

Healthy Murri Healthy Islander



Fourth Edition 2012

Strong hearts Strong bodies



“Respect your culture. Respect yourself.

Respect your body.

Live healthier lives and have a stronger heart.”

Focus group participant, Dalby, 2008



Cover illustration by Amanda Allen.

All other illustrations which are an integral part of this resource were drawn by Julie Haysom.

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Heart disease

Many things increase your risk of getting heart disease, including:

- high blood pressure
- high amount of fat in the blood
- being overweight or obese
- lack of exercise
- mental health issues
- smoking
- diabetes.



It is important to check with your doctor, health worker or dietitian if you have any of these.

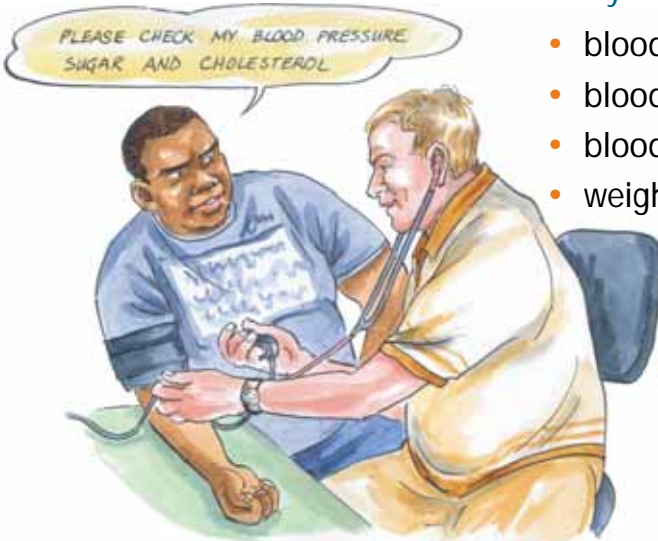
To lower your chances of getting heart disease:

- have regular checkups with your doctor or health worker
- go along to health education sessions
- do regular exercise
- eat healthy food
- stop smoking
- drink less alcohol.



Ask your doctor to check your:

- blood fat (cholesterol) level
- blood pressure level
- blood sugar level
- weight.



Fats in your blood

Blood moves around your body through tubes called blood vessels.



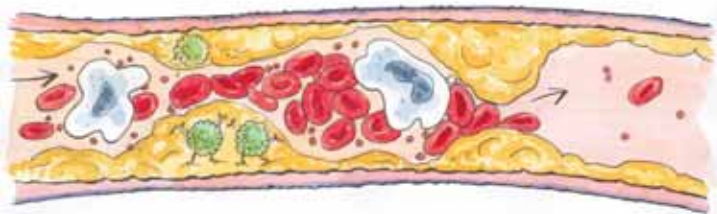
A healthy blood vessel

Fat also moves around your blood vessels but too much fat can be dangerous.

The bad fats in your blood that can hurt your heart are:

- cholesterol (col-es-ter-ol) and
- triglycerides (try-glis-e-rides).

These can block the vessels and cause heart disease.



An unhealthy blood vessel

Fats in your food

Saturated fats are the bad fats in food that raise your blood cholesterol levels and increase your risk of developing heart disease.

Saturated fats are found in foods such as:

- deep fried takeaways
- hot chips
- potato crisps
- biscuits
- pastries
- chocolate
- cooking fat
- copha
- butter
- meat fats
- coconut milk.



Better types of fats are mostly found in plant foods and can also be found in some fish like salmon, tuna and sardines,



in oils such as canola and olive and in other plant foods including avocados, raw unsalted nuts and seeds.



Eat only a small amount of fat and cut back on high fat foods.

8 steps you can take to make your heart and body, stronger and healthier

1. Eat a wide variety of healthy foods

- add salad to your sandwich or roll
- add legumes (dried peas, beans or lentils) or extra veggies to meatloaf, stews, casseroles, stir-fry, pasta and rice dishes
- add fruit to salads or coleslaw
- add fresh or dried fruit to breakfast cereal or yoghurt
- blend fruit with low fat milk, yoghurt and ice for a frosty smoothie
- top bread or rolls with cut up veggies and sprinkle with reduced fat cheese for a quick mini pizza.



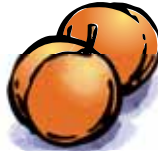
Eat 2 serves of fruit and 5 serves of vegetables everyday.

