|  |
| --- |
|  |

**Hopewell Area School District**

**FEBRUARY**

**Health Happenings Newsletter**

***By: The Hopewell Area School Nurses***

**Wear Red for a Million Hearts**

****

**Get involved and show your commitment to help prevent 1 million heart attacks and strokes in the next five years. Start with yourself and start now. Wear red on February 3, National Wear Red Day®, the first Friday in American**



Here are 10 things women can do to help raise awareness about heart disease, take steps to improve their health and the health of others, and help prevent one million heart attacks and strokes:

1. **Wear red on Friday, February 3, National Wear Red Day®**
to show support for women's heart health. Protect your heart by following a healthy lifestyle.

[National Wear Red Day®](http://www.nhlbi.nih.gov/educational/hearttruth/materials/wear-red-toolkit.htm)

1. **Know the facts about heart disease.**
	* Heart disease is the leading killer of women in the United States.
	* Heart disease is the leading cause of death for African American and White women. For Hispanic, American Indian or Alaska Native, and Asian American women, heart disease is second only to cancer.
	* Heart disease killed 25% of women who died in 2008—one in every four.
	* Even if you have no symptoms, you may still be at risk for heart disease.
2. **Know your risk for heart disease and heart attack.**
Some conditions and some lifestyle factors can put women at a higher risk for getting heart disease. Knowing your risk factors can help you to adjust your lifestyle and reduce your chances of having a heart attack or stroke.

[Heart Attack Disease Risk Factors](http://www.cdc.gov/heartdisease/risk_factors.htm)

[Heart Attack Risk Calculator](http://50.56.33.51/hart01/main_en_US.html)

1. **Make healthy choices every day.**
You can lower your risk of heart disease and heart attack by taking simple steps every day.
	* Eat a healthy diet.
	* Maintain a healthy weight.
	* Be active. Exercise regularly.
	* Be smoke-free.
	* Limit alcohol use.

[Prevention: What You Can Do](http://www.cdc.gov/heartdisease/what_you_can_do.htm)

1. **Know the signs and symptoms of a heart attack.**
A woman suffers a heart attack every 90 seconds in the United States. If you think you or someone you know is having a heart attack, **call 9-1-1 immediately.** The good news is that if you seek help quickly, treatment can save your life and prevent permanent damage to your heart muscle. Treatment works best if given **within 1 hour** **of when symptoms begin**. Common symptoms are:
	* Unusually heavy pressure on the chest, like there's a ton of weight on you
	* Sharp upper body pain in the neck, back, and jaw
	* Severe shortness of breath
	* Cold sweats (not hot flashes from menopause)
	* Unusual or unexplained fatigue (tiredness)
	* Unfamiliar dizziness or light-headedness
	* Unexplained nausea (feeling sick to the stomach) or vomiting

[Make the Call. Don't Miss a Beat.](http://www.womenshealth.gov/heartattack/)

1. **Prevent or manage any medical condition you might have.**
One way to do that is learn and improve the **ABCS** of health. Keep the **ABCS** in mind every day and especially when you talk to your doctor:
	* Appropriate **A**spirin Therapy
	* **B**lood Pressure Control
	* **C**holesterol Control
	* **S**moking Cessation

[Remember Your **ABCS**](http://millionhearts.hhs.gov/about-hd-prevention.shtml)

1. **Talk to your doctor about your concerns.**
Menopausal hormone therapy was once thought to lower the risk of heart attack and stroke for women with heart disease. But research now shows that women with heart disease should not take hormone therapy.  Talk to your doctor and ask questions to better understand your health.

[Menopausal Hormone Therapy and Heart Disease](http://www.nhlbi.nih.gov/educational/hearttruth/lower-risk/hormone-therapy.htm)

1. **Join Million Hearts™**
and find out how you can help prevent one million heart attacks and strokes in the next five years, at home, where you work, and in your community.

[Million Hearts™](http://millionhearts.hhs.gov/index.shtml)

1. **Send an e-card.**
Help get the message out that heart disease and stroke is preventable and everyone can take simple steps to improve health. Let others know you care about their health too.

[Million Hearts™ e-cards](http://www2c.cdc.gov/ecards/index.asp?category=376)

[Heart Health e-cards](http://www2c.cdc.gov/ecards/index.asp?category=173)

1. **Help spread the message.**
Serve heart-healthy meals and snacks routinely and at special events. Encourage others to be physically active, both kids and adults. Increase awareness and support health at work, home, school, play, and worship.

[**http://www.cdc.gov/Features/WearRed/**](http://www.cdc.gov/Features/WearRed/)

                                                                                                                                

**Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day.**

*"Heart disease takes the lives of far too many people in this country, depriving their families and communities of someone they love and care for—a father, a mother, a wife, a friend, a neighbor, a spouse. With more than 2 million heart attacks and strokes a year, and 800,000 deaths, just about all of us have been touched by someone who has had heart disease, heart attack, or a stroke."*
*- Department of Health and Human Services Secretary Kathleen Sebelius*

**February is American Heart Month**, and unfortunately, most of us know someone who has had heart disease or stroke. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day. These conditions are also leading causes of disability preventing people from working and enjoying family activities. Cardiovascular disease is also very expensive—together heart disease and stroke hospitalizations in 2010 cost the nation more than $444 billion in health care expenses and lost productivity. However, we can fight back against heart disease and stroke. CDC and other parts of the US government have launched Million Hearts™, to prevent the nation's leading killers and empowering everyone to make heart-healthy choices.

