

ROCHESTER HOSA 2025-2026

HOPE 4 HEARTS



A HEALTHY HEART STARTS WITH YOU!

Presented by: Marwa El Hasnaoui, Stella Zanotti, Rachel Burk, Johanna Wesley, Brooklynne Brikho



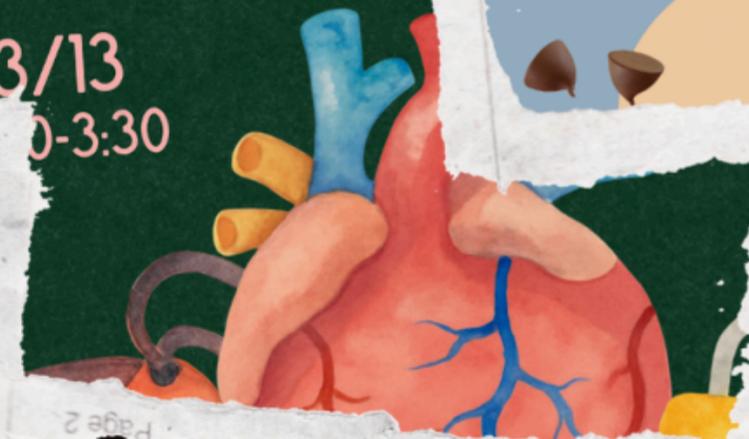
STARTS WITH VA

Your heart 2025 Wrapped

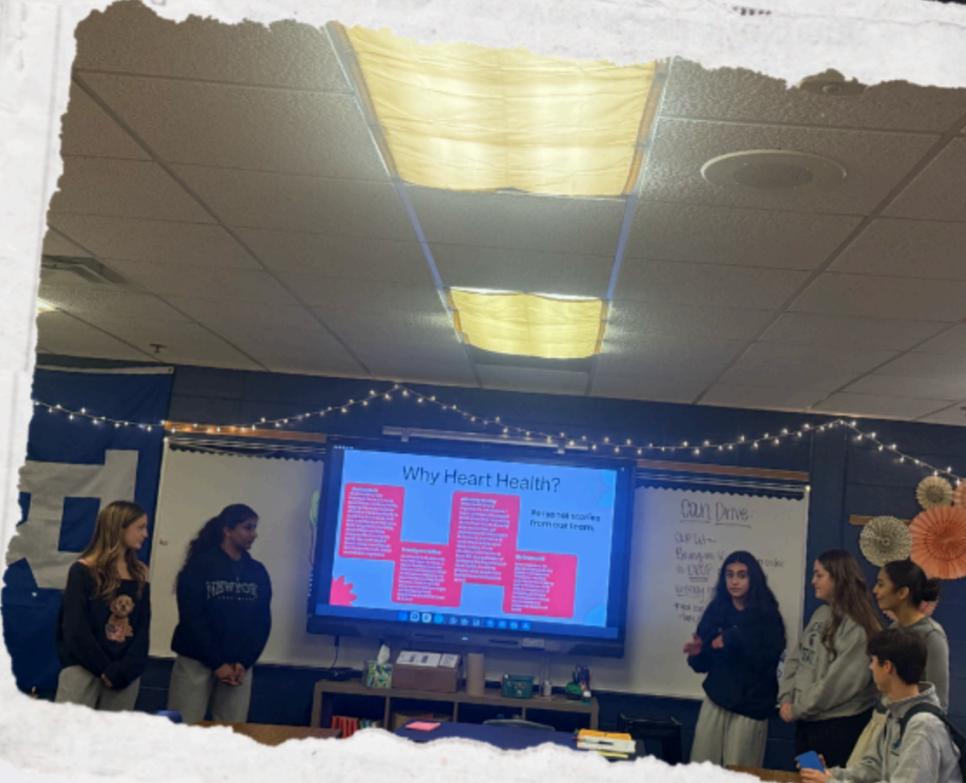
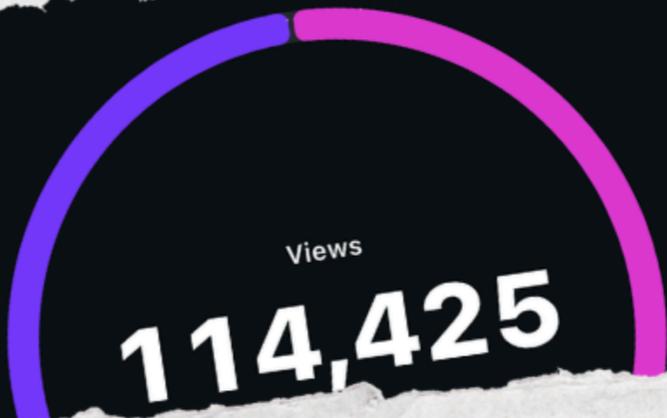
Page 2
IVVAH

ROCHESTER HIGH SCHOOL

03/13
10-3:30



EACH!!!!



Why Heart Health?

Rachel Burk

Heart health is very important to me because, Heart issues run in my family, making me make healthier choices in my everyday life to avoid any illnesses. My Dad and Grandpa both had open heart surgeries in their lives, which influenced there everyday life. Knowing my family has heart related issues scares me a little bit, but it helps me make better choices and stay active.

