



Caring For Your *Heart*

Go Red for Women™ Heart Health Patch Program



Cadettes and Seniors

(Grades 6-8)

(Grades 9-10)

Girl Scouts of Nassau County



**North
Shore LIJ**

Caring For Your *Heart*

Your heart is a muscle that pumps blood and oxygen to all parts of your body. Every minute of the day it works hard to keep you alive. To take care of your heart, it's important that you eat good foods, exercise and do not smoke.

Heart disease in women is very common, but making good choices as a young girl will help keep you in good health. By earning this heart health patch, you are showing that you care about your heart. When you're finished with this patch program you will:

- Understand how your heart works
- Learn about heart healthy choices
- Do things to keep your heart healthy
- Share with others ways that they can care for their heart

Your patch activities are explained under ***Discover, Connect*** and ***Take Action*** – the Three Keys to Leadership in Girl Scouts. To earn a patch, Cadettes and Seniors should complete five (5) activities, with at least one from each category.



This patch program was created by the North Shore-LIJ Health System's Division of Cardiovascular Services, the American Heart Association and

the Girl Scouts of Nassau County to teach you how to take care of your heart. When you finish, you will earn a patch in the shape of a red dress. You might recognize it because the dress stands for women and heart disease. The American Heart Association uses the red dress in their Go Red for Women™ movement that teaches people about heart disease in women.

When you are finished with your heart health activities, review them with your troop leader. She will complete an activity report and order your new Go Red for Women™ Heart Health Patch.

Congratulations on taking good care of your heart!

Girl Scouts of Nassau County
www.gsnc.org
(516) 741-2550

North Shore-LIJ Health System
www.northshoreliij.com
(516) 562-2351

American Heart Association
www.americanheart.org
(516) 450-9131



Discover

Love Your Heart Workshop: Attend a fun and interactive class at the North Shore-LIJ Health System. You'll learn about the heart and how to keep it healthy. You'll also be able to meet hospital employees and ask questions about their career in healthcare.

Learn from an Expert: Invite a doctor, nurse, medical technician or any healthcare professional to speak at your troop meeting. Ask them things you can do to keep your heart healthy.

Visit the Library: Go to the library and take out a book about a female athlete. Read the book and write a three paragraph essay about what an athlete does to keep healthy.

What a Healthy Heart Means to Me: Design a poster that explains what having a healthy heart means to you. Share your poster with your troop. Then, go to a local business (supermarket, hair and nail salon, gym, and mall) and ask them to hang your poster so that others can learn from your poster.

Create your own Discover activity!



Connect

A Heart Healthy Meal: Plan a heart healthy dinner. With a parent, shop for the ingredients and help prepare the meal. Set the table and enjoy the dinner with your family. Talk about what makes the meal heart healthy.

Make a Smoothie: With your troop use fresh fruits to make a heart healthy smoothie. Talk about the taste and the health benefits of the ingredients.

Snack Wisely! With your troop or with your family, make a heart healthy snack. After you taste it, talk about it. What did you like about it? Why is it a healthy snack?

Help Your Heart... Don't Smoke! As a troop or with your family, make a colorful poster with pictures or drawings that shows the bad things about smoking. Discuss it with your troop and your family.

Create your own Connect activity!



Take Action

Get the Word Out: As a troop, create a commercial, song, poem, puppet show or skit with a message explaining the importance of heart healthy living. For example, it could be a commercial for a healthy food, a song about exercise, or a poem about your heart. Perform it for your troop and their family members.

Activity Calendar: Plan healthy activities that you can do afterschool for one week. Mix up the activities so you don't get bored. Healthy activities include: walking, jogging, swimming, bike riding, sports and outdoor games. At the end of the week share your activities with your troop. Can you include any of these activities in your daily schedule?

Get Moving! With your troop talk about alternatives to watching TV, playing video games, or computer games. For one week keep a diary of activities you did instead.

Annual Heart Walk: Check with the American Heart Association to see if you can help with the annual Start! Heart Walk. Volunteer to help at the walk. You can also decorate a t-shirt and wear it that day to show that you want to have a healthy heart.

