

Unit 2 Why do some people get heart disease and not others, and what can we do to prevent it?

Lesson 14 Day 1

On your own



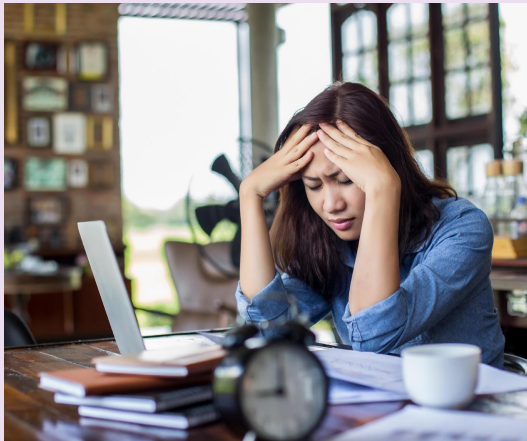
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Social Support

In Lesson 13, you learned more about the environmental factors on our class risk chart that can increase risk for heart disease.

Of the factors you see here, think about which could be increased or decreased in a person's daily life.



Turn and talk

With your partner, discuss which of the factors you identified would be the least challenging to change to make a difference in reducing the risk of heart disease.

Copy this chart into your science notebook and complete it:

<u>Least challenging</u>	<u>Most challenging</u>
Because....	Because....



With your class

Did you and your partner agree on what would be **most challenging** or **least challenging**?

With your class

You will be investigating more information about the daily lives of patients and how that might impact their risk factors.

Each of you will create an **environmental snapshot** for a different patient. You'll take turns gathering data and sharing it with your group.


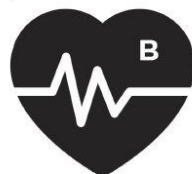


Patient Environmental Snapshot

Cholesterol: high
Family history: yes



Risk categories: Health care access; Diet; Exercise; Stress; Smoking; Air pollution

Information from card	Risk category	Describe how the situation promotes (+) heart health or is a barrier (-) to heart health

<p>Your company has an agreement with a city-owned fitness club for employees at the management level to get discounted memberships.</p> 	<p>Your job has tight deadlines and you often work late into the night. You like to eat at your desk so you can get more done and fast-food restaurants are closest to the subway line you take to and from work.</p> 
<p>You walk 5 city blocks to get to the public transit station to get to work. Your phone has an app that tracks your steps since you don't have any other time to exercise.</p> 	<p>You can't make personal calls when at work. It is difficult to set up doctor appointments because their offices are only open from 9-5 Monday through Friday.</p> 



With your jigsaw group

With your environmental snapshot, find the other class members who have the same patient as you do.

In these patient groups, discuss how you each completed the three columns for your patients. You may have different ideas.

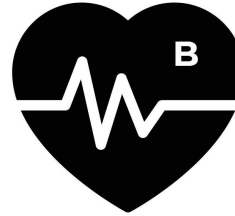
Pick a reporter and share out answers to these two questions:

- What was one thing your group found surprising?
- What was one thing your group found that seemed familiar?

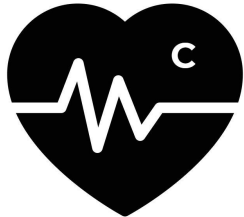
With your class



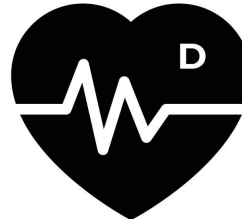
**Marques
Wilson**



**Neil
Lewis**



**Eliza
Saleem**



**Mario
Hernandez**

On your own



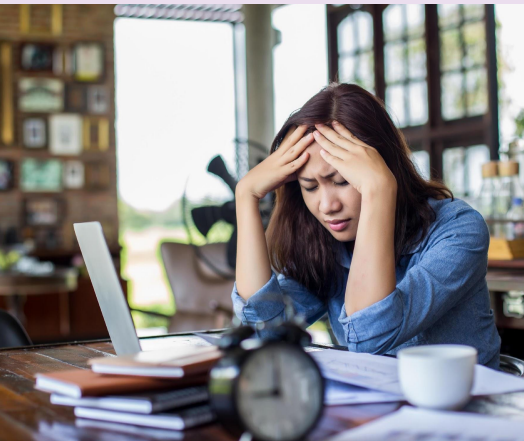
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Social Support

In your science notebook:
Return to the chart you recorded in your notebook. Consider the patient cases you just learned about and which factors you thought were less challenging to change. Do you still feel the same?

