

Health e-Links
Health Education & Lifestyle Management Newsletter (HELM)

HEART HEALTH FOCUS



National Health Observances for February
Visit the links below for more information

AMD/Low Vision Awareness Month
www.preventblindness.org

American Heart Month
www.americanheart.org

National Wear Red Day
February 1
www.nhlbi.nih.gov/health/hearttruth

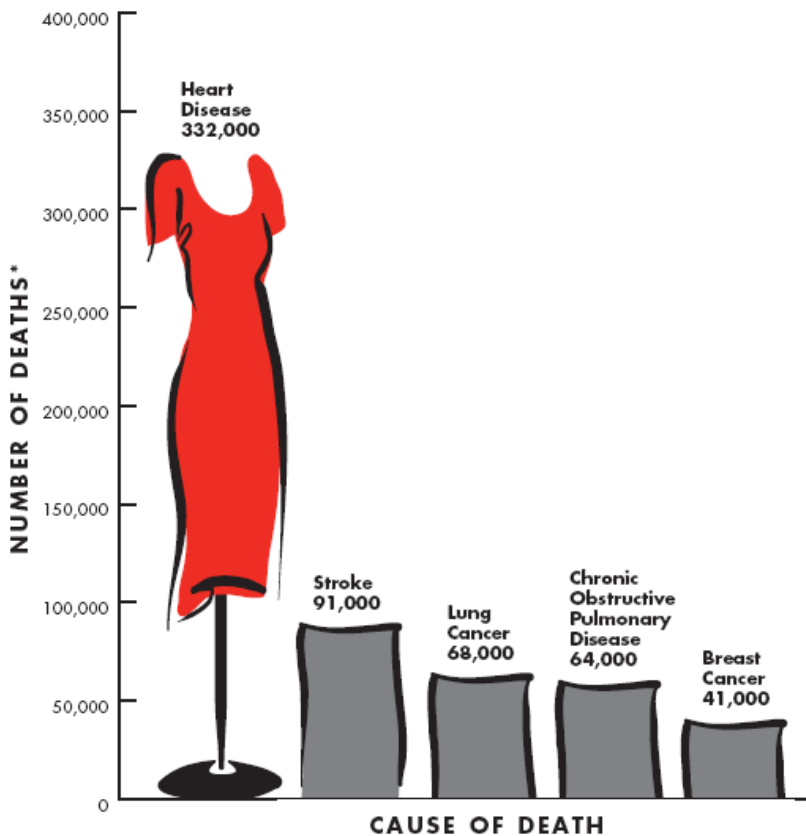
National Burn Awareness Week
February 3 – 9
www.burnawarenessweek.org

National Donor Day
February 14
www.organdonor.gov

National Eating Disorders Awareness Week
February 24 – March 1
www.nationaleatingdisorders.org

LEADING CAUSES OF DEATH FOR AMERICAN WOMEN (2004)

One in four women dies from heart disease. It's the #1 killer of women, regardless of race or ethnicity. It also strikes at younger ages than most people think, and the risk rises in middle age. And, two-thirds of women who have heart attacks never fully recover.



To learn more, visit www.hearttruth.gov
Source: National Heart, Lung, and Blood Institute (2006).
*Numbers of deaths are rounded to the nearest thousand.



“Maintain, No Gain Holiday Challenge”
DCPS Central Administration building employees were challenged to maintain their weight over the holiday season.



Congratulations to the HR department and the Communications department both with a 1% weight loss.

Maintain, No Gain Holiday Challenge Statistics:

- Total Participants Weighed In: 71
- Total Participants Weighed Out: 64

The average weight loss over the 6 week challenge was 2 pounds!

High Blood Pressure Risk Factors

Controllable Risk Factors	Uncontrollable Risk Factors
Obesity – People with a body mass index (BMI) of 30.0 or higher are more likely to develop high blood pressure	Race – African Americans develop high blood pressure more often than Caucasians, and it tends to occur earlier and be more severe
Eating too much salt – A high sodium intake increases blood pressure in some people	Heredity – If your parents or other close blood relatives have high blood pressure, you're more likely to develop it
Lack of physical activity – An inactive lifestyle makes it easier to become overweight and increases the chances of high blood pressure	Age - In general, the older you get, the greater your chance of developing high blood pressure. It occurs more often in people over age 35. Men seem to develop it most often between age 35 and 55
Stress – While often mentioned as a risk factor, stress levels are hard to measure	
Drinking too much alcohol – Heavy and regular use of alcohol can increase blood pressure dramatically	

Test Your High Blood Pressure IQ:

Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure. The only way to tell if you have high blood pressure is to have your blood pressure checked.

Test your high blood pressure IQ by answering the following:

- Which of the following is the most desirable blood pressure reading?
a. 130/90 b. 180/110 c. 140/80
d. Lower than 120/80
- The main cause of high blood pressure is:
a. Stress b. Obesity c. Aging
d. Unknown
- Which of the following groups has the highest rate of high blood pressure?
a. Asians b. Hispanics c. Caucasians
d. African Americans
- Which of the following may be dangerous for people with high blood pressure?
a. Eggs b. Microwaves c. Jogging
d. Cold/flu medicine
- A person with high blood pressure:
a. May experience erratic heartbeats
b. Has a nervous condition
c. Has high cholesterol
d. Has a high risk of stroke and heart attack

Source: American Heart Association

The answer to all the questions above is "d".

Tips for Dining Out

Provided by
The American Heart Association

Eating less fat and cholesterol is important, because a diet high in saturated fat raises blood cholesterol. High blood cholesterol is a major risk factor for heart attack.

Instead of	Try
Cream soups	Broth-based soups with lots of vegetables
Fried vegetables	Steamed vegetables
Jumbo cheeseburgers	Grilled chicken
Fatty cuts of meat, such as rib eye, porterhouse, T-bone	Leaner cuts of meat, such as London broil, sirloin tip, round steak, tenderloin
Hot fudge sundae or ice cream	Nonfat yogurt, sherbet or fruit ice

Dried Berry Spinach Salad Recipe

1 package (6oz) fresh spinach
 ½ cup to ¾ cup chopped almonds or toasted walnuts
 ½ cup to ¾ cup dried cherries or dried cranberries
 1/3 cup olive or vegetable oil
 3 Tbsps sugar
 2 Tbsps Balsamic vinegar or red wine vinegar
 1 Tbsp sour cream
 ½ tsp mustard

In a bowl, combine the spinach, nuts and cherries.

In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Drizzle over salad and toss to coat.

Serve immediately. Yield: 6 to 8 servings

Calories 263; Fat 19g; Protein 4g; Carb 23g; Fiber 2g; Chol<1mg; Sodium 40mg