



Heart Health Month Chapter Toolkit

Heart Health Month is an annual observance that occurs throughout the month of February.

Phi Kappa Psi participates in raising awareness through this week as part of the ELEVATE initiative. This awareness is particularly important given the prevalence of heart disease. Heart disease is the leading cause of death for men. About 47% of Americans have at least one of the three major risk factors for heart disease – High Blood Pressure, High Cholesterol and/or Smoking. While heart disease may not seem like an immediate risk, creating healthy habits now can set you on the path for a health across your lifespan.

You can learn more about the month and heart health on the following sites:

- [Healthy For Good](#) - This website contains resources on healthy living topics like nutrition, physical activity, weight management, stress management, how to quit smoking, sleeping better, how to lose weight, and lower stress
- [American Heart Association](#) – This organization provides tools and information around cardiovascular disease and stroke. This includes tools for healthy living, resources for support and care, and CPR training.
- [Million Hearts](#) – This initiative through the Centers for Disease Control (CDC) works to unite cardiovascular disease prevention efforts and share evidence-based strategies to reduce the number of deaths due to heart disease.

For you and your chapter, there are three levels of involvement opportunities to explore. Consider how you can ELEVATE heart health throughout February.

ELEVATE Health & Wellness

- Share information about your campus Health Center and Recreation Center at your chapter meeting - hours, location, phone number, services, etc. Both of these centers have resources that play a role in prevention.
- Share statistics and strategies at a chapter meeting. You can use information from the following links to find points you can share:
 - [Heart Disease - Statistics & Maps/Heart Disease Facts](#)
 - [Healthy Heart Quiz](#)
 - [How to Talk to Health Care Professional about Cardiovascular Disease](#)
 - [Cholesterol - Fact Or Fiction](#)
 - [Heart Attack Signs & Symptoms](#)
 - [Men & Stroke Fact Sheet](#)
 - [Men & Heart Disease Fact Sheet](#)
 - Following your report, you might ask:
 - What are your initial reactions? What stood out to you?
 - What are resources and support we have available around health? On our campus? In the community?
 - What are you going to do now that you have this information?



Get ELEVATED - Participate in educational programs and available trainings.

- Learn more about healthy habits through [Healthy For Good](#), and use the resources they have available to make healthier choices and changes.
- Attend and/or partner with health awareness-based student organizations for education. Many campuses have peer educators through their Health Center who you can work with in this capacity.
- Complete [CPR and ECC \(Emergency Cardiovascular Care\) Training](#) and/or other educational opportunities in your campus/community. You might consider having brothers attend the training together. If interest is strong, you can also consider bringing the program to your chapter.
- [Explore ways to get involved with local organizations focusing on heart health.](#) This could be through volunteering, donating supplies/funds, etc.

Be Part of ELEVATE - Commit to ongoing conversations.

- Identify ways heart/physical health can be a regular part of chapter education and discussions.
- If you have a story around heart **health that you'd be willing** to share with other brothers, contact Andrea Kleekamp, Director of Health and Wellness at ark@phikappapsi.com. Sharing a personal experience of how a brother has been affected and/or has become involved in health-related causes and awareness is one of the most powerful ways we can encourage our brothers to do the same.
- If you would like your chapter to be spotlighted for your efforts to provide education and raise awareness, contact Andrea Kleekamp, Director of Health and Wellness, at ark@phikappapsi.com. As an organization, we would like to spotlight chapters who are leaders in reducing stigma and expanding the conversation around health and wellness.