

WEAR **RED**

for Heart Disease Awareness

heart to heart

WHAT'S YOUR FOH CRP/HRA SUCCESS STORY?

All artwork is available to download at: www.FOH.hhs.gov/toolkit



Fedstrive
U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES

Courtesy of FOH Center for Health Communications

U.S. Department of Health & Human Services
FEDERAL OCCUPATIONAL HEALTH
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Calendar

Monthly Events and Observances

Select a month and click for more information.

January	February	March
April	May	June
July	August	September
October	November	December

Content will be updated as the year progresses. Check back often.

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The month you selected appears >>

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heart to heart

Become a Heart Health Success Story

Heart disease is the leading cause of death in the United States. It beats out all other diseases for this distinction among both men and women. That's why it's so important to know where you stand as far as your risk for heart disease. A cardiac risk profile (CRP) gives you this information, while an HRA (health risk appraisal) puts it to practical use. Both of these tools are available free of charge to Federal employees.

CRP: Getting a Clearer Picture
 A cardiac risk profile (or CRP) can give you a snapshot of some of the factors that can put you most at risk for heart disease—things like elevated blood levels of cholesterol, triglycerides, and glucose. You can get your CRP from your health care provider or, if you're a Federal employee, from the health unit at your worksite, where available. For more information on CRP, go to [www.FOH.hhs.gov/CRP](#).

HRA: Getting Guidance
 An HRA is a short (20-minute) survey that you can take online from your own desk that reviews your family health history and daily lifestyle practices. Combined with results from your CRP, it will help map out potential health risks, including those affecting your heart. This will give you the power to make your own decisions to lower your risk of heart disease. For more information on HRAs, go to [www.FOH.hhs.gov/HRA](#).

Getting Started
 So, make an appointment with your FOH Health Unit or health care provider to take your CRP today. You can then use the results from the CRP to plug into your HRA.

Share Your Success Story
Heart to Heart
 The Federal Privacy Act protects the results of your CRP and HRA, but if your CRP/HRA experience is making a difference in your life, you might help others by telling them about it. Has it already made a difference? Or is it encouraging you to make a difference? We encourage anyone who would like to talk about their experience to email a short statement to [the Health Communications Team](#). With your permission, we will share some of those stories online to encourage others to take care of their hearts.

Lower Your Risk to Create Your Success Story
 Some things that may lower your risk for heart disease include:
 Become more active
 A good place to start is with at least 30 minutes of moderately intense physical activity, like a brisk walk, every day. This can be broken down into smaller segments (for example, three segments of ten minutes each) as long as they add up to 30 minutes or more per day. Find some physical activity that you like doing and enjoy the many health benefits of getting physical.
 Achieve and maintain a healthy weight
 Use our BMI calculator to the right to see if you are overweight. If you're overweight (a BMI of 25 or higher), go to the [National Heart, Lung, and Blood Institute's Healthy Weight page](#) with detailed information on losing weight.



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FACT: Heart disease is the NUMBER ONE KILLER of women.
Take care of yourself! Visit your FOH Health Unit to take your Cardiac Risk Profile (CRP) and Health Risk Appraisal (HRA) today.

Heart to Heart
 "I was very pleased with the results of my Cardiac Risk Profile (CRP) screening today. Last year, I had the same screening and I found out that my triglycerides were nearly 600. My triglycerides are now down to 242! I realize I still have work to do to get my numbers down to optimum range (under 150), but because of my screenings and the help from the FOH staff, I was able to make some lifestyle changes to help saving my life. Thank you for your support!"
 - Civilian Employee, Air Force Materiel Command

Poll
 If asked, could you tell someone your... (Check all that apply)
 Blood Pressure
 Cholesterol
 Triglycerides
 Blood sugar
 Body Mass Index (BMI)
 No, I don't know any of them.
[View results](#) [Vote Now](#)

Did you know that you may be able to go to your FOH worksite health clinic to get your numbers at no cost to you?
 Yes
 No
[View results](#) [Vote Now](#)

Calendar webpage: www.FOH.hhs.gov/HEART

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Campaigns and Outreach

Courtesy of FOH Health Communications

Select a month and click for its campaign materials.

January February March

April May June

July August September

October November December

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<< Select a month and click for its campaign materials...

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Campaigns and Outreach Toolkit

Courtesy of FOH Center for Health Communications

heart to heart

Downloadable Materials to get the word out.

Check out this PowerPoint or this PDF for an overview of the materials below.

Posters and Flyers

Download the poster PDF files by clicking on the links below the images. The 24x36 poster files are high resolution PDFs, perfect for printing additional copies. Provide the files to your print shop if you'd like to print full size, or you can scale them down by choosing the printer option "fit to printable area" or "shrink to printable area" and print them on a standard printer in your office. We recommend choosing legal-sized paper for the 8.5x14 posters in the page setup menu when you print. The flyers are standard paper size for your printing convenience. If you'd like to customize the language, download a template.

WEAR RED **heart to heart**

24 x 36 Poster 1
 8.5 x 14 inch (legal sized) Poster 1
 8.5 x 14 Template
 8.5 x 11 Flyer 1
 8.5 x 11 Flyer Template

24 x 36 Poster 2
 8.5 x 14 inch (legal sized) Poster 2
 8.5 x 14 Template
 8.5 x 11 Flyer 2
 8.5 x 11 Flyer Template

Table Tent

Download the table tent PDF file by clicking on the link below the image. Print it, and fold it in half to display on table tops.

WEAR RED **heart to heart**

Table Tent

Email Blast

Download the email in your preferred format by clicking on the links below the image. Copy the text, and paste it into a new email. Send it to FOH end-users.

WEAR RED **heart to heart**

Email Blast (MS Word)
 Email Blast (pdf)

Chy TV

Download the Chy TV powerpoint slides to provide to your building ChyTV administrator. If you'd like to customize the language, download a template.

WEAR RED **heart to heart**

Chy TV
 Chy TV Template

Chy TV
 Chy TV Template

More Resources

Enjoy these other resources to help you in your health promotion efforts.

FOH Heart Disease Awareness Web Page
 Act in Time to Heart Attack Signs (NHLBI)
 The Heart Truth (NHLBI) campaign materials and resources

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User friendly toolkit webpage: www.FOH.hhs.gov/toolkit

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From the Toolkit webpage, click on any of the listed materials to download artwork.

There are "as-is" versions as well as customizable template versions.

You can add your personal message to the template versions.

(Note: if you only have Adobe Acrobat Reader and do not have Adobe Acrobat Pro you will not be able to save any changes you make to the templates, you will only be able to print.)

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– Civilian Employee,
Air Force Material Command

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Then go online and share your FOH CRP/HRA success story:
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*Health Risk Appraisal

24x36 posters
(please reuse the posters you received last year; if you did not receive posters last year and would like a set, please email heidi.hua@foh.hhs.gov)

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8.5x14 bulletin board posters, 11x8.5 flyers and ChyTv PowerPoint slides, and 8.5x11 2-sided table tent, also available as form fillable pdf templates

End-User Email

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Email blast, MS Word doc format (editable) and pdf versions

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