Wear Red on National Go Red Day: The first Friday in February is National "Go Red" day. Wear red and promise to eat healthy and exercise. Invite one woman that you love to join you!

Create your own Take Action activity!

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Setting New Standards In HealthcareSM



Caring For Your *Heart* Journal

Go Red for Women™ Heart Health Patch Program



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(Grades 6-8)

(Grades 9-10)

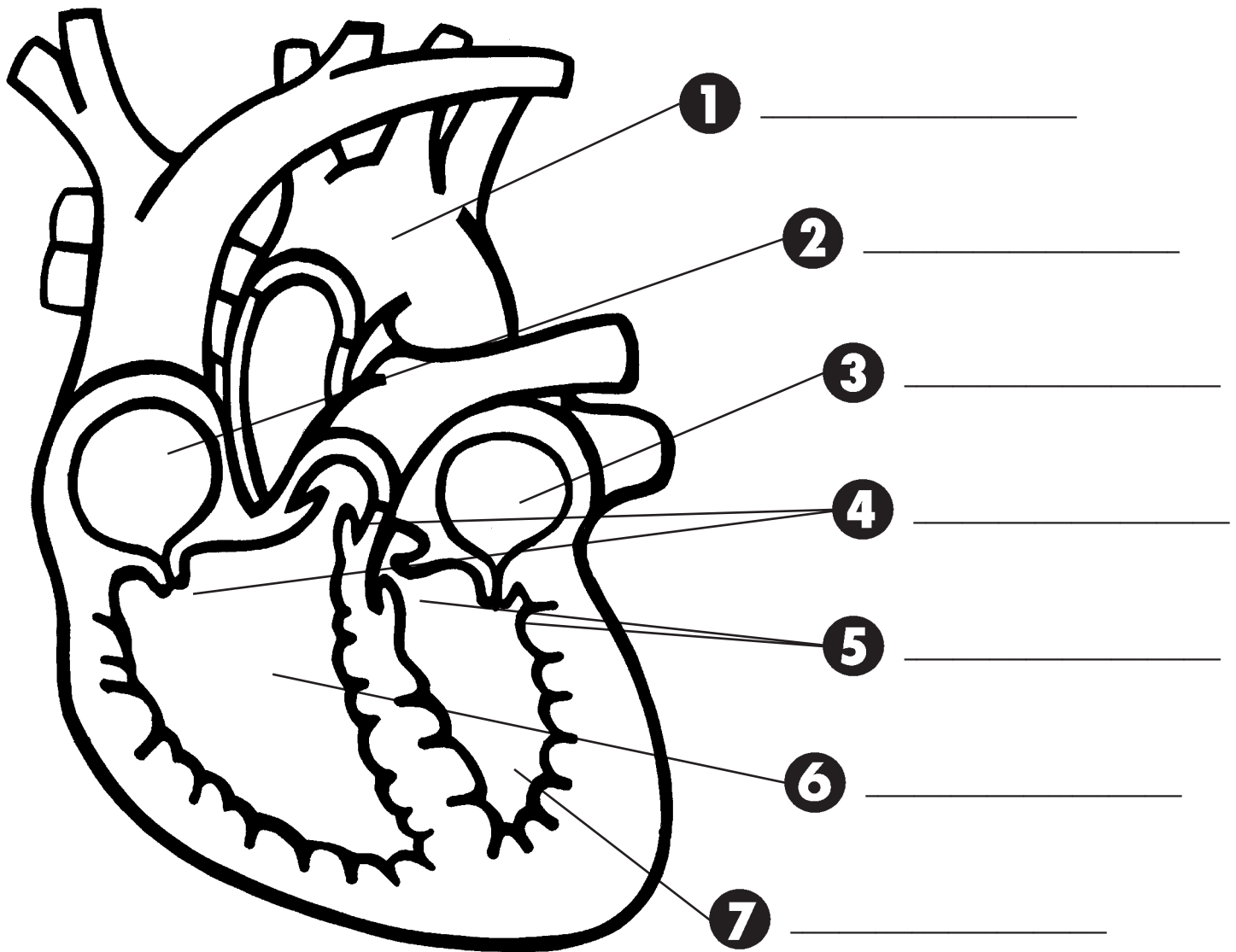
Girl Scouts of Nassau County



NAME _____

Label the Heart's Parts

Write words from the list to label the parts of the heart.



