



**Immediate Release**

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## **Christiana Care Health System Reminds Fans to Make Healthy Decisions during Spectator Sports Seasons**

(WILMINGTON, Del. – Nov. 1) With football, basketball, hockey and soccer seasons well underway, Christiana Care Health System reminds sports fans to balance sedentary spectating with active heart-healthy lifestyle choices. Christiana Care is spearheading the Million Hearts Delaware Initiative, a public-private statewide effort to advance the national goal to prevent 1 million heart attacks and strokes by 2017. New research finds that sports fans turn to junk food to console themselves when their team goes down in defeat. In a series of studies, researchers found that both U.S. football fans and French soccer fans consume extra fat and sugar in the wake of their favorite team's loss.

One study published in the October 2013 issue of the journal *Psychological Science* found that on the Monday after a team loss, people ate 10 percent more calories and 16 percent more saturated fat, compared to eating slightly fewer calories and less saturated fat on the Monday after a victory.

“No matter how your team is performing this season, you still can beat heart disease by taking mindful, active steps to reduce your risk of a heart attack or a stroke,” said Ed Goldenberg, M.D., medical director of cardiovascular prevention for Christiana Care, who co-chairs Million Hearts® Delaware along with Elisabeth Bradley, APN, clinical leader of Christiana Care’s Cardiovascular Prevention Program. “Through Million Hearts Delaware, we are empowering Delawareans to take preventive steps to improve their heart health so they can gain more years with their loved ones, their children, their parents and their families.”

The Million Hearts Delaware initiative aligns the efforts of hospitals, government, major employers and health care providers throughout the state to combat cardiovascular disease with two specific aims – public awareness and clinical prevention.

Clinical prevention efforts aim to improve care for people who need treatment by encouraging a targeted focus on the “ABCS” – Aspirin for people at risk, Blood pressure control, Cholesterol

management and Smoking cessation. This approach addresses the major risk factors for cardiovascular disease and can help to prevent heart attacks and strokes.

A healthy diet both during and after the game can help individuals manage their blood pressure and reduce their cholesterol, Dr. Goldenberg said.

Philadelphia Eagles and 76ers fan Joanne Gregory, 57, who lives in Newark, snacks on fruits and vegetables during and after games in football and basketball season. Ms. Gregory, who has been diagnosed with congestive heart failure, lost 65 pounds during the past two years, which she largely attributes to a healthy diet and lifestyle.

“By making healthy choices during the sports seasons, I reduce my risk of having a heart attack or stroke,” she said. “I encourage all my fellow sports fans in Delaware to come up with a game plan so they can stay healthy when they’re watching their favorite sports teams on TV and after the game is over.”

For more information on Million Hearts® Delaware, visit <http://millionheartsde.com>. Join the conversation, get connected and learn more at <http://millionhearts.hhs.gov/individuals.html>.

Million Hearts® Delaware is supported by a grant funded in part by Christiana Care.

### **About Christiana Care Health System**

Christiana Care Health System is one of the country’s largest health care providers, ranking as the 21st leading hospital in the nation and 11th on the East Coast in terms of admissions. A not-for-profit teaching hospital affiliated with Thomas Jefferson Medical College, Christiana Care is recognized as a regional center for excellence in cardiology, cancer and women's health services, as well as for its Level-I trauma care and Level-3 neonatal intensive care (both highest capability). Christiana Care includes two hospitals with 1,100 patient beds, a home health care service, preventive medicine, rehabilitation services, a network of primary care physicians and an extensive range of outpatient services.

For more information about Christiana Care, visit [www.christianacare.org/whoweare](http://www.christianacare.org/whoweare).

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