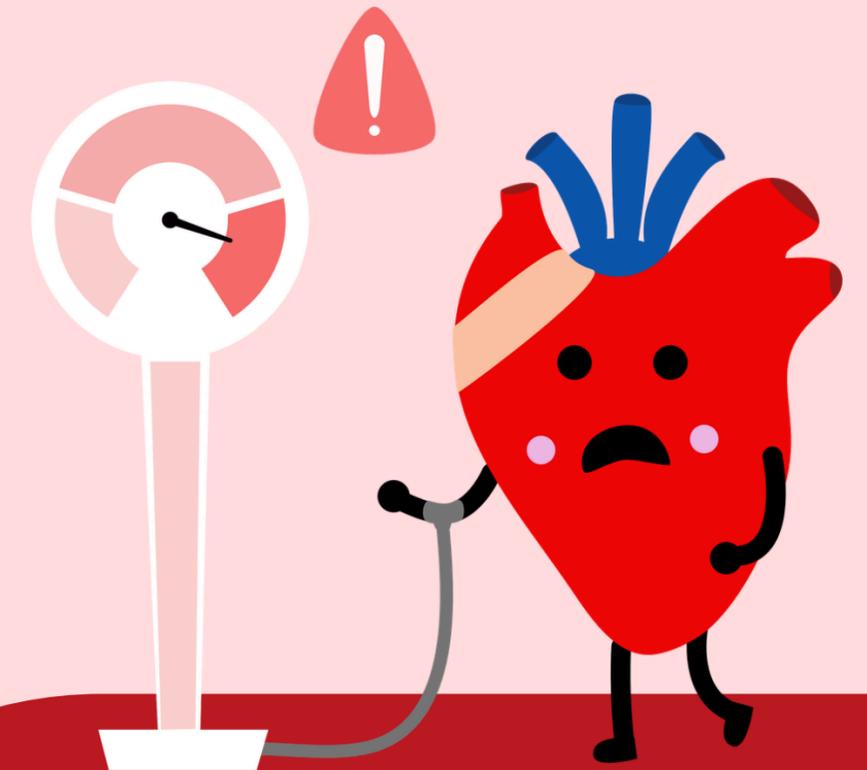
Personal stories from our team.

Brooklynne Brikho

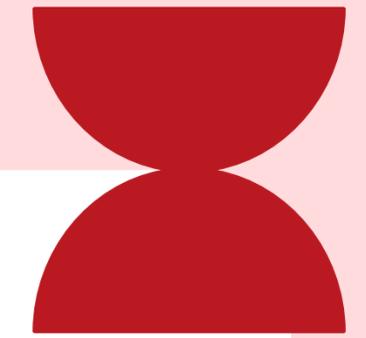
Heart health is an extremely important topic for me on a day to day basis because I have a heart condition called a heart murmur, meaning my heart beats irregularly. I cant have too much of specific thing, such as caffine or sugar, without having heart palpitations that last for hours at a time!

Johanna Wesley

Heart Health is very important to me because I had a grandpa who passed away when I was very young due to heart failure. Recently a family member got diganosed with 8 blockages in the heart, and now is in need of immediate open heart surgery. These situations have led me to have this strong passion of spreading the importance of heart health, in order to prevent other people from facing the same situations as me.

An illustration of a red heart character with a sad face, a blue crown, and a tan bandage on its forehead. It is connected to a white gauge with a red needle and a red warning triangle. The heart is standing on a dark red curved surface.

Why does heart health matter?

A red hourglass icon.

Your heart health is central to your overall body health. A strong, healthy heart is crucial for physical and mental health, enabling you to enjoy activities, spend time with loved ones, and live a long, fulfilling life.

In the United States...

1

Leading Cause of Death

Heart Disease is the number one cause of death for both men and women in the U.S.

1M

Deaths Annually

Approximately one death per minute among women in the United States is caused by Heart Disease.

30%

Global Mortality

Heart diseases account for nearly one-third of all global deaths.

Our Community

1

Leading Cause of Death
Heart Disease is the number one cause of death for both men and women in Oakland County and the Metro Detroit area.

100K+

Deaths Annually
in the State of Michigan

18%

Makes up the amount of people that die from heart related diseases in the Metro Detroit Area.

In Oakland County, approximately 3,006 people died from heart related diseases in 2024



Common Factors

Heart Diseases are one of the leading causes of death in the Metro Detroit area, especially areas closer to Detroit