**What is Million Hearts™?**

Launched in September 2011 by the Department of Health and Human Services (HHS), Million Hearts™ is a national initiative that aims to prevent 1 million heart attacks and strokes in the U.S. over the next five years. This public-private partnership, co-led by CDC and the Center for Medicare and Medicaid Services (CMS) is integrating and amplifying a range of existing heart disease and stroke prevention programs, policies, and activities.

**Goals of Million Hearts™**

The Million Hearts™ Initiative seeks to prevent 1 million heart attacks and strokes by the end of 2016 by:

* **Empowering Americans to make healthy** **choices** such as avoiding tobacco use and reducing the amount of sodium and trans fat they eat. These changes will reduce the number of people who need medical treatment for high blood pressure or cholesterol—and ultimately prevent heart attacks and strokes.
* **Improving care for people who do need treatment** by encouraging a focus on the "ABCS"—**A**spirin for people at risk, **B**lood pressure control, **C**holesterol management, and **S**moking cessation—four steps to address the major risk factors for cardiovascular disease and help to prevent heart attacks and strokes.

**Million Hearts™ Support**

Million Hearts™ has the support of multiple federal agencies and key private organizations, including the American Heart Association, the American Pharmacists' Association, the YMCA, Walgreens, and UnitedHealthCare. Over the next five years, Million Hearts™ is pursuing commitments and participation from many more partners in health care, public health, industry, and government. These partnerships will help Million Hearts™ leverage and advance existing investments in cardiovascular disease prevention.

**What Million Hearts™ Means to You**

Heart disease and stroke affects all of our lives, but we can all play a role in ending it. Prevention starts with everyone. Protect yourself and your loved ones from heart disease and stroke by understanding the risks and taking these steps.

* Drive the initiative by challenging your family and friends to take the Million Hearts™ pledge at [www.millionhearts.hhs.gov](http://www.millionhearts.hhs.gov).
* Get up and get active by being physically active for at least 30 minutes on most days of the week.
* Know your ABCS:
	+ Ask your doctor if you should take an **A**spirin every day.
	+ Find out if you have high **B**lood pressure or **C**holesterol, and if you do, get effective treatment.
	+ If you **S**moke, get help to quit.
* Make your calories count by eating a heart-healthy diet high in fresh fruits and vegetables and low in sodium and trans fat.
* Take control of your heart health by following your doctor's prescription instructions.

Together, we can all be one in a million this Heart Month and every month. [Learn more about Million Hearts](http://millionhearts.hhs.gov/).

<http://www.cdc.gov/Features/HeartMonth/>

**Have a Safe and Healthy Super Bowl Celebration**

***Whether you are having or going to a party, these tips provide a Healthy Game Plan for Super Bowl Sunday.***



**Eat healthy**

Hosting the party? **Avoid a false start** with fattening foods. Add healthy snacks to your menu instead of high fat foods, or go for the super bowl trophy by serving all healthy snacks. Eat healthy snacks before the celebration to prevent overindulging.

* Include fresh fruits and vegetables, such as apple halves or carrot sticks. There should be a variety in season.
* Avoid the blind side; many dips and dressings contain far more calories than you think. Limit portions or serve fat-free or low-fat dips and dressings.
* Offer foods and beverages low in fat, calories, sugars, salt, and sodium.
* Serve foods and beverages that can be consumed by people with diabetes or on special diets.

**Limit alcohol**

**Don't get a penalty for drinking and driving**. Take steps to make sure you and other guests you celebrate with avoid driving under the influence of alcohol.

**Get physical activity**

**Score a first down** by adding games that include physical activity. Physical activity doesn't need to be hard to be beneficial. Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates, and that strengthen your muscles.

* Dance along with the music during half time or put on your own half-time show.
* Toss the football around during commercial breaks.
* Lift hand weights, stretch, or use a stationary bicycle or treadmill while watching television.

**Stay safe                                                                                                                                                                   Parties and tailgating can be fun**, but it's important to pay close attention to things that may cause injury and take precautions. Injuries, both unintentional and those caused by acts of violence, are among the top ten killers for Americans of all ages. Injuries can cause pain and inconvenience, and even lead to disability, chronic pain, and death.

