

Kansans Move into Health



Kansas State University
Agricultural Experiment Station
and Cooperative Extension Service



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Developing public awareness of a healthy lifestyle is important nationwide. The incidence of obesity and disease in America continues to rise while levels of physical activity decrease. The recommendations in this lesson can provide an education base for a healthy lifestyle that can make a difference in Kansas communities.

Educational goals

After this program, participants will be able to:

- ▶ Identify controllable and uncontrollable risk factors that affect health.
- ▶ List three ways to increase physical activity in their daily lives.
- ▶ Identify three benefits related to physical activity.
- ▶ Discuss and learn from the USDA's *MyPyramid*.
- ▶ List three benefits related to choosing foods from different food groups
- ▶ Develop their own personalized version of *MyPyramid*.

Suggested program preparation

1. Review this leader's guide and the fact sheet *Kansans Move into Health*, MF-2782.
2. For each participant, have a copy of the fact sheet and the *MyPyramid* worksheet: www.humec.ksu.edu/fnp/displays/mypyramid/handouts/3FdWkshtTkrKS2pp1.pdf.
3. Review the guidelines for "moderate-intensity" physical activity set by

the Center for Disease Control and American College of Sports Medicine:

Adults should engage in moderate-intensity physical activities for at least 30 minutes on five or more days of the week.

"Moderate intensity" means the individual should experience an increase in breathing or heart rate. It represents the effort a healthy individual might expend while walking briskly, mowing the lawn, dancing, swimming or bicycling on level terrain, for example.

4. Become familiar with the *MyPyramid* Education Framework at: www.mypyramid.gov/downloads/MyPyramid_education_framework.pdf
5. Review recommended values for heart disease risk factors. (See next page.)

Materials needed

1. Copies of the fact sheet and *MyPyramid* work sheet for participants.
2. Have copies for yourself of *MyPyramid* Food Intake Patterns (http://mypyramid.gov/downloads/MyPyramid_Food_Intake_Patterns.pdf) and Food Intake Pattern Calorie Levels (http://mypyramid.gov/downloads/MyPyramid_Calorie_Levels.pdf).
3. Pens or pencils for participants to borrow.
4. Display of recommended foods from each food group. Share examples of foods labeled with transfat information, and display serving utensils of varying sizes for different foods. Consider other appropriate displays.



Heart disease risk factors

Total cholesterol	Less than 200 mg/dL	Desirable level that lowers risk for coronary heart disease. (A cholesterol level of 200 mg/dL or higher raises risk.)
HDL cholesterol	Less than 40 mg/dL (for men) Less than 50 mg/dL (for women)	Low HDL cholesterol: a major risk factor for heart disease.
	60 mg/dL and above	High HDL cholesterol. An HDL of 60 mg/dL and above is considered protective against heart disease.
LDL cholesterol	Less than 100 mg/dL	Optimal.
Body fat	Waistline 35 inches or more for women	High Risk.
	Waistline 40 inches or more for men	High Risk.
Blood pressure	Systolic - Less than 120mmHg	Normal.
	Diastolic – Less than 80mmHg	Normal.

Suggested program presentation guide

1. Introduce yourself. Give each participant a pen or pencil and a copy of the fact sheet. Allow several minutes for each to review the fact sheet and make notes.
2. Allow at least 30 minutes to teach the lesson. If possible, answer relevant audience questions as they arise, rather than holding all questions for the end of the program.
3. Begin with answering the question, “What is health?” on the front page. What do they define as “healthy”? Ask what they do in their everyday lives to increase physical activity. If time allows, discuss barriers to physical activity.
4. Using the chart at the top of this page, discuss risk factors for heart disease. Make sure to provide information on recommended risk factor values. If there is time, have participants write down their risk factors. If they do not know their values, recommend that they see their health-care providers. Reinforce the idea of taking preventive measures, such as cholesterol and blood pressure tests.
5. Provide contact information, locations and dates when participants can sign up for *Walk Kansas*.
6. Discuss *MyPyramid* with participants. Assist them in determining their calorie needs and serving sizes from each food group for their worksheets. Recommend that they keep the worksheet on the refrigerator at home to keep track.
7. Ask the participants to fill out an evaluation for the program.
8. Thank the audience for their participation.

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