A serve of fruit is:



1 medium piece
(e.g. apple)

=



2 small pieces
(e.g. apricots)

=



1 cup chopped
or tinned fruit

A serve of vegetables is:



1/2 cup of cooked vegetables
or cooked legumes

=



1 medium
potato

=



1 cup of salad
vegetables

Fresh, tinned, dried or frozen fruit and vegetables all count.



Have fruit for a snack instead of chips or chocolates.



Remember to drink plenty of water every day.
Refill and drink at least 3 bottles of water a day.

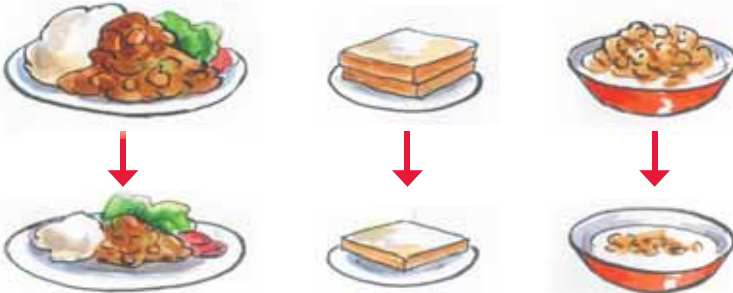


2. Have a healthy body weight

Your doctor, dietitian or health worker can help you if you need to lose some weight.



You may need to cut down the size of the meals you eat.



3. Eat less fat



Eat less takeaway foods like pies, hamburgers and deep fried takeaway.



Make your hamburger at home with trim mince and lots of salad. Try a jacket potato with baked beans.



Eat less party foods like salted nuts, chips and sausage rolls.



Eat unsalted nuts or vegetable sticks and dips.



Eat less fatty meats (snags, bacon, chops, chicken wings).



Choose lean cuts, remove the skin off chicken and cut off the fat.



Instead of butter,
use a small amount
of margarine.



Instead of full fat
dairy items have
reduced fat or skim
(milk, cheese,
yoghurt).



Instead of lard, dripping
or cooking fat,
use a **small** amount
of olive oil or
canola oil.



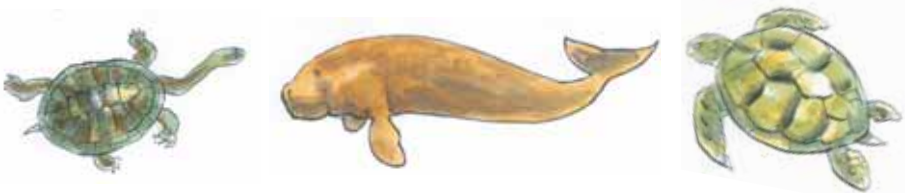
Instead of frying
your food, grill, poach
or oven bake it.



Traditional meats like kangaroo, goanna, emu and fish are lower in saturated fats than other meats, so they are better for you.



If you eat dugong or turtle, don't eat the fat!



4. Eat less sugar



Have less or no sugar in hot drinks.



Put less sugar in your drink each time you make it.



Don't put honey or sugar on cereal or porridge.



Sweeten with banana, berries or sultanas.



Eat less biscuits, cakes or cream buns.



Try scones, Johnny cakes, pikelets or raisin toast.



Instead of having soft drink or cordial, drink water.



Instead of lollies or chocolate, eat a small amount of dried fruit.

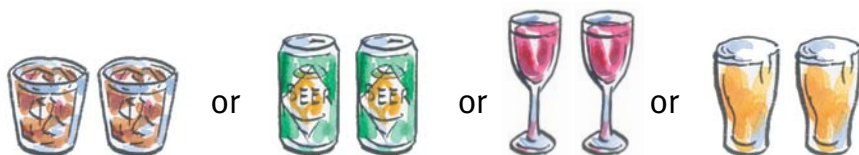


Instead of drinking juice, eat fruit – you get more fibre from fruit.



5. Drink less alcohol

For healthy men and women, drinking **no more than 2 standard drinks** on any day reduces your risk of harm from alcohol-related disease or injury over a lifetime.



Drinking **no more than 4 standard drinks** on a single occasion reduces the risk of alcohol-related injury arising from that occasion.



There are people who can help you drink less.
Call 3837 5989 (Brisbane)
1800 177 833 (all other QLD areas)
or talk to your doctor or health worker.

One standard drink is:

30ml spirits



285ml full strength beer
or
375ml mid strength beer



100ml wine



60ml port or sherry



Alcohol does not raise blood cholesterol levels, but it can raise triglycerides, blood pressure and body weight. This can increase your risk of having heart problems.

6. Quit smoking

This means all types of smokes including cigarettes and marijuana (gunja, grass, pot, hash, dope, cannabis, pipes and bong).