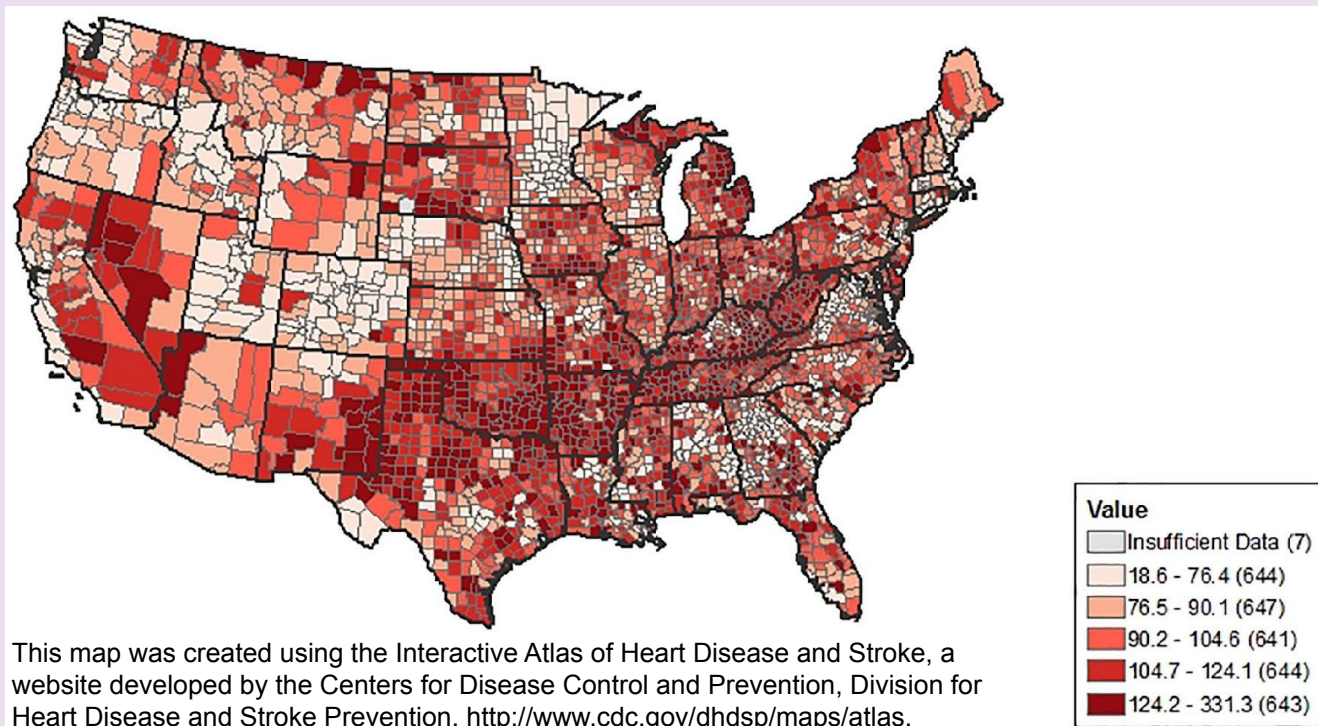
Describe how patient perspectives affected your thinking about the changes someone can make to reduce heart disease risk.

G

With your class

Are the challenges to reducing the risk for heart disease unique to the patients we just looked at, or do you think other people share those same challenges? Recall the maps you analyzed in Lesson 1.

Coronary Artery Disease Death Rate per 100,000 People 2016-2018



With your group

Investigate population information about **barriers** and **promoters** in the United States.

POPULATION ENVIRONMENTAL SNAPSHOT

The quick service restaurant sector continues to grow with a peak consumer spending of three hundred billion dollars in 2018.



The number of hospitals in 52 major cities in the United States dropped by 46 percent. Most new hospitals being built are in wealthy suburbs.



U.S. Forest Service scientists and U.S. Environmental Protection Agency calculated that trees are saving more than 850 human lives a year and preventing 670,000 incidents of acute respiratory symptoms by absorbing pollutants like particulate matter and ozone.



40 % of U.S. citizens have experienced respiratory distress due to particulate matter pollution from industry, transportation, and energy production. Long term exposure to pollutants can increase plaque build up in coronary arteries.



1 in 8 Americans will have food insecurity.



84 percent of employers with over 200 employees offer wellness programs and health coaching.



A study reported in the Journal of the American Heart Association that participants with access to more green vegetation had lower levels of stress and their bodies had a higher capacity to repair blood vessels.

60% Of adults do not know their cholesterol levels.

ADULT INACTIVITY IS INCREASING



The South (28.0%) had the highest prevalence of physical inactivity, followed by the Northeast (25.6%), Midwest (25.0%), and the West (20.5%).

Many medical school graduates are choosing specialties that provide higher pay to reduce their college debts. The Association of American Medical Colleges predicts a shortage of between 21,100 and 55,200 primary care physicians by 2032.

