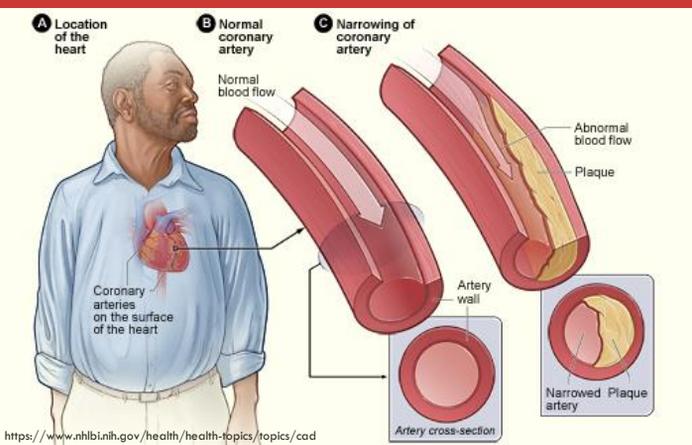


# Tackling Heart Disease

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<https://www.nlm.nih.gov/health/health-topics/topics/cad>

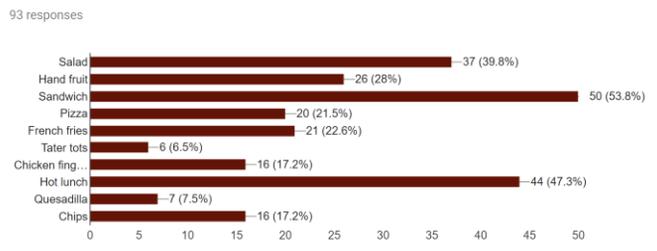
## Problem

Coronary heart disease is the leading cause of death in the United States and Los Angeles. There is no cure, and the disease can be caused by the environment or genetics. Coronary heart disease occurs when plaque builds up in the arteries and restricts blood flow, causing shortness of breath, chest pain, and even heart attacks. Risk factors include smoking, lack of exercise, and foods with high amounts of fat and sugar. Treatments such as surgery, blood thinners, and heart medications can be beneficial. Although it cannot be fully prevented, eating healthy is a good way to try to lower risk of the disease. Around 370,000 people die of coronary heart disease each year in the United States.

## Solution

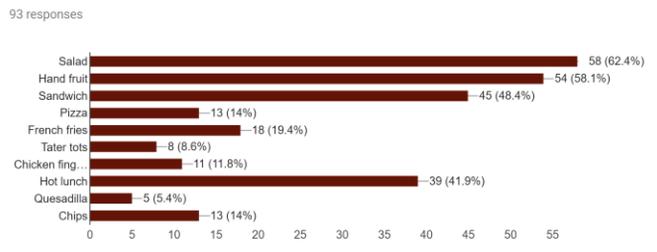
For our project, we decided to encourage people to eat healthy in a few different ways to create a larger effect at our school. We had an opportunity to get in touch with Dr. Sean Hashmi, a board certified Internist, Nephrologist, and Obesity Medicine Specialist at Kaiser Permanente. He kindly shared with us his presentation entitled "Scientific Approach to Nutrition 2017," for which he had reviewed over 600 studies. We used some of the information in an education portion of our survey, which we sent out to the 7th, 9th, and 11th grades. From our survey, we discovered that many students wanted shorter hot lunch lines and/or more options. Many of them also indicated they would choose healthier foods after reading some of the information in our survey. To implement our solution, we created fliers that we posted around the campus to educate people on healthy eating, and also displayed them on top of the salad bar in the Pavilion. To increase access to hot lunch specials, Khan, the Director of Dining Operations, graciously agreed to prepare ready-to-go bowls for one day for those wanting an express option. Finally, since the Pavilion has many healthy options for lunch, but lacks a variety of healthy breakfast foods, Khan agreed to feature avocado toast on the breakfast menu as a healthy option for Mother's Day.

### Which of these options do you regularly eat at Windward?



### After being briefly educated...

### Which of these options would you choose to eat now?



## Next Steps

In our interview with Khan, we discovered that the vast majority of the food in the Pavilion is made fresh and not processed. However, there are also a variety of less healthy packaged snacks and drinks. We will try to keep our educational flier available in the Pavilion to assist the Windward community in making healthy choices. To help as many people as possible, we have also posted the flier on our blog and shared it with Dr. Hashmi in case he might find it useful in his work. Finally, we will follow up with Khan to see if the ready-to-go hot lunch specials may become a more permanent feature, and if there are other opportunities in the future for the Pavilion to offer heart-healthy options for breakfast such as avocado toast.