**Appendix A. Summary of Intervention Content**

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| **Decision Aid** | |
|  | **Content** |
| Session 1 only | * Calculates chances of heart disease (heart-related chest pain, heart attack, and sudden death from heart disease) * Shows how choosing one or more strategies lowers chances of heart disease   ○ Change diet: 20-40% reduction  ○ Increase physical activity: 10-20% reduction  ○ Stop smoking: 50% reduction  ○ Take or increase blood pressure medicine: 20-  30% reduction  ○ Take or increase cholesterol medicine: 30%  reduction  ○ Take aspirin (male only): 20% reduction   * Encourages choice of strategies to lower chances |
| **Background Information Delivered in Counselor or Web versions** | |
| **Healthy Eating** | **Specific Content** |
| Session 1:  Vegetables, Fruits, Whole Grains, and Beans | * Eat 7 or more servings of fruits and vegetables each day. * Whole grains should be eaten instead of processed grains. Aim for 2 or more servings per day. * Beans are healthful and low cost. Trying eating beans 3 or more times per week. |
| Session 2:  Nuts, Oils, Dressings, and Spreads | * Eat 2-4 servings of healthy fats per day.   ○ Eat nuts or nut butters often. Aim for 3 or more  servings per week.  ○ Use trans fat free margarine instead of stick  margarine.  ○ Use vegetable oil for frying, sautéing, and  baking.  ○ Use full fat salad dressing and mayonnaise   * Unhealthy fats, or trans fats can cause heart disease   ○ Avoid packaged snack and bakery foods.   * Other, or saturated, fats are found in animal sources and should be eaten in moderation. |
| Session 3:  Drinks, Snacks, Desserts, Eating Out, and Salt | * Limit non-diet sodas and other sugar-sweetened drinks. * Make healthful choices for snacks and desserts. * Choose snacks made with healthy oils. * Make good choices when eating out. Most fast food is not healthy. If you eat fast food, avoid “supersized” options and sugar-sweetened beverages. * Salt can cause high blood pressure. Limit salt to 2300 mg a day. |
| Session 4:  Fish, Meat, Poultry, Dairy, and Eggs | * Eat fish 1-2 times per week. * Limit red meat to one serving per day and avoid cold cuts and other processed meats. * Poultry is healthful and economic and can be eaten three or more times a week. * Choose low fat milk products. * Eggs are reasonable choice, up to about 1 a day on average |
| **Physical Activity** | **Specific Content** |
| Session 1:  Why Physical Activity is Important? | * Regular physical activity can improve blood pressure and blood lipids, lower risk of heart disease, cancer, and diabetes, help you lose weight, and relieve stress. * Aerobic physical activities cause heart rate and breathing rate to increase. * Try walking for at least 30 minutes on 5 days each week. * Muscle-strengthening activities help you build strength and these are recommended 2 or more days of the week. * Ten or more minutes of activity at a time is fine. Choose the type of physical activity that works for you. |
| Session 2:  Walking | * Walking is one of the easiest and healthiest ways to be active. * Walk for at least 30 minutes on 5 days each week, or at least 7,500 steps per day. * Build up to your walking goals. * Walk faster, farther, or for longer times. * Walking can be enjoyable if you wear comfortable clothes, pace yourself, take care of yourself, and share the fun with friends and family. |
| Session 3:  Other Types of Physical Activity | * Try a variety of physical activities, such as bicycling, dancing, tennis, and swimming. * Try stretching and building your strength using stretch bands, weights, chair exercises, or your own body weight. * Household chores and child and adult care activities all offer ways to be more physically active. * Increasing the pace, distance, or time of activities already done and decreasing the amount of sitting time adds extra fitness. |
| Session 4:  Making Plans to Stay Active | * Staying active in the long run is important to good heart health. * Fit activity into your normal routine. * Be active with others. * Monitor what you do using a pedometer, activity log, or by reporting progress to others. |
| **Medication/Smoking** | **Specific Content** |
| Session 1:  What Everyone Should Know about Taking Medicine | * Taking medicine is an everyday commitment. * It is important to understand all medicine instructions. * Taking medicine requires planning. * Work with your doctor to ensure success. * Bring a list of medicines to every visit. |
