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Heart
Health

Network Rail Health and Wellbeing
Heart Health

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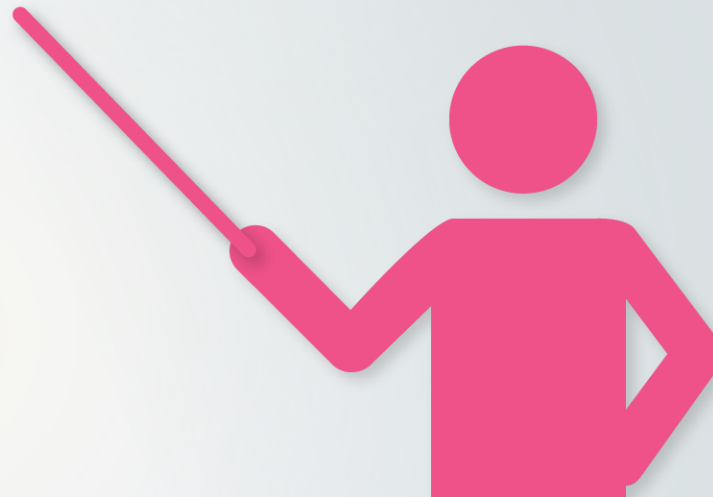
What we'll cover today

- Why good heart health is **important.**

- The **key choices** you can make to keep your heart healthy.
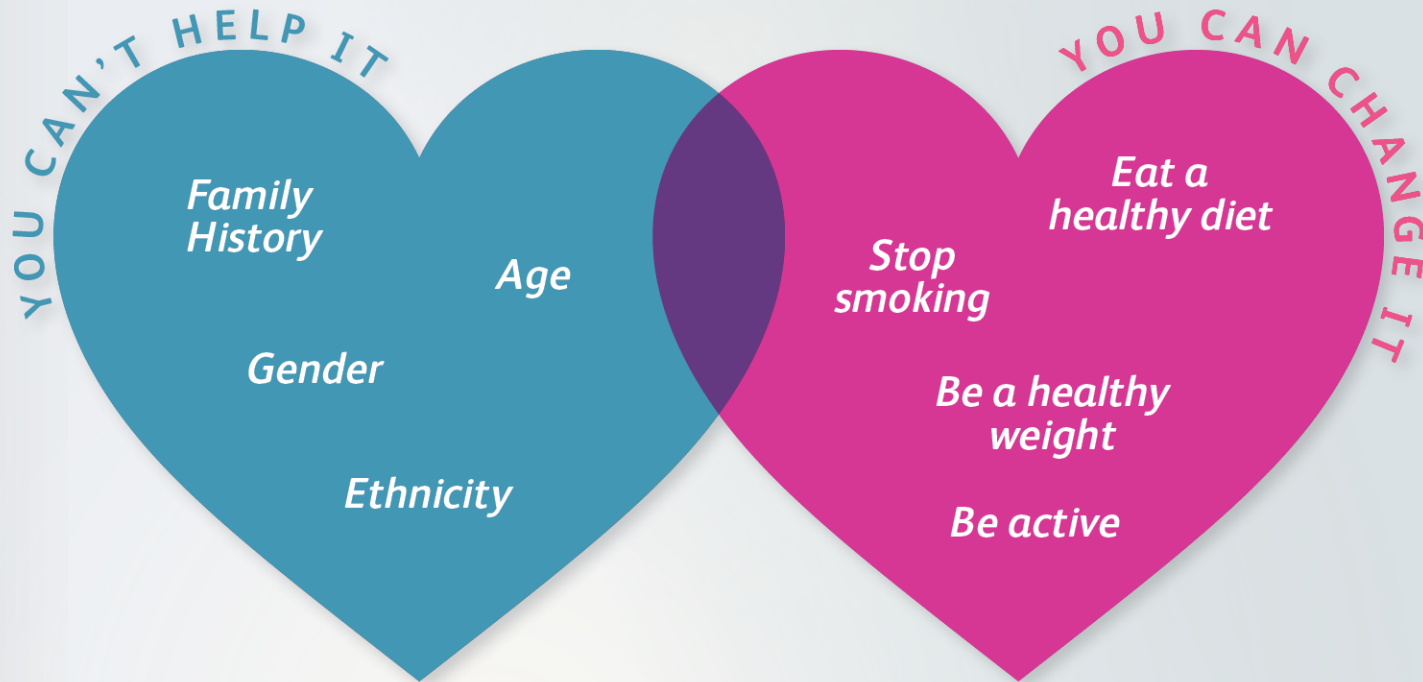
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Why is heart health important?

