



NAVIGATING  
PACIFIC  
HEARTS

[www.pacifichealthpartners.org](http://www.pacifichealthpartners.org)

## **'UMI HANA E MĀLAMA AI I KA IKAIKA O KA PU'UWAI**

### **TEN WAYS FOR A HEALTHY HEART**

1. **E 'ike i kou papaha o ka loa'a i ka ma'i pu'uwai.**  
*Know your risk factors for heart disease.*
2. **E kūkā me kāu kauka no ka ho'ēmi 'ana i ka papaha o ka ma'i pu'uwai.**  
*Talk to your doctor about lowering your risk(s) for heart disease.*
3. **E hō'ōia i kou helu mīkā koko i kekahi mau wā o ka makahiki.**  
*Check your blood pressure several times a year.*
4. **E 'ike a maopopo ho'i no kou mau helu na'o koko.**  
*Know and understand your cholesterol numbers.*
5. **E hō'ōia i kou helu kōpa'a koko no ka loa'a i ka ma'i mimi kō.**  
*Check your blood sugar for diabetes.*
6. **E ha'alele i ka puhi paka a nao paka paha a e ho'ālo i ka uahi paka a ha'i.**  
*Stop smoking cigarettes or tobacco and avoid secondhand smoke.*
7. **E 'aiaola i mālama 'ia kou pu'uwai.**  
*Eat healthy to protect your heart.*
8. **E ho'oikaika kino ma kahi o ke 30 - 45 minuke o ka lā.**  
*Exercise at least 30-45 minutes per day.*
9. **E hō'ōia i ke kaumaha kūpono o ke kino.**  
*Maintain a healthy weight.*
10. **E 'ike ho'i i nā hō'ailono o ke kauhola pu'uwai a e kelepona koke i ka helu 9-1-1.**  
*Know the signs of a heart attack and call 9-1-1 right away.*

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