..... **Word List**

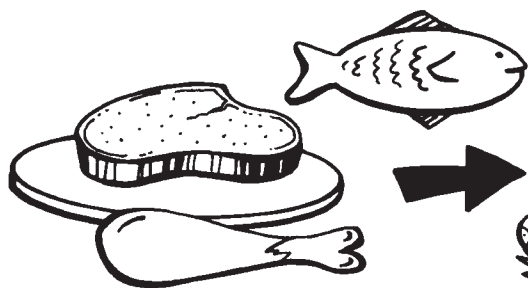
aorta	valves	left	left	right	right
		ventricle	atrium	ventricle	atrium

What's in Foods?

Read the information about nutrients in foods.

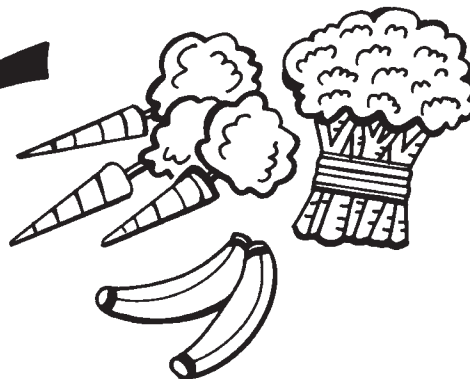
Lean Meat, Poultry, & Fish

Proteins, B Vitamins, Iron,
Other Minerals



Vegetables & Fruits

Carbohydrates, Vitamins—
especially A and C, Minerals, Fiber
(also low in fat, calories,
and sodium; no cholesterol)