Smoking:

- hurts the heart and blood vessels
- increases your risk of a heart attack
- increases your risk of stroke
- increases your risk of heart disease.



Marijuana:

- increases your heart rate
- changes your blood pressure
- lessens the amount of oxygen that can get to your heart.



There are people who can help you quit.
Call Quitline 13 78 48 or talk to your doctor
or health worker.

7. Increase your exercise levels

Try to do 30 minutes of exercise a day.
You can break it down into
10 minutes at a time!



Choose an activity that you enjoy:

- walking
- swimming
- traditional dancing
- gardening
- netball
- football.

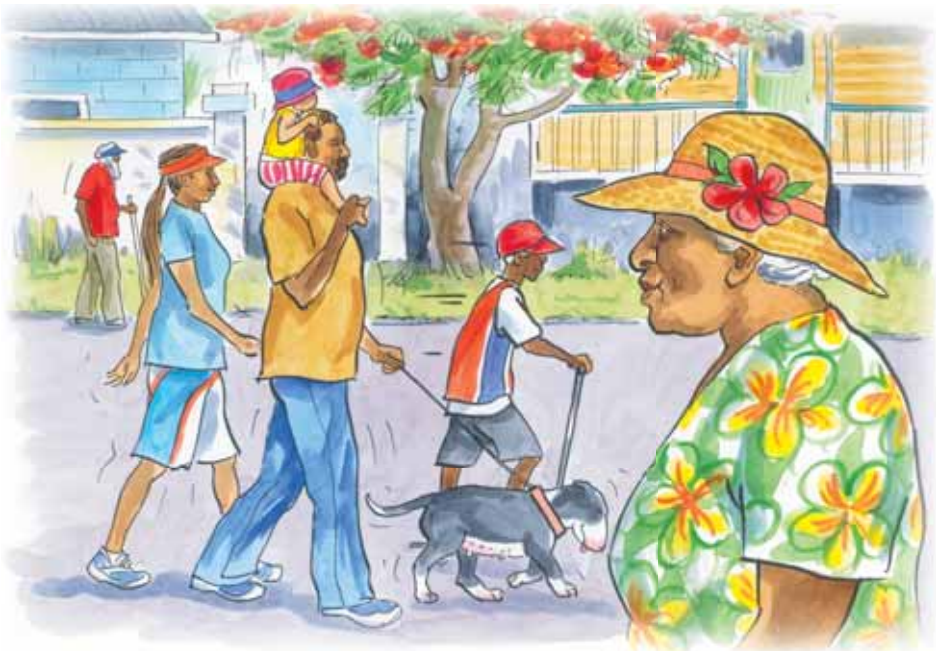


Try to make active choices each day, such as:

- walking to the shops or school
- using the stairs not the lift
- getting off the bus a stop earlier.

Regular exercise will:

- help lower your risk of having heart disease, stroke and high blood pressure
- help you to have healthier bones, muscles and joints
- lower your risk of getting type 2 diabetes and some cancers and
- help improve your mental health and well-being.



Check with your doctor before you start doing any exercise if you have not done any for a while.

8. Keep your mind strong

Worries about family, food, money or other things can hurt your heart. Try to lower stress and worries.



There is no shame in mental health.
For help, contact your doctor
or local mental health worker.

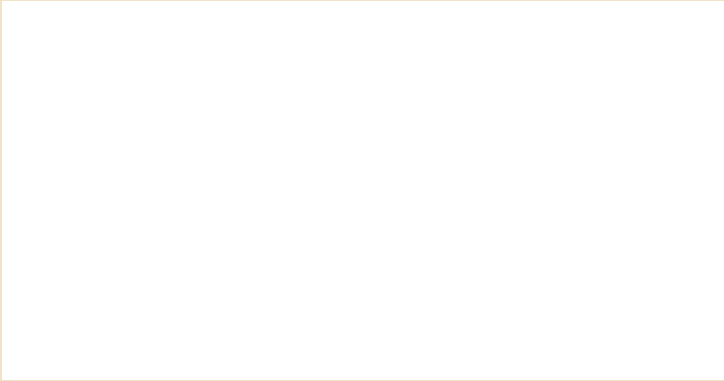
Keep your mind strong and be a role model for family and friends in your community.



Respect yourself and your culture.

For more information

Contact your local Aboriginal Medical Service (AMS),
community health service or health worker:



1300 36 27 87

www.heartfoundation.org.au/index.htm



Alcohol Tobacco and Other Drugs Services, Queensland Health
1800 177 833