



FRESH CONVERSATIONS

Iowa Department of Public Health

April 2020, Volume 7, Issue 2



BEATING the Silent Killer



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Do you know your numbers?



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Berry-licious: Dress Up Your Salad

DID YOU KNOW? HBP develops earlier in life in African Americans than in Caucasians. HBP affects 44 percent of African American adults. This is among the highest rates in the world.

High blood pressure (HBP) is known as the “silent killer” because it significantly increases risk of death but most of the time has no obvious symptoms to indicate that something is wrong.

Nearly half of American adults have high blood pressure but many don't know it. What's more, only about half of all diagnosed individuals are controlling their blood pressure adequately.

This condition is a primary or contributing cause in more than **1,000 deaths each day** and costs the nation \$48.6 billion each year, according to the Centers for Disease Control and Prevention.

How can HBP harm you?

High blood pressure puts increased strain on organs like the eyes, kidneys, and heart. It also

creates instability that can cause plaques on the lining of the blood vessels to rupture, causing strokes or heart attack.

And the health risks are significant. According to the American Heart Association, HBP is associated with a **doubling in risk** of a heart attack and contributes to half of all strokes. It is the second leading cause of kidney failure, and is associated with heart failure, dementia, vision problems, and sexual dysfunction.

You can manage HBP.

Lifestyle changes and medications can help you prevent and manage HPB. But don't wait! The longer HBP is not treated, the more serious the health problems can be.

Just the facts... **ATTENTION! One in three women die of heart disease and stroke.**

Sources:

Beating Hypertension the Silent Killer. Tufts Health & Nutrition Letter, April 9, 2019.

American Heart Association <https://www.heart.org/en/health-topics/high-blood-pressure/why-high-blood-pressure-is-a-silent-killer>



YOU GOT THIS! Simple changes with food choices and physical activity can make a BIG difference for your heart health.

Exercise Your Heart Muscle

All forms of exercise are good for your heart but the best is **aerobic activity**.

Aim for **150 minutes** a week of aerobic activity such as walking, biking, dancing, etc. Aerobic activity, sometimes called “cardio,” increases your heart rate while you are active and therefore makes your heart muscle stronger.

Be active at a moderate intensity so your heart beats faster, your breathing increases, but you are still able to talk.

Be Active. Take Action!
This month, I will be active by...



Know Your Numbers

High blood pressure can sneak up on you, so it’s important to know **your** numbers. The only way to know if you have HBP is to measure it—frequently. The five blood pressure ranges as recognized by the American Heart Association are:

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High Blood Pressure (Hypertension Stage 1)	130-139	or	80-89
High Blood Pressure (Hypertension Stage 2)	140 or higher	or	90 or higher
Hypertensive Crisis (Consult your doctor ASAP)	Higher than 180	and/or	Higher than 120

Source: American Heart Association <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings>

Do the DASH

DASH, which stands for Dietary Approaches to Stop Hypertension, was developed by physicians specifically to fight HBP. It recently received an all-star-diet rating by a panel of experts.

They gave it high marks for its nutritional completeness, safety, ability to prevent or control diabetes, and its role in supporting heart health.

The DASH diet principles:

- Eat more veggies, legumes, fruits, and low-fat dairy foods
- Choose moderate amounts of whole grains, fish, poultry and nuts
- Cut way back on any food high in saturated fat and salt

Studies have shown following this diet can reduce blood pressure in a matter of weeks!

Sources: US News & World Report <https://health.usnews.com/best-diet/dash-diet>
US National Library of Medicine <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4366416/>



Heart-Smart Choices

At the heart of good health is good nutrition.

The Nutrition Facts label has been updated. The information can help you choose foods that support cardiovascular health.

Here are just two examples:

- Serving sizes** more closely reflect what Americans actually eat and drink today. For example, the serving size that is required to be listed for ice cream has increased from half a cup to two thirds of a cup.
- The % Daily Value (% DV)** helps you compare the amount of a nutrient in one serving to the daily recommendation for that nutrient.
 - Choose foods **lower** than 5% DV if you want to eat less of a nutrient—think sodium or added sugars.
 - Choose foods with a **higher** % DV if you want more of a nutrient that supports healthy aging, such as fiber, vitamin D or potassium.

Nutrition Facts	
8 servings per container	
Serving Size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)	

Eat Healthy. Take Action!

This month, I will eat healthier by...



MAKE HEART-SMART CHOICES at home, at the grocery store and in restaurants.

Smart Choices Quick Tips

ENJOY

- Fruits and vegetables
- Whole grains
- Beans and legumes
- Fish, skinless poultry, lean/extra-lean meat and vegetable-based proteins
- Low-fat and fat-free dairy products
- Nuts, seeds and non-tropical vegetable oils

LIMIT:

- Sweets and sugary drinks
- Fatty or processed meats
- Salty or highly processed foods
- Butter and solids fats

AVOID:

- Trans fat
- Partially hydrogenated oils

Food Safety Reminders

Do you buy pre-washed and ready-to-eat bags of greens and salad mixes? They're convenient and very popular.

Add a little protein, cooked grains and a handful of berries—you have a meal!

But, is it safe to eat salad greens without washing? Yes! Food safety experts determined that washing pre-washed greens will not make them cleaner compared to the commercial triple wash. It's even possible that additional handling could contaminate a package that was clean.

Go Green Answers (Page 4)
1. Swiss Chard; 2. Cabbage; 3. Lettuce; 4. Collards; 5. Broccoli; 6. Turnips; 7. Endive





Don Lucas is a self-proclaimed “professional student.” He holds degrees in economics, psychology and history but *Fresh Conversations* is his favorite program that Milestones offers.

He finds the non-threatening conversational format to be fun and educational. “*Fresh Conversations* helps me get back into healthier habits. I get reacquainted with information I know but have put on the back burner.”

Don sat in many classrooms during his life. The last thing he’s looking for is another forced lecture. He tells others, “*Fresh Conversations* is something you’ve got to experience.”

Testimonial of the Month

Back to Healthier Habits

Go Green!

Collards	Turnips	Endive
Lettuce	Swiss Chard	Cabbage
Broccoli		

- _____ leaves have red stems, stalks and veins, and have a beet-like taste.
- _____ is a cruciferous vegetable which is paler in color than leafy greens.
- Dark green varieties of _____ like romaine and arugula tend to be crisp and slightly bitter.
- _____ are famously used in Southern-style cooking, but the wide leaves can also be used as a wrapper instead of a tortilla.
- _____ look like green little trees and are rich in potassium.
- If you buy _____ with the tops on, you get two vegetables in one. The tops are tender and need less cooking than some other greens.
- There are two main varieties of _____; curly which has narrow curly outer leaves and broad-leaved which is also known as escarole.

APRIL RECIPE

A Berry Delicious, No Recipe Salad



THE GO-TO MEAL: Throw together a salad for a quick, easy dinner.

MIX UP YOUR SALAD WITH HEALTHY AND TASTY TOPPINGS.

- Start with a colorful mix of leafy greens and lettuce.** No need to wash if they’re pre-washed.
- Add a rainbow of colors.** Carrots, cabbage, tomatoes—grab any veggie in your fridge.
- Top with high-quality protein.** Hard-boiled egg, chicken, tuna or cooked lentils will do just fine.
- Toss in a big handful of berries.** Strawberries and blueberries are especially delicious.
- Add some crunch.** Any nuts or seeds will do. Wheat berries, anyone?
- Dress it up.** A simple vinaigrette made with a healthy oil will help you absorb fat-soluble vitamins.

Source: *The Real Food Dietitians* <https://therealfoodrds.com/berry-protein-salad-bowl/>