High Blood Pressure

26% of people surveyed

High Cholesterol

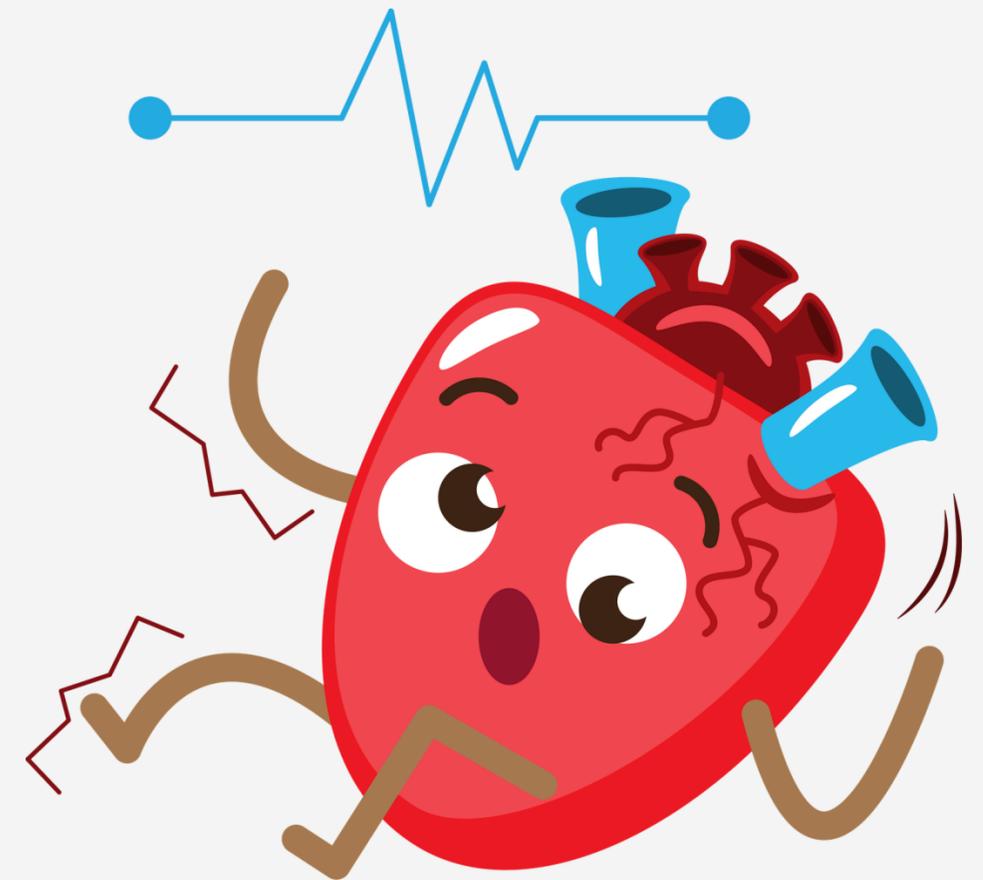
17% of people surveyed

Smoking

12.3% of people surveyed

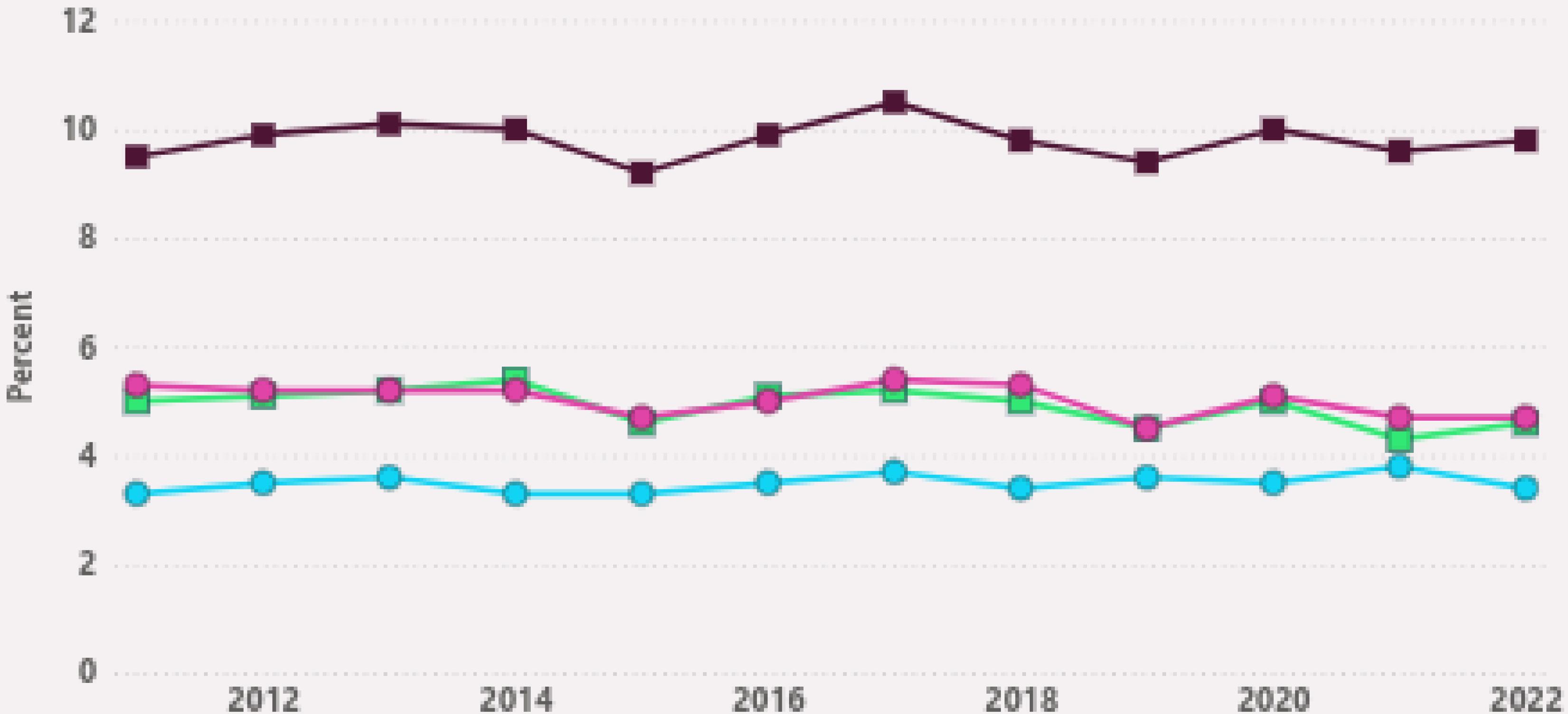
Obesity

6% of people surveyed

