

LIEUTENANT GOVERNOR ANDRÉ BAUER'S SENIOR HEALTH SYMPOSIUM



Your **HEART**
is in your
HANDS

WITH DR. OSCAR LOVELACE, APRIL 4, 2009



Health Symposium
April 4, 2009



OVERVIEW

South Carolina Lt. Governor André Bauer is bringing the message “Your Heart is in Your Hands” to state senior citizens by increasing knowledge of cardiovascular health and making the Lieutenant Governors’ Challenge available to the state. His work on this public health campaign seeks to accomplish the following:

- Ease the chronic disease burden of heart disease in South Carolina
- To directly educate South Carolina’s senior citizens on their heart health
- Develop policy recommendations related to cardiovascular health goals

This report details his efforts, plans, and recommendations.

Heart disease is the number one killer of both men and women. But, an individual may lower heart disease risk as much as 82 percent through nutrition, fitness, and health choices. Five servings of fruit a day lowers heart disease by 60 percent, and three servings of vegetables a day lowers heart disease risk by 70 percent, according to Woman’s Day magazine. Likewise, the American Heart Association says that moderate physical activity three to five times a week will improve your cardiovascular function in 8 to 10 weeks.

The Lieutenant Governors’ Challenge is a 12-week reward based program. Participants choose to work toward heart health through fitness choices, nutrition choices, or both. A participant earns fitness points by doing everyday activities like walking or housework. The Challenge can also manage a participant’s personal nutrition goals. Making nutritious food choices and/or physical activity earns points towards a medal. At the end of 12 weeks, each participant who meets the points goal receives a medal.

On April 4, 2009, Lt. Governor André Bauer hosted five senior citizen groups representing local, regional and statewide coalitions at the Columbia Chamber of Commerce. Palmetto Baptist Hospital conducted blood test lipid panels for attending seniors screening cholesterol, triglycerides, high-density lipoprotein (HDL), and low-density lipoprotein (LDL). Atherosclerosis, hardening of the arteries, is one condition impacted by lipid levels. Dr. Oscar Lovelace gave seniors medical information on nutrition and physical activity for heart health. Chef Brian Dukes of the Blue Marlin Restaurant gave attendees a heart healthy cooking demonstration and nutritious lunch.

PLAN OF ACTION

Lieutenant Governor André Bauer's Plan of Action

Objectives of the lieutenant governor's health symposium with Dr. Oscar Lovelace included the following:

1. Identify cardiovascular problems for individuals and use the individual and group lipid results to reduce and prevent cardiovascular disease in the future
2. Discuss strategies an individual may employ to address the burden of cardiovascular disease in South Carolina
3. Define the role of physical activity in the management cardiovascular disease
4. Define the role of nutrition in the management of cardiovascular disease

Nearly 1 in every 3 people in the United States has cardiovascular disease. More people die each day of heart related disease than die of cancer, HIV/AIDS, and accidents combined. Yet many of the greatest cardiovascular risk factors can be controlled by personal choices. Given the burden of chronic and cardiovascular disease to the state and the fact individuals may effect their own disease through personal health choices, the state has an obligation to focus attention on this issue. This report is to be presented to the Joint Legislative Committee on Aging and the South Carolina legislature.

Specific findings of the symposium include:

1. Seniors actively engaged in healthy lifestyles are more likely to participate in health screening and education events like this health symposium,
2. According to a Centers for Disease Control survey, almost 40% of South Carolina residents report having high cholesterol. South Carolinians need access to health information and frequent health checkups to help lower the prevalence of cardiovascular disease.
3. At least one state agency should be empowered with consolidated senior citizen programs and services in order to best promote preventative information, properly fund preventative care, and to focus specifically on the healthcare needs of seniors.



Your cardiovascular health risk may **drop 25 percent to 82 percent** by choosing one or more **healthy habits**.

RECOMMENDATIONS

Lieutenant Governor André Bauer's Recommendations

The April 4, 2009, health symposium highlighted the need to:

1. Make regular health testing of seniors citizens available
2. Provide ongoing education to seniors about their health and options to improve same
3. Review health indicators and test results for seniors on an ongoing basis to adequately and properly address the needs of this population to the betterment of these individuals and the state

A key factor to accomplish these aims is to place senior programs and services under one state agency. Critical senior services and programs are currently scattered across multiple South Carolina state agencies. Vital resources are fragmented causing data to be lost and approaches to be inefficient. For example, the state spends a \$1/2-billion annually on nursing home care but has not funded an osteoporosis education and prevention program since 2001. Many nursing home beds have been needlessly filled as a result of broken hips which may have been prevented if a proactive Office on Aging been empowered to direct resources to fund education and prevention programs, such as Your Hearts is in Your Hands and the Lieutenant Governors' Challenge.

Lt. Governor André Bauer is proposing a plan to restructure South Carolina state government to place senior citizen programs and services within a single state agency. If enacted, this proposal will improve health prevention programs.

Five servings of fruit a day lowers heart disease risk by 60%, and three servings of vegetables a day lowers heart disease risk by 70%.¹¹



Moderate physical activity three to five times a week will improve cardiovascular function in 8 to 10 weeks and improve your cardiovascular risk factors.

Chronic disease including cardiovascular health will be improved under this proposal. The state is facing a serious crisis as the population ages and outdated service delivery fragmentation is in place. State revenues are shrinking yet one-million baby boomers are nearing retirement age. The state is not prepared to address this looming crisis and action should be taken now. The recommendation of this report is a serious, thoughtful restructuring plan to improve delivery of senior citizen services while streamlining state government.

Report prepared by the Lieutenant Governor's Office of Aging. For more information contact the Office of Lt. Governor Andre Bauer, State House, East Wing, PO Box 142, Columbia, SC 29202.

Invited Health Symposium Participants

- Capital Senior Center
- Silver Haired Legislature
- LCRAC Council on Aging
- Cherokee County Senior Center
- South Carolina Seniors' of the Day

Symposium Speakers and Medical Experts

- Medical personnel of Palmetto Baptist Hospital
- Dr. Oscar Lovelace *
- South Carolina Lt. Governor Andre' Bauer
- Mr. Frank Adams, South Carolina Office on Aging
- Chef Brian Dukes, Blue Marlin Restaurant

** Lovelace and his practice have been recognized as the Rural Practice of the Year, Physician of the Year, Best Doctors, and the Outstanding Teaching Practice of the Year. Lovelace was the 2003 Governor's Health Care Task Force Co-Chair.*

Dr. Oscar Lovelace and South Carolina Lt. Governor André Bauer with senior citizens in Columbia on April 4, 2009

Seniors at the Health Symposium hosted by South Carolina Lt. Governor André Bauer





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www.ltgovernorschallenge.us

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