSION

SO HOW CAN WE TAKE CHARGE OF WHAT WE EAT? THE BUENOS HABITOS ALIMENTICIOS PARA UNA BUENA SALUD, OR GOOD EATING HABITS FOR GOOD HEALTH PROJECT HAS BEEN CREATED TO TEACH STRATEGIES TO LATINAS TO IMPROVE THEIR OWN HEALTH, AS WELL AS THE HEALTH OF THEIR FAMILIES.

WE ARE INTERESTED IN LATINAS BECAUSE WE KNOW THAT IN THE LATINO CULTURE, YOU ARE OFTEN THE CRITICAL FAMILY CAREGIVERS FOR YOUR FAMILY. WE ALSO KNOW THAT YOU ARE THE ONES MOST OFTEN SHOPPING, PREPARING, COOKING, AND SERVING THE MEALS AT HOME.

WE TRULY RECOGNIZE THE IMPORTANCE OF YOUR ROLE IN YOUR FAMILY AND IN YOUR COMMUNITY!!!

WE ALSO RECOGNIZE THAT CHANGING THE EATING PATTERNS OF YOUR FAMILY WILL NOT HAPPEN OVERNIGHT. INSTEAD, THIS WILL BE A GRADUAL CHANGE. YOU WILL EMPOWER YOUR FAMILY TO LIVE AND EAT HEALTHY!

NOW WE WILL HAVE A 5 MINUTE BREAK TO HAVE A SNACK, GO TO THE RESTROOM OR CHECK ON YOUR CHILDREN. PLEASE COME BACK ON TIME!



THE BRAIN CONNECTION

WE'VE TALKED A LOT ABOUT THE CONNECTION BETWEEN DIET AND THE HEART. WHAT AFFECTS YOUR HEART CAN ALSO AFFECT YOUR BRAIN.

NEW RESEARCH SUGGESTS A STRONG ASSOCIATION BETWEEN RISK FOR HEART DISEASE AND RISK FOR MEMORY PROBLEMS. SAID ANOTHER WAY, HIGH BLOOD PRESSURE, CHOLESTEROL, AND OBESITY CAN LEAD TO HEART DISEASE. THEY CAN ALSO INCREASE YOUR CHANCES FOR DISEASES LIKE ALZHEIMER'S DISEASE AND STROKE, BOTH OF WHICH CAN CAUSE MEMORY PROBLEMS.

 *DISPLAY POSTER OF LADY.*

WE USE THE WORD "DEMENTIA" TO MEAN SEVERE MEMORY LOSS THAT INTERFERES WITH BEING ABLE TO TAKE CARE OF YOUR OWN LIFE. LET'S PUT A SOMBRERO ON THIS LADY. DOESN'T SHE LOOK PRETTY?

LET'S CALL THE SOMBRERO "DEMENTIA". DEMENTIA HAS MANY CAUSES. JUST LIKE A SOMBRERO IS WOVEN FROM MANY DIFFERENT STRAWS, DEMENTIA IS A DISORDER CAUSED BY MANY OTHER DISEASES LIKE HEART DISEASE, STROKE, AND ALZHEIMER'S DISEASE. LET ME SHOW YOU A PICTURE OF WHAT THE BRAIN LOOKS LIKE WHEN IT HAS DEMENTIA.

 *HOLD UP BRAIN COMPARISONS SHEET.*

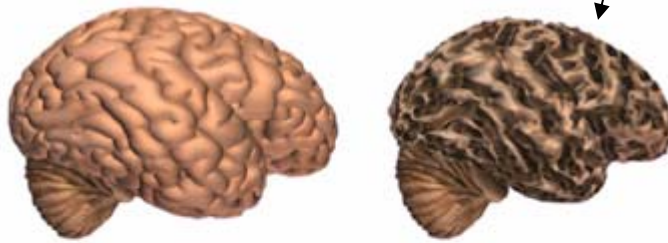
AS YOU CAN SEE, DEMENTIA LEADS TO MANY CONNECTIONS DYING THROUGHOUT YOUR BRAIN. OVER TIME, THE BRAIN SHRINKS DRAMATICALLY, AFFECTING NEARLY ALL ITS FUNCTIONS.

LET'S LOOK MORE AT THE DIFFERENCES IN THE SIZE OF THE BRAIN. PLEASE FOLLOW ALONG WITH THIS HANDOUT.



A brain without the disease

A brain with advanced dementia



How the two brains compare

© 2007 Alzheimer's Association.




THE BRAIN CONNECTION

 *HOLD UP BRAIN CROSS-SECTION SHEET.*

THIS SHOWS ANOTHER VIEW OF HOW MANY CONNECTIONS DIE THROUGHOUT THE WHOLE BRAIN IN ADVANCED DEMENTIA. THIS CHANGE IS A RESULT OF DEMENTIA CAUSED BY ALZHEIMER'S DISEASE. HOWEVER, A NUMBER OF FACTORS CAN CAUSE DEMENTIA THAT ULTIMATELY MAKES CONNECTIONS DIE IN THE BRAIN. IN THE LATINO POPULATION, DEMENTIA CAUSED BY HEART DISEASE AND STROKE IS MORE COMMON THAN DEMENTIA CAUSED BY ALZHEIMER'S DISEASE.