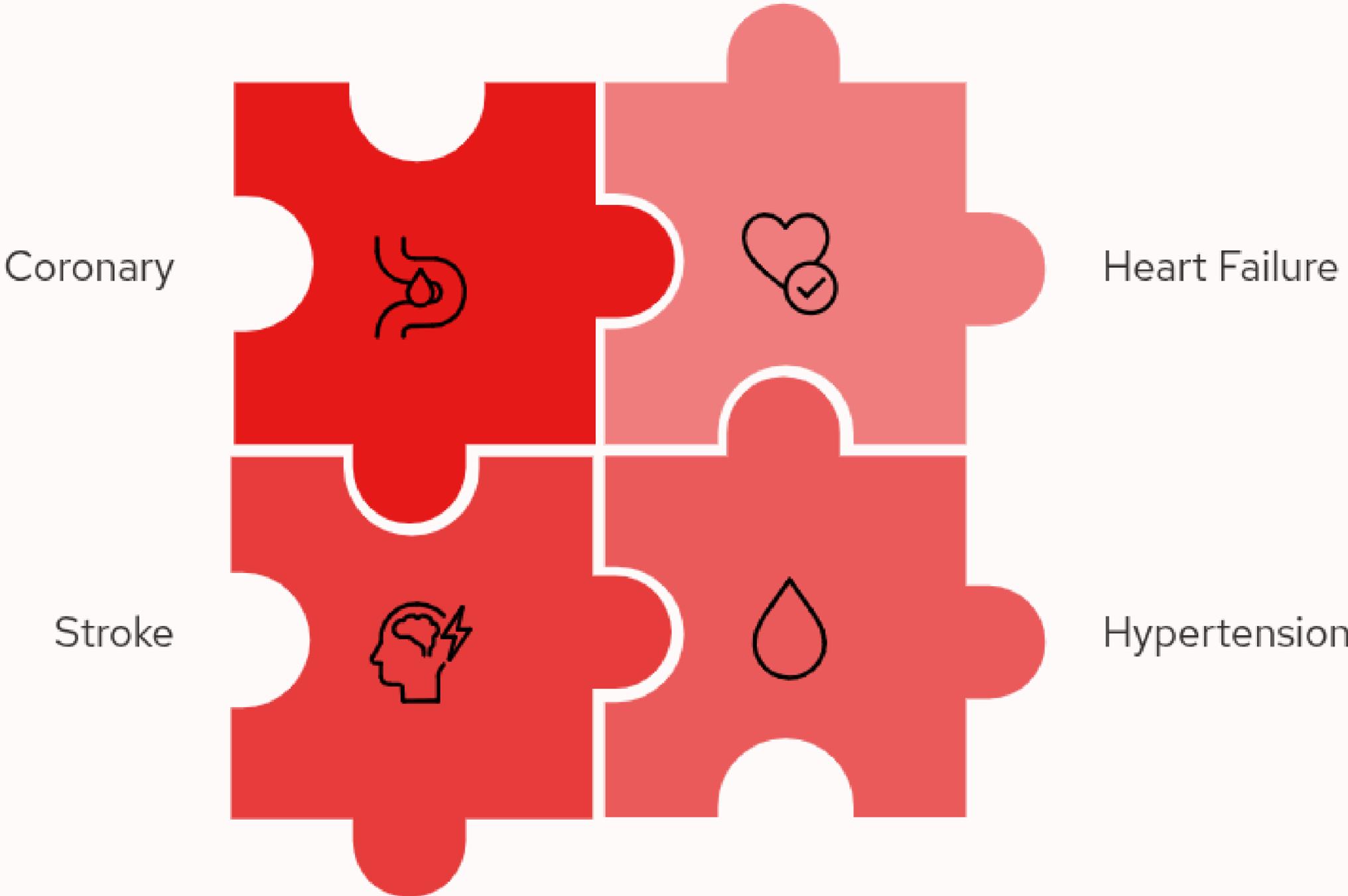


Unadjusted Cardiovascular Disease Trend, 2011-2022

■ Angina/Coronary Heart Disease ■ Cardiovascular Disease ■ Heart Attack ■ Stroke



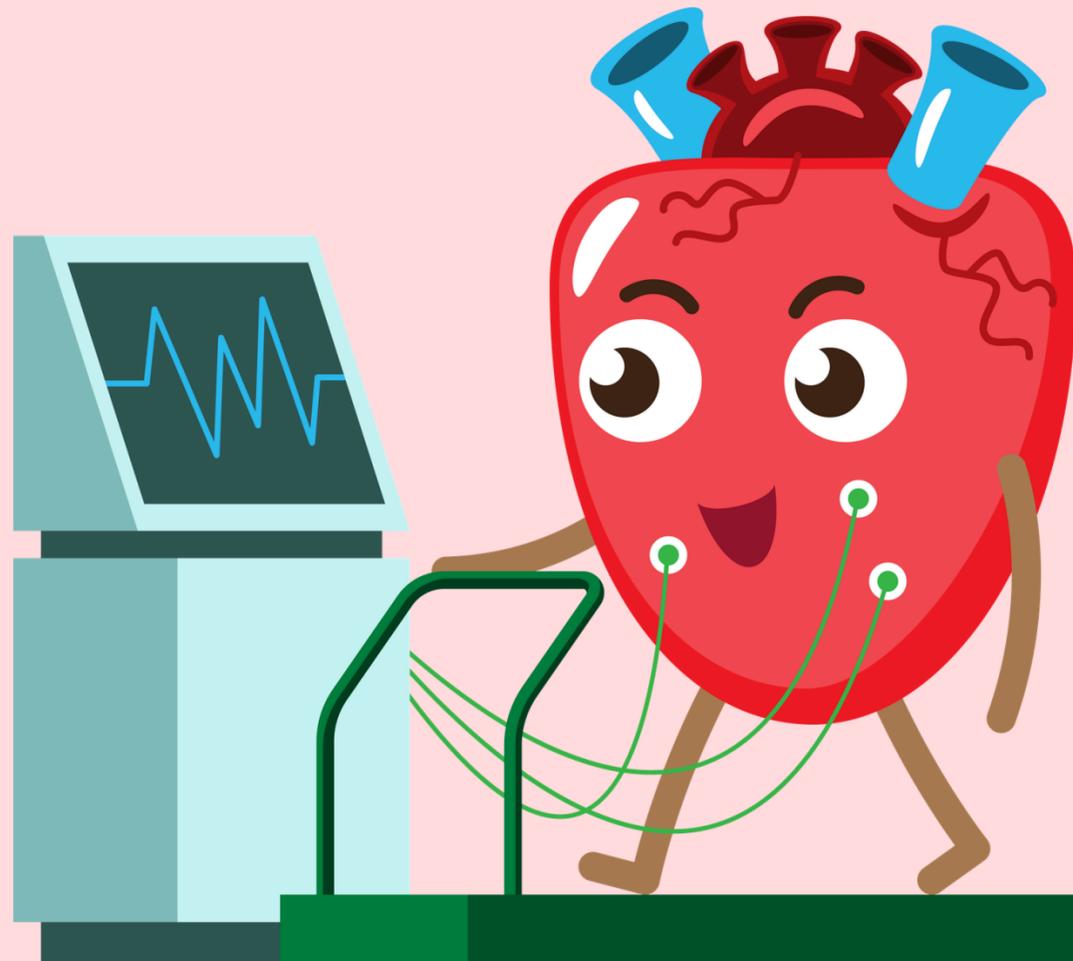
What can heart issues lead to?