| **Barrier Messages** | |
| **Barrier to Eating Healthy** | **Specific Content** |
| Cost | * Choose canned and frozen (rather than fresh) fruit and vegetables, but watch out for added salt or sugar. * Use beans or eggs in place of meat. * Buy healthy foods in bulk. |
| Lack of time | * Healthy options are available at *any* grocery store. * Many healthy foods don’t need much cooking. * Keep frozen or canned foods on hand for easy addition to soups, sauces, and stews. |
| Not wanting to give up favorite foods | * Many foods you think may not be good for your heart are actually OK to eat (i.e. mayonnaise). * When frying foods at home, use heart-healthy oils. * Learn new and healthier ways to prepare favorite foods (see *Heart to Health Cookbook*). |
| Not liking the taste of healthy foods | * Give healthy foods a chance to get used to a new way of cooking and eating. It takes your taste buds time to adjust. * Replace salt with other sources (like lemon juice or spices) to bring out flavors. |
| Still feeling hungry | * Eat protein and healthy fats at most meals. * Eat plenty of high-fiber fruits and vegetables. * Eat breakfast every morning to avoid over eating later in the day. * Try smaller meals or healthy snacks throughout the day. |
| Not knowing where to start | * Make changes slowly at first. * Make changes you can stick with. * Get the whole family involved. |
| **Barrier to Physical Activity** | **Specific Content** |
| Feeling too tired | * Take a few minutes for a walk or some stretching. * Pick a fun activity like walking with a friend or dancing. * Take a break by using the stairs instead of the elevator. * Put more umph into what you already do. |
| Not enough time | * Put a little more umph into daily work or chores. * Try for three 10-minute blocks of activity throughout the day. * Ask family and friends to help you make the time. |
| Bad weather | * After a brisk walk in the cold, treat yourself to a cup of coffee or tea. * In the heat, take a swim, walk in an air-conditioned building or walk first thing in the morning. * Grab an umbrella and a friend and take a walk in the rain or when raining, or go for a walk in the mall. |
| Surrounded by inactive people | * Ask a friend to be your walking partner or start a new activity together. * Push yourself by putting as little more umph into everything you do. |
| Boredom | * Look for activities you enjoy. * Add music to make the activity more fun. * Choose activities that help you learn new things, meet new people, or explore new places. |
| Feeling sore or uncomfortable | * Your body will adapt to physical activity and you will start to feel stronger and more energetic. * Start slowly and warm up. * Try swimming or water exercises. |
| Cost | * Walk in the mall, at a track, or around the neighborhood. * Walk instead of driving to save money on gas. * If you spend any money on physical activity, spend it on a comfortable pair of walking shoes. * Look for used equipment at thrift shops and yard sales. |
| **Barrier to Medication\* Adherence** | **Specific Content** |
| Cost | * Buy over the counter medicines in bulk from a wholesaler. * Ask your doctor to prescribe generic medicines. * Find out about medicines that are on your benefit plan’s formulary. * Sign up for $4 Prescriptions Program offered by many pharmacies. * Contact The Partnership for Prescription Assistance Program. |
| Side Effects**†** | * Ask your doctor or pharmacist about the side effects to watch for. * You don’t have to feel different for your medicine to be working. * Contact your doctor if you think you are experiencing side effects. These often go away as your body gets used to the medication or other medications may be available to try. |
| Remembering to take medication | * Develop a special routine or reminders. * Take medications at the same time every day. * Consider using a pillbox, calendar or chart to track your medicines, or sign up for a reminder service through email or texting. * If you plan to be away, leave yourself a note to take your medications with you. |
| Access to resources | * Try calling your primary care physician’s office first. * Speak to a nurse if your doctor is not available or leave a detailed message if necessary. * For medication refills, contact your pharmacy at least three days before your last dose. |

\*Medications include aspirin, blood pressure and cholesterol medications, and stop smoking medicines.

**†**or smoking withdrawal symptoms