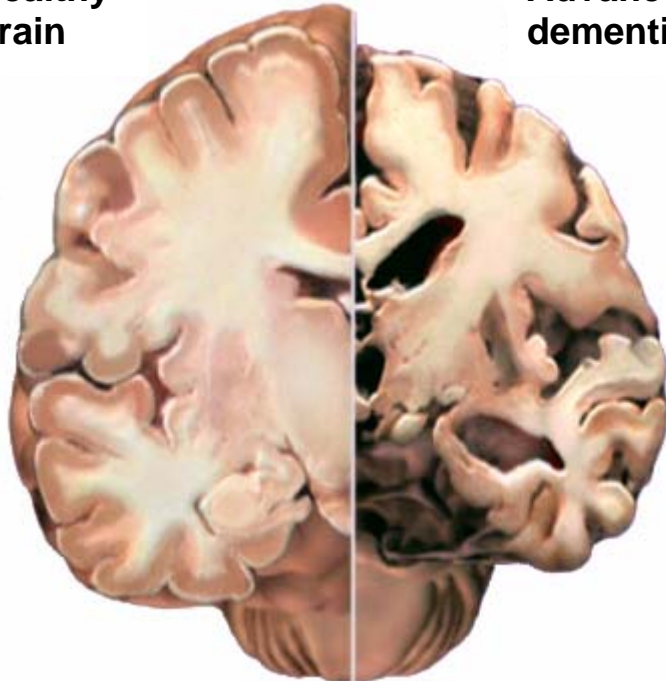
WHAT DO YOU NOTICE ABOUT THIS PICTURE?

 *AFTER THE CLASS RESPONDS TO THE QUESTION, WE MAKE SURE THAT THE DIFFERENCE IS STATED IF IT'S NOT ALREADY GIVEN.*

EXACTLY! ONE SIDE IS SMALLER THAN THE OTHER. HERE'S WHAT THAT MEANS IN TERMS OF OUR BRAIN FUNCTIONING. DEMENTIA PERMANENTLY SHRIVELS AND DAMAGES AREAS INVOLVED IN THINKING, PLANNING, AND REMEMBERING.



**Healthy
brain**



**Advanced
dementia**



THE BRAIN CONNECTION

THERE ARE MANY CAUSES OF MEMORY PROBLEMS. LET'S TAKE ANOTHER LOOK AT THIS POSTER.

BE SURE POSTER OF THE LADY IS ON DISPLAY.

ALL OF THESE DISEASES (*VELCRO THESE DISEASES ONE AT A TIME*)—HEART DISEASE, STROKE, AND ALZHEIMER'S DISEASE ARE ALL RELATED TO NUTRITION. REMEMBER, WE WANT YOUR LIGHT TO SHINE GREEN BY EATING UNSATURATED FATS LIKE AVOCADOS AND TO DIM YOUR RED LIGHT BY LOWERING SATURATED FATS IN YOUR DIET LIKE MANTECA THAT AFFECT BOTH YOUR HEART AND BRAIN.

THE REASON WE ARE DOING THE BUENOS HABITOS PROGRAM IS BECAUSE WE NOT ONLY CARE ABOUT YOUR HEART, BUT WE ALSO REALLY CARE ABOUT YOUR BRAIN. NUTRITION IS CONNECTED TO YOUR HEART AND BRAIN. SO, WE REALLY WANT YOU TO MAINTAIN A LIFESTYLE WITH A HEALTHY BRAIN AND A HEALTHY HEART.

PRETEND THIS IS YOU. WE EACH HAVE A HEART AND A BRAIN (*VELCRO HEART AND BRAIN*). WHEN YOU EAT HEALTHIER FOODS LIKE UNSATURATED FATS, SUCH AS AVOCADOS (*VELCRO AVOCADOS*) IT'S NOT ONLY GOOD FOR YOUR HEART, BUT IT'S ALSO GOOD FOR YOUR BRAIN (*VELCRO GREEN ARROWS*).

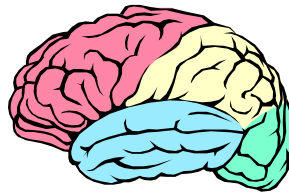
WHEN YOU EAT SATURATED FATS, SUCH AS MANTECA (*VELCRO MANTECA*), IT'S BAD FOR YOUR HEART AND ALSO FOR YOUR BRAIN (*VELCRO RED ARROWS*).

LET'S LOOK AT THIS HANDOUT IN YOUR PACKET TO GET A BETTER UNDERSTANDING ABOUT DEMENTIA.