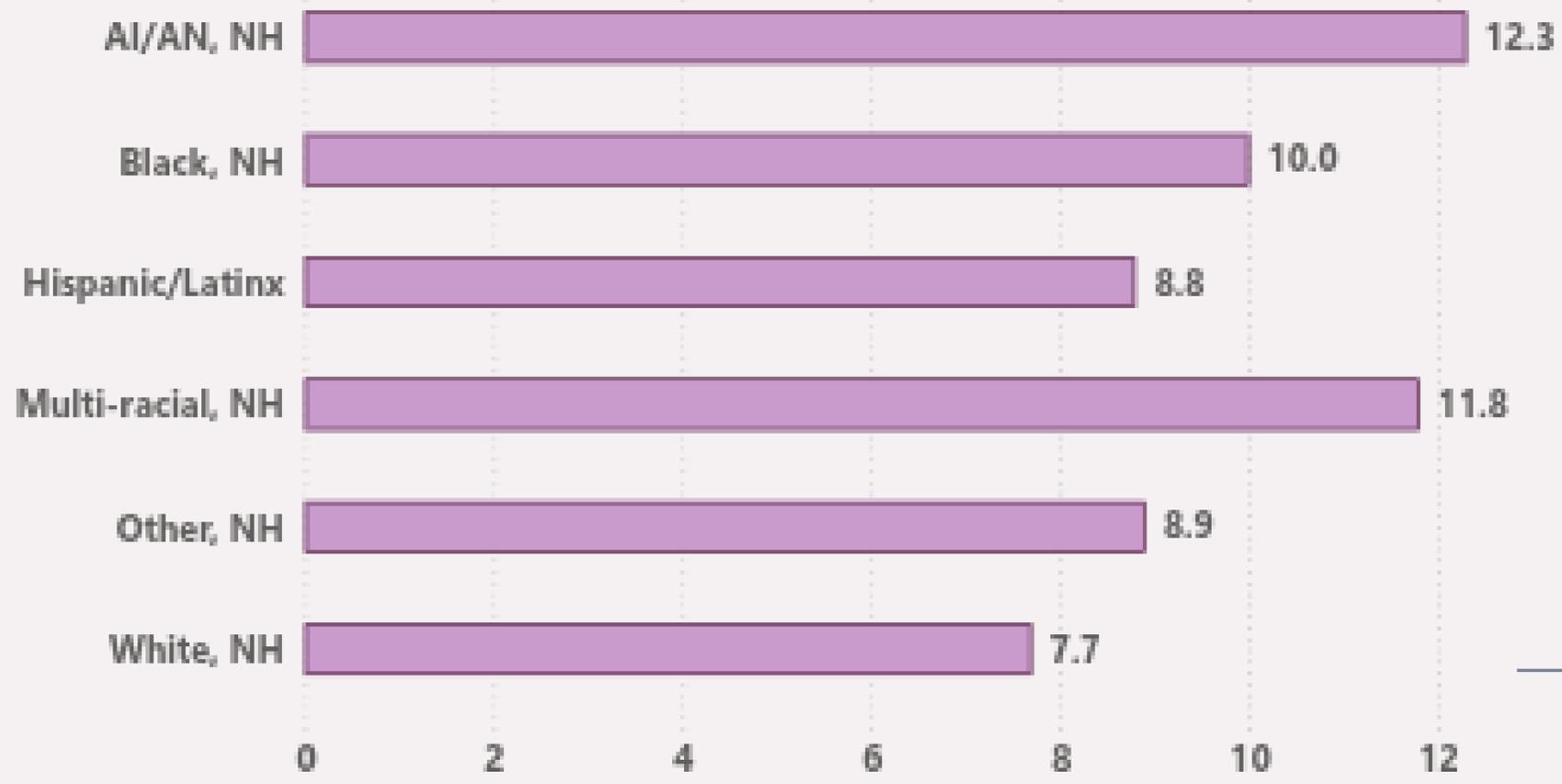
What are some risk factors?