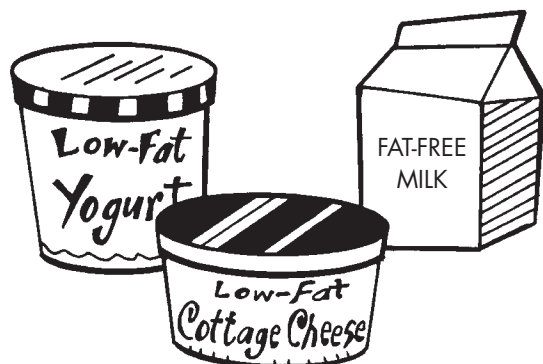


**To Grow &
Stay Healthy**

**To Provide
Energy**

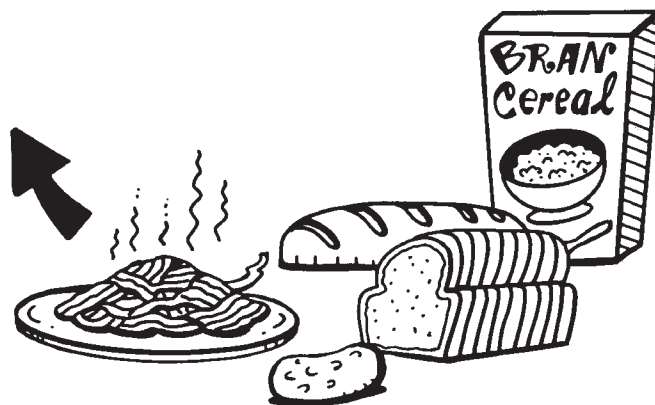
Fat-free & Low-fat Milk Products

Proteins, Calcium,
Phosphorus, Niacin,
Riboflavin, Vitamins A and D

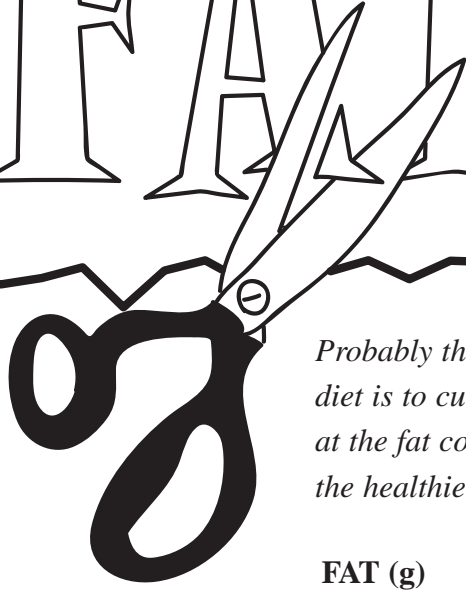


Breads, Cereals, Pasta, & Starchy Vegetables

Carbohydrates, B Vitamins, Iron, Fiber
(also low in fat and cholesterol)



Cut the FAT!



Probably the most effective change you can make in your diet is to cut the fat. Most fast foods have a lot of fat. Look at the fat content in these popular fast foods, and then try the healthier, lower-fat alternatives.

FOOD	FAT (g)	ALTERNATIVE	FAT (g)
Cheeseburger	13	Hamburger	9
Beef burrito	21	Bean burrito	14
Chicken McNuggets® (6 pcs.)	15	Chicken fajitas	8
Hot dog with cheese	21	Plain hot dog	16
Chef salad	9	Chunky chicken salad	4
Vanilla shake (regular)	8	Non-fat milk	0
Egg McMuffin®	11	Apple bran muffin (fat-free)	0
Roast beef sub	32	Turkey sub	19
Potato salad	12	Cole slaw	6
Fried chicken (3 pcs.)	35	Grilled chicken sandwich	10
French fries, medium	17	Tortilla chips	6
Ranch dressing (2 Tbsp.)	12	Light Italian dressing (2 Tbsp.)	0.5
Fried apple pie	15	Vanilla frozen yogurt (1/2 cup)	1.5
Glazed chocolate donut	19	Bagel	1
Baked potato with chili and cheese	25	Baked potato, plain	0

Sources: *The Balancing Act Nutrition and Weight Guide*, G. Kostas, Dallas, Texas, 1993; and Nutrition Facts panels on product packaging. Egg McMuffin and Chicken McNuggets are registered trademarks of McDonald's Corporation.

NAME _____

Rate That Snack!

(Snack Questionnaire)

Fill in the chart for each snack you eat over three days.



Snack	Where You Ate It	Why You Ate It	Nutrients In It	Other Comments	Snacktime Rating ♥

- ♥ **Snacktime Ratings:** ♥♥♥ contains nutrients; doesn't contain much fat or sugar
♥♥ contains nutrients; also contains fats and/or sugar
♥ doesn't contain many nutrients; contains fats and/or sugar

NAME _____

Healthy-Heart Menus

Write the names of foods that you think would make healthful menus for breakfast, lunch, dinner, and snacks.

* * * **Breakfast** * * *

* * * * * **Lunch** * * * * *

* * * * * **Dinner** * * * * *

* * * * * **Snacks** * * * * *

NAME _____

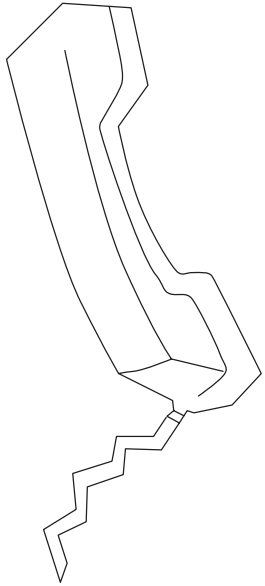
Why Do People Exercise?

Fill in the chart as you interview people about their physical activities. Check each response given.



Name/Activity	To Look Good	To Be Healthy			To Feel Good	Firm Muscles/ Less Fat
		General	Heart/ Circulation	Lungs		

IT'S AN EMERGENCY!



DIAL 9-1-1

For the following emergencies, contact your local (emergency medical services) EMS by dialing 9-1-1. In some communities, the fire or police department should be called. Post the telephone numbers of both near each telephone in your house.