SHOW THE DEMENTIA INFORMATION SHEET



DEMENTIA INFORMATION SHEET



THERE ARE MANY FORMS OF DEMENTIA THAT HAVE SIMILAR SYMPTOMS. ONE TYPE OF DEMENTIA IS ALZHEIMER'S DISEASE.

BELOW ARE SOME OF THE MOST COMMON DEMENTIA SYMPTOMS. HOWEVER, HAVING ONE OF THESE SYMPTOMS DOESN'T NECESSARILY MEAN YOU HAVE DEMENTIA.

- MEMORY LOSS
- PERSONALITY CHANGES
- PROBLEMS WITH LANGUAGE
- DIFFICULTY PERFORMING FAMILIAR TASKS
- POOR JUDGMENT
- CHANGES IN MOOD
- PROBLEMS WITH ABSTRACT THINKING





THE BRAIN CONNECTION

AS YOU CAN SEE FROM THIS HANDOUT, DEMENTIA IS LIKE A SOMBRERO—IT'S A GENERAL WORD FOR A GROUP OF DISEASES AFFECTING THE BRAIN. DEPENDING ON THE TYPE OF DEMENTIA, PEOPLE MAY NOT BE ABLE TO REMEMBER, THEY MAY HAVE CHANGES TO THEIR PERSONALITY, THEY MAY HAVE PROBLEMS COMMUNICATING, AND THEY ALSO MAY HAVE A DIFFICULT TIME DOING REGULAR ACTIVITIES, LIKE GETTING DRESSED OR EATING. ALSO, THEY MAY LOSE THEIR ABILITY TO SOLVE PROBLEMS OR CONTROL THEIR EMOTIONS AND THEY MAY BECOME AGITATED OR SEE THINGS THAT ARE NOT THERE.

MEMORY LOSS IS A COMMON SYMPTOM OF DEMENTIA. DO NOT BE ALARMED. MEMORY LOSS BY ITSELF DOES NOT MEAN YOU HAVE DEMENTIA. PEOPLE WITH DEMENTIA HAVE SERIOUS PROBLEMS WITH TWO OR MORE BRAIN FUNCTIONS, SUCH AS MEMORY AND LANGUAGE. ALSO, IT IS IMPORTANT TO REMEMBER THAT ALTHOUGH A PERSON WITH DEMENTIA CANNOT RECOVER OR BE CURED, THERE ARE REVERSIBLE CAUSES FOR MEMORY PROBLEMS. THIS IS WHY IT IS VERY IMPORTANT TO SEEK A MEDICAL ASSESSMENT.

TO REVIEW, HAVING A HEALTHIER DIET CAN NOT ONLY KEEP YOUR HEART HEALTHIER, IT CAN ALSO KEEP YOUR BRAIN HEALTHIER.

LITTLE BY LITTLE, DEMENTIA AFFECTS YOUR BRAIN IN YOUR DAILY ACTIVITIES AND YOUR BRAIN CELLS DO NOT RECOVER!



THE BRAIN CONNECTION

DEMENTIA MAY SEEM LIKE A FAR OFF IDEA, BUT UNFORTUNATELY, BRAIN HEALTH DISEASE IS BECOMING MORE COMMON IN THE LATINO POPULATION. STUDIES INDICATE THAT UP TO 40% OF THE CASES OF DEMENTIA FOUND IN THE LATINO POPULATIONS ACROSS THE WEST COAST COULD POTENTIALLY BE RELATED TO HEART PROBLEMS.

WAYS TO EAT HEALTHY INCLUDE:

- BAKING OR GRILLING YOUR FOODS INSTEAD OF FRYING THEM,
- AND EATING FOODS RICH IN ANTIOXIDANTS SUCH AS COLORFUL FRUITS AND VEGETABLES, WHICH MAY HELP PROTECT BRAIN CELLS. ANTIOXIDANTS ARE SUBSTANCES THAT PREVENT BAD CHEMICALS FROM HARMING OUR BODIES.

RESEARCH ALSO SUGGESTS THAT HIGH CHOLESTEROL MAY CONTRIBUTE TO STROKE AND BRAIN CELL DAMAGE. A LOW FAT, LOW CHOLESTEROL FOOD LIFESTYLE IS ADVISABLE.

THE IDEA IS TO LOWER OUR OVERALL FAT INTAKE. BUT, WHEN YOU DO CONSUME OIL - AND WE ALL NEED TO IN ORDER FOR OUR BODIES TO BE HEALTHY - WE CAN TRY TO EAT ONLY THE GOOD FATS. OUR BODIES NEED FAT FOR ENERGY TO DO DAILY ACTIVITIES AND PERFORM OTHER FUNCTIONS. ANY QUESTIONS?

 PAUSE FOR AUDIENCE RESPONSE

NOW AS WE MOVE FORWARD, LET'S REALLY TRY OUR BEST TO REMEMBER THAT EATING HEALTHY IS IMPORTANT TO TWO VERY IMPORTANT PARTS OF OUR BODY: OUR BRAIN AND OUR HEART!