- ✿ **Smoking- damages blood vessels, increases blood pressure**
- ✿ **Diets high in sugar, trans fats, and sodium- raises "bad" cholesterol and lowers "good" cholesterol**
- ✿ **Physical Inactivity-increases fatty buildup in the heart,raises blood pressue, increases risk of heart attacks and strokes**
- ✿ **Obesity- leads to high cholesterol and blood pressure or diabetes**
- ✿ **Chronic Stress- persistently higher heart rate and blood pressure, increased cholesterol.**



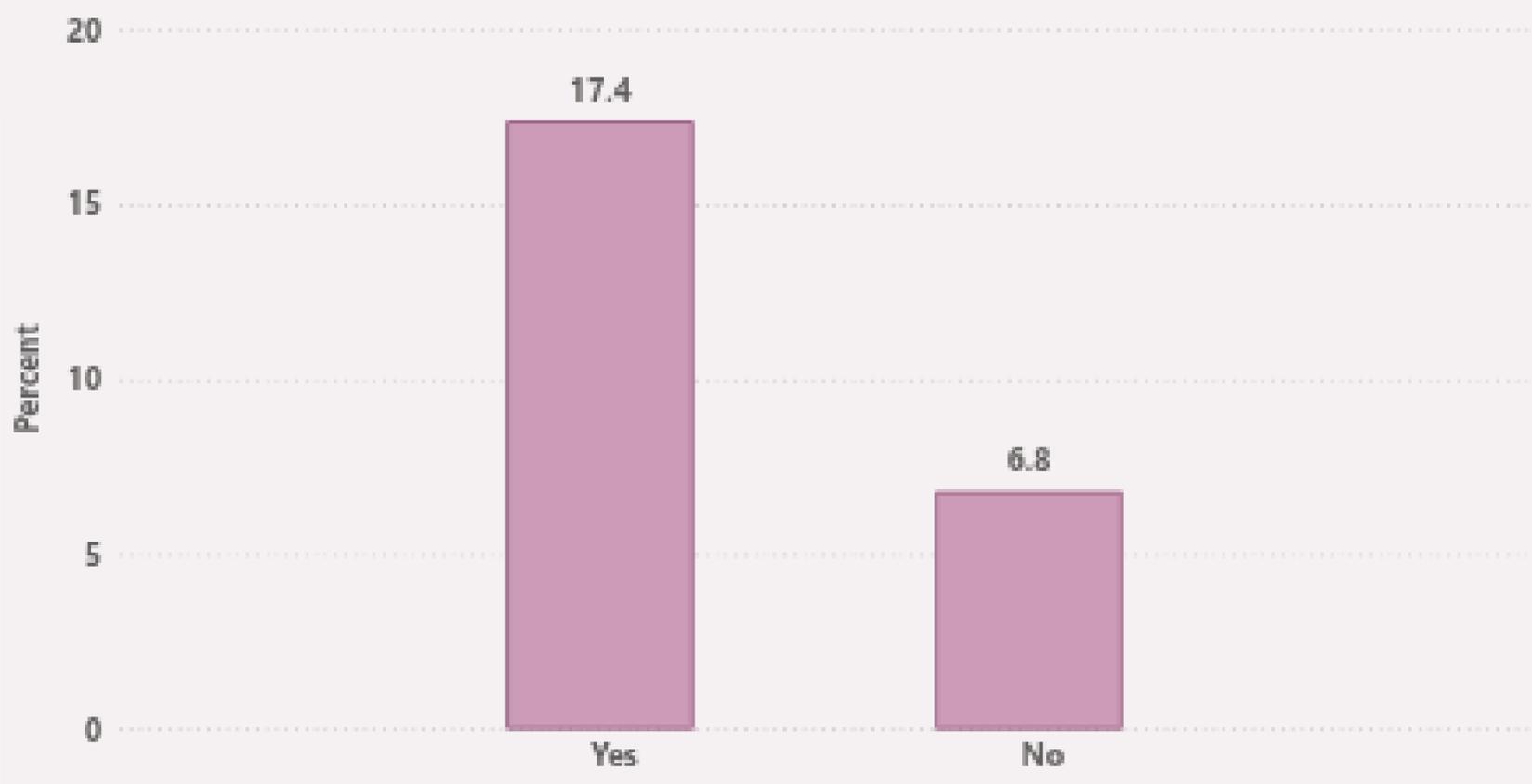
CVD by Racial-Ethnic Group



NH - non Hispanic; AIAN - American Indian/Alaska Native

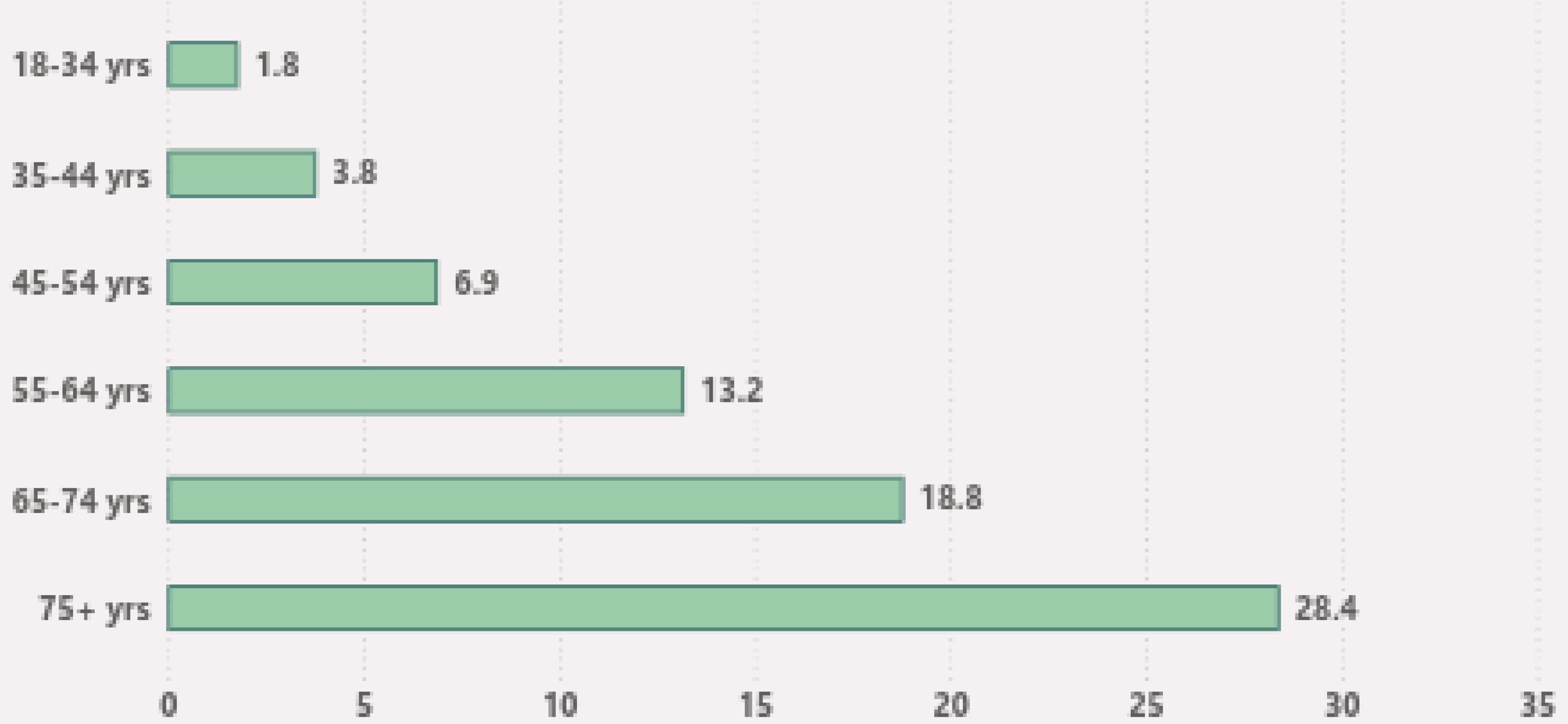
Percent

CVD by Poor Physical Health



Percent

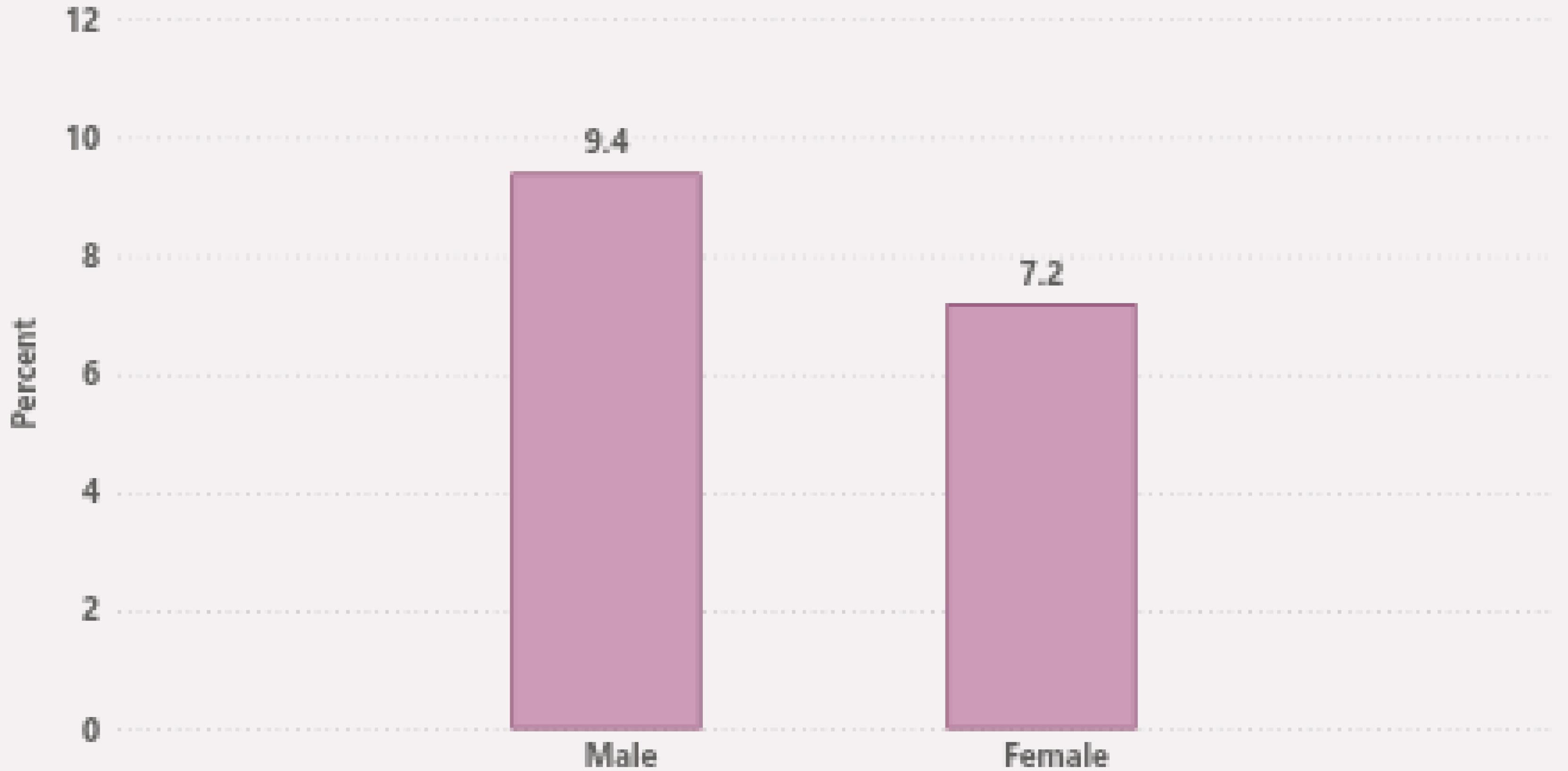
CVD by Age Group*



*Prevalence estimates are age-specific.