💗 Accounts for **1 in 3 deaths**

💗 **103,000 people** have a heart attack every year in UK

💗 Nearly **50%** of people don't have symptoms before a fatal heart attack

💗 **1.2 million people** living in UK have suffered a heart attack

💗 **£2 billion** – UK annual healthcare costs treating heart disease.

How can you improve your heart health?

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YOU CAN'T HELP IT

Family History

Age

Gender

Ethnicity

YOU CAN CHANGE IT

Eat a healthy diet

Stop smoking

Be a healthy weight

Be active

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Be active

One of the best things you can do to **reduce your risk**

30 minutes of activity that gets you slightly breathless every day can reduce your risk of heart disease by up to **40%**

However, only **35% of us** are regularly active enough at this level to get the heart health benefits

It could be a **brisk walk**, taking the stairs, playing in the park with your kids.

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Stop smoking

Smokers more than **twice as likely** to suffer a heart attack

Smoking accounts for **1 in 8** of those who suffer a heart attack

Smoking accounts for **1 in 5** of those who die prematurely (before age 75)

Heart's supply of oxygen improves in just **24 hours** of stopping

To get help visit:
http://smokefree.nhs.uk/
Or call: **0800 434 6677**

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Be a healthy weight

Up to a **70%** increased risk for heart disease in those who are overweight or obese.

71% of Network Rail employees were overweight or obese in 2012/13.*
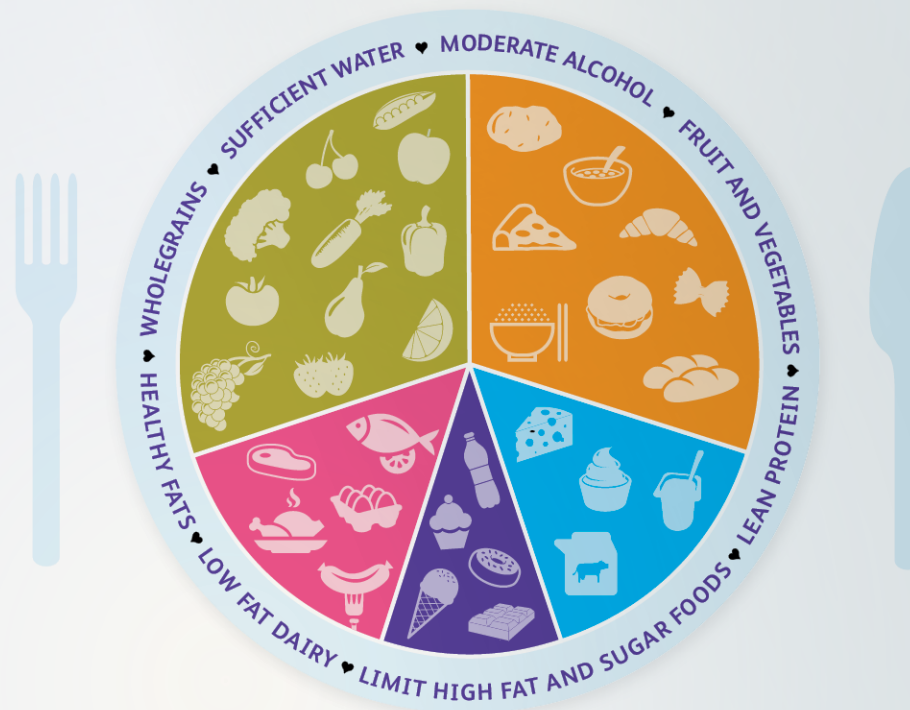
To get help look at your **Reward and Benefits** for a discount weight management programme

*data from Bupa employee medicals and Nuffield Health checks

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Eat a healthy diet

Eating a **Mediterranean type diet** can **reduce** heart disease risk by **30%** in those already at high risk.

Example: Healthy heart action plan

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WAKE UP
Wake up

EXERCISE
e.g. Walk the dog for 20 minutes

BREAKFAST
e.g. Breakfast 50g porridge oats, palm serving of mixed fruits and nuts and a portion of fruit. 1 pint of water

SNACK
e.g. Piece of fruit and square of dark chocolate

LUNCH
e.g. Whole pitta bread with mixed salad leaves and chicken with balsamic dressing, fruit flavoured greek yoghurt. 1 pint of water

SNACK
e.g. 1 portion of fruit and handful of mixed nuts

EXERCISE
e.g. Walk the dog for 30 minutes at a brisk pace

DINNER
e.g. Salmon fillet, handful of mixed greens and brown rice with pesto. 1 pint of water

WIND DOWN
e.g. Switch TV off, pick up a book and read under a low level lamp

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What can you do next?

Find more useful **information** - see Occupational Health and Wellbeing on *Connect* or *Safety Central.*

Find out what benefits you can access on the Network Rail **Rewards and Benefits** platform.

www.personal-benefits.com/networkrail

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