PERFORM CPR IF NEEDED

If you or someone present has been trained in cardiopulmonary resuscitation (CPR), this procedure may be used to keep a person alive until help arrives. CPR is a part of Basic Life Support (BLS): recognizing and correcting failure of the heart or lungs.

Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most heart attacks start slowly, with mild pain or discomfort. Often the people affected aren't sure what's wrong and wait too long before getting help. Here are some of the signs that can mean a heart attack is happening.

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This feeling often comes along with chest discomfort. But it can occur before the chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.



If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait longer than 5 minutes before calling for help.

Call 9-1-1...Get to a hospital right away.

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance or coordination.
- Sudden, severe headache with no known cause.

Not all these warning signs occur in every stroke. If some start to occur, don't wait. Get help immediately. **Stroke is a medical emergency — call 9-1-1.**

Cardiac Arrest Strikes Immediately and Without Warning

If it occurs, call 9-1-1 and begin CPR immediately. Here are the signs of cardiac arrest:

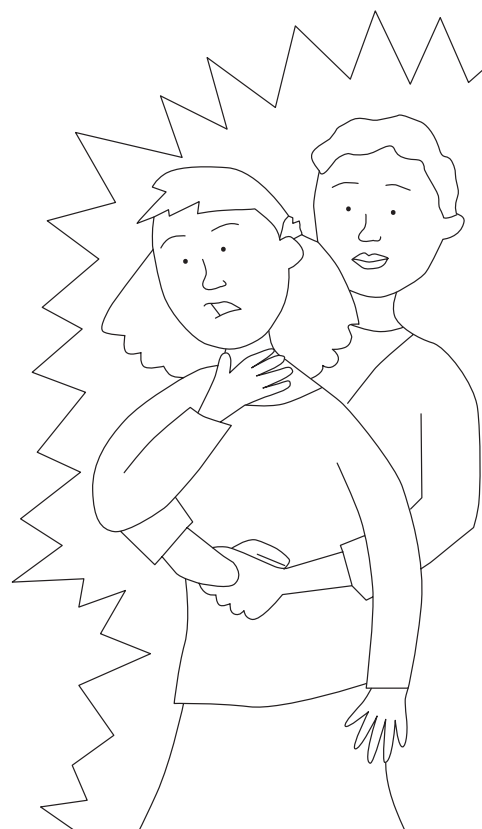
- Sudden loss of responsiveness. No response to gentle shaking.
- No normal breathing. The victim does not take a normal breath when you check for several seconds.
- No signs of circulation. No movement or coughing.

USE THE HEIMLICH MANEUVER

Learn the Heimlich Maneuver to help relieve a person who is choking. The Heimlich Maneuver consists of sharp thrusts under the choking person's diaphragm to dislodge an item blocking the air passage.

Choking Symptoms:

- An ineffective cough and high-pitched inhaling noises
- Inability to speak or cry
- Clutching the neck between thumb and fingers
- Extreme difficulty in breathing
- Possible blueness of lips, nails, or skin





Caring for your *Heart*



Patch Order Form & Activity Report

Leader/Contact Name: _____ Email: _____

Troop # _____ Program Level: (circle one) Daisy Brownie Junior Cadette Senior

Address: _____ City: _____

Zip Code: _____ Phone: _____

Number of girls who earned this patch: _____

Thank you for helping your troop earn the Go Red for Women™ Heart Health Patch. We believe that each girl reached by this program brings us a step closer to promoting a healthier generation of women. Please help us by sharing your thoughts on how we might improve this program.

What did the girls enjoy most about this program? What did they enjoy least?

Would you recommend it to other Girl Scout troop leaders? Why or why not?

What would you do to improve this program for future leaders and Girl Scouts?

Email photos of your troop participating in the **Go Red for Women™ Heart Health** activities to ccolvell@nshs.edu. Pictures may be featured on the North Shore-LIJ Health System, American Heart Association and/or the Girl Scouts of Nassau County websites and publications.

Funding for this patch has been provided by the North Shore-LIJ Health System. www.northshorelij.com



Long Island/Queens
Go Red for
Women Sponsor.



Go Red™ of AHA, Red Dress™ of DHHS