Percent

CVD by Sex Assigned at Birth



Common Symptoms

Recognizing the signs of developing heart issues early



Chest Pain

Chest pain, tightness, pressure, and discomfort, when recurring, can be a sign of an undetected heart issue.

Shortness of Breath

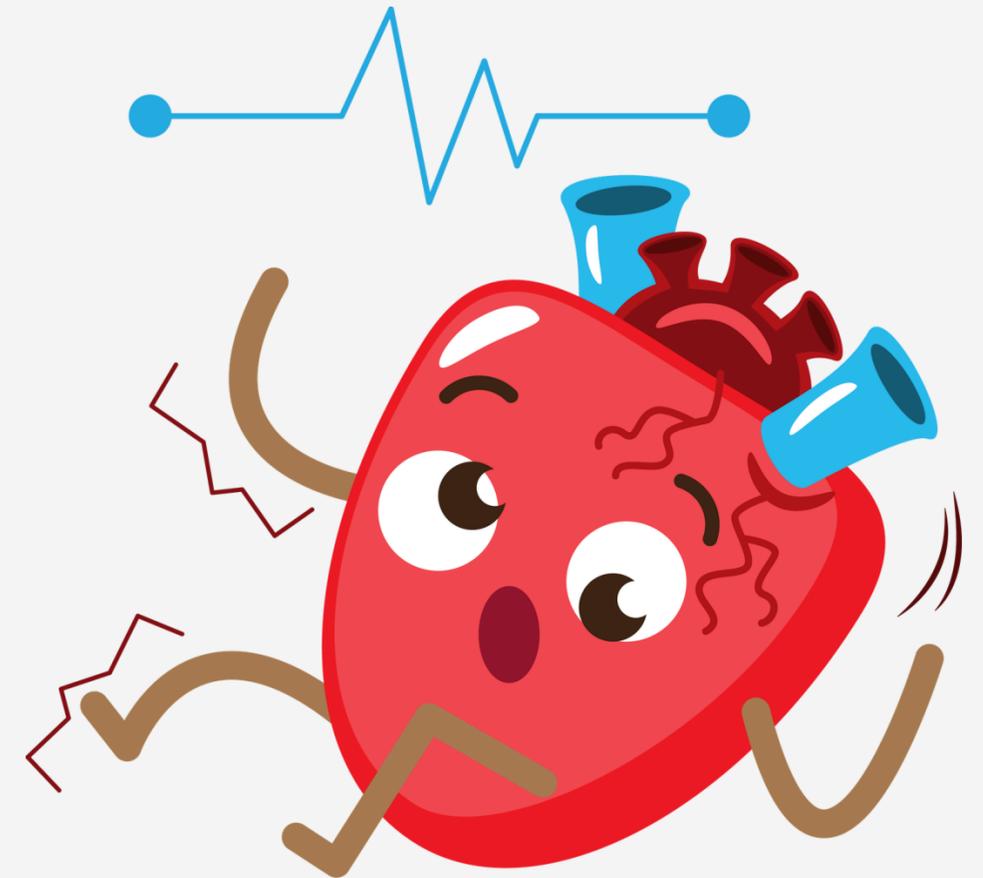
Difficulty breathing or shortness of breath may occur when common issues such as hypertension begin to strain the heart and lungs.

Numbness in Legs or Arms

Pain, numbness, weakness, or coldness in the legs or arms can be a sign that your heart isn't pumping blood to those areas correctly.

Dizziness

Dizziness and lightheadedness, which go hand in hand, can be a sign of an irregular heart beat.





10 Ways to a Healthier Heart

1

Eat Smart

Choose a diet rich in fruits, vegetables, and whole grains.

2

Move More

Get regular aerobic exercise

3

Quit Tobacco

Eliminate smoking and all forms of nicotine

4

Manage Stress

Practice mindfulness or relaxation technique

5

Monitor Vitals

Regularly check blood pressure, cholesterol, and blood sugar

6

Sleep Well

Aim for 7–9 hours of quality sleep every night

7

Healthy Weight

Maintain a healthy weight

8

Limit Alcohol

Drink moderately, if at all

9

Stay Hydrated

Water is essential for blood circulation

10

See your Doctor

Schedule routine checkups with your doctor

What can we do to help?

- **Healthier School Lunches**
- **More Active time during the school day**
- **Less processed food and more fruit and vegetables**
- **Reduce stress levels**
- **Get lots of sleep**
- **Stay hydrated**



Big Takeaways

- **80% of heart related issues are preventable through simple lifestyle changes**
- **Check in with your doctor or health provider regularly**
- **Eat a healthier and more well rounded diet**
- **Be aware of family history of heart related issues in order to be better prepared**



A HEALTHY HEART STARTS WITH YOU!

Follow our accounts to get heart health tips
and support our team!



Instagram

TikTok-hope4hearts.hosa

**Instagram-
hope4hearts.hosa**