<http://www.cdc.gov/Features/HealthySuperbowl/>

**NUT RITION CORNER ** 



|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Meal** | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/white_line.jpg | **Ingredients** | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/white_line.jpg | **Calories/Serving** |
| **Breakfast** | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line_dotted.jpg | **Heart Warming Oatmeal w/Fruit & Nuts, Pear, Milk**  [Heart Warming Oatmeal w/Fruit & Nuts](http://www.fruitsandveggiesmorematters.org/?page_id=35&iRID=155)Grapefruit juice, whole oats, tangerine wedges, dates, and almonds sprinkled with brown sugar—ready in 10-15 minutes! [See Recipe](http://www.fruitsandveggiesmorematters.org/?page_id=35&iRID=155) 1 medium pear1 ½ cups (12 oz) low-fat milk | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line_dotted.jpg | 534 calories |
| http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line.jpg |
| **Lunch** | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line_dotted.jpg | **Turkey Sub (Lettuce, Onion, Tomato), Chicken Noodle Soup, Apple**  **Turkey Sub**6-inch whole wheat roll2 oz turkey, sliced½ cup lettuce, tomato, onion1 Tbsp olive oil 1 cup chicken noodle soup, low-sodium1 medium apple16 oz water | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line_dotted.jpg | 713 calories |
| http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line.jpg |
| **Dinner** | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line_dotted.jpg | **Honey-Dijon Chicken w/Peach Salsa, Simple Salad, Milk**  [Honey-Dijon Chicken w/Peach Salsa](http://www.fruitsandveggiesmorematters.org/?page_id=35&iRID=239)Broiled chicken breasts brushed with mustard, salt, and pepper and topped with peach-cilantro salsa. [See Recipe](http://www.fruitsandveggiesmorematters.org/?page_id=35&iRID=239)  **Salad**1 cup spinach leaves¼ cup dried cranberries½ cup cucumbers, sliced½ oz almonds, sliced1 tsp olive oil & balsamic mixture 1 ½ cups (12 oz) low-fat milk | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line_dotted.jpg | 609 calories |
| http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line.jpg |
| **Snack #1** | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line_dotted.jpg | 25-30 mini brown rice cakes1 cup baby carrots  16 oz water | http://www.fruitsandveggiesmorematters.org/wp-content/uploads/UserFiles/Image/planning/meal/red_line_dotted.jpg | 170 calories |



|  |  |  |
| --- | --- | --- |
| **Total Calories: 2,026** |    |    |
| % Fat: 22%% Saturated Fat: 5%% Carbohydrate: 59%% Protein: 19% | Sodium: 2,256 mgCholesterol: 154 mgFiber: 39 gVitamin A: 200%Vitamin C: 202%Calcium: 121%Iron: 70%  | Grains: 7 ozVegetables: 2 ¾ cupsFruit: 5 cupsMilk: 3 cupsMeat & Beans: 6 ¾ oz  |

Visit [MyPlate.gov](http://www.myplate.gov/) to determine your daily calorie recommendation.



* Protein: 10-35%
* Carbohydrates: 45-65%
* Fats: 20-35%
* Saturated fat: <10% of calories
* Total fat: <35% of calories (unless naturally occurring)
* Cholesterol: <300 mg
* Salt: <2,300 mg\*
* Fiber: 28g/2,000 calories
* Water: 64 oz/day

\*Further reduce intake of sodium to 1,500 mg among persons who are 51 or older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease.

<http://www.fruitsandveggiesmorematters.org/?page_id=13143>

**Super Bowl Recipe**

 **Veggie Platter with Low-Fat Ranch Dip or Spicy Blue Cheese Dip**



Veggie platters with ranch dip are a favorite at many occasions. The veggies and dip can be prepared in advance of the event, then assembled just before guests arrive (keep refrigerated before serving). Eat the dip with carrots and broccoli.

**Ranch Dip**

1-14 oz. can rinsed and drained great northern beans

1/4 cup water                                                                                                                             1/2 cup low-fat plain yogurt                                                                                                                                                                                        1/2 tsp garlic powder                                                                                                              1/8 tsp cayenne pepper                                                                                                                                                                                                 1/4 tsp black pepper                                                                                                                1 Tbsp chopped fresh chives                                                                                                                                                                                           1 Tbsp chopped fresh parsley                                                                                              1/4 tsp dried tarragon                                                                                                                                                                                                  1/4 tsp salt                                                                                                                                    1 Tbsp lemon juice

1. Blend the beans and garlic in a blender, adding enough water for the desired consistency.

2. Blend for 2 minutes to make it silky smooth.

3. Use a spatula to scrape the mixture into a medium bowl.

4. Stir in the yogurt, cayenne, chives, parsley, and tarragon, salt and lemon juice. Serve in a bowl.

5. Dip veggies into the dip and enjoy! (Makes 4 servings. Serving is a 1/2 cup)

**Nutrition info per serving\*+: Calories 140kcal; Fat 2g; Sodium 65mg; Carb 27g; Fiber 2g; Protein 6g; Vit A 2%; Vit C 90%; Calcium 20%; Iron 6%**

**Spicy Blue Cheese Dip**

* 2/3 cup reduced-fat sour cream
* 2/3 cup crumbled blue cheese
* 1 tablespoon distilled white vinegar
* 1/4 teaspoon cayenne pepper

Whisk sour cream, blue cheese, 1 tablespoon vinegar and 1/4 teaspoon cayenne in a small bowl. Cover and refrigerate until ready to serve.



A man is not where he lives, but where he loves.  ~Latin Proverb

**Happy Valentine’s Day **