



# FRESH CONVERSATIONS

Iowa Department of Public Health

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## BEATING the Silent Killer



**Page 2**  
Do you know your numbers?



**Page 4**  
Heart smart choices at the grocery store!

**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. Eat Healthy!

This month, I will take action by...

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# 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 doctor ASAP)  | Higher than 180               | and/or Higher than 120         |

## Check your BP at home

- **Be still.** Don't smoke, drink caffeine, or exercise for 30 minutes before checking your blood pressure. Sit quietly for 5 minutes before.
- **Sit correctly.** Sit up straight, on a chair vs. the sofa. Feet should be flat on the ground. Arms should be supported, resting on a table at heart level. The cuff should be on the arm right above the bend of the elbow.
- **Measure at the same time every day.** Readings should be taken every day at the same time. It is recommended to take readings twice a day, morning and late afternoon.
- **Take multiple readings and record the results.** 2-3 readings should be taken 1 minute apart. Record the date, time and the reading.
- **Don't take the measurement over clothes.**
- **Remember to take your blood pressure records with you for your next appointment!**

Source: <https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home>



# 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:

**1. 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.

**2. 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.



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

## 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 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!

## 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

| Nutrition Facts               |                      |
|-------------------------------|----------------------|
| 8 servings per container      |                      |
| <b>Serving size</b>           | <b>2/3 cup (55g)</b> |
| <b>Amount per serving</b>     |                      |
| <b>Calories</b>               | <b>230</b>           |
| <b>% Daily Value*</b>         |                      |
| <b>Total Fat</b> 8g           | <b>10%</b>           |
| Saturated Fat 1g              | <b>5%</b>            |
| Trans Fat 0g                  |                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>            |
| <b>Sodium</b> 160mg           | <b>7%</b>            |
| <b>Total Carbohydrate</b> 37g | <b>13%</b>           |
| Dietary Fiber 4g              | <b>14%</b>           |
| Total Sugars 12g              |                      |
| Includes 10g Added Sugars     | <b>20%</b>           |
| <b>Protein</b> 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.)

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/>

Need help finding a food pantry, free hot meals or community garden?

**Call 2-1-1 for resources available in your area.**



# Spicy Tuna Salad



**Serves 4, 1/2 cup per serving, \$0.65 per serving**

## Ingredients:

- 1 can or pouch (5 ounces) tuna, drained
- 1/2 cup cooked beans
- 1/2 cup salsa
- 1/4 cup shredded cheese
- 1/4 cup peppers, diced\*
- 1/4 cup onions, diced
- Optional: Baked tortilla chips, lettuce leaves, tortillas, salad greens

## Instructions:

1. Stir tuna, beans, salsa, cheese, peppers, and onions together in a bowl.
  2. Serve right away or store in the refrigerator in an airtight container for up to 4 days.
  3. Serve as a dip for baked tortilla chips, a wrap with lettuce leaves or tortillas, or topping for a lettuce salad.
- \*You can make this a mild dish by using mild salsa and bell peppers. You can make this a spicy dish by using hot salsa and jalapeno peppers.

**Bacteria grow rapidly at temperatures between 40 °F and 140 °F; tuna salad should be discarded if left out for more than 2 hours at room temperature.**

**Nutrition Information (per serving): 110 calories, 3 grams fat, 9 grams carbohydrates, 3 grams fiber, 13 grams protein, 290 milligrams sodium**

*This recipe is provided by Iowa State University Extension and Outreach. For more resources like this, visit the Spend Smart. Eat Smart. website at <http://spendsmart.extension.iastate.edu>. Spend Smart. Eat Smart. is a registered trademark of Iowa State University.*

## 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.

The Iowa Department on Aging can connect you to local meal services and offers health and nutrition counseling.

**Call 866-468-7887 or visit [iowaaging.gov](http://iowaaging.gov)**

## Go Green!

*Collards  
Lettuce  
Broccoli*

*Turnips  
Swiss Chard*

*Endive  
Cabbage*

1. \_\_\_\_\_ leaves have red stems, stalks and veins, and have a beet-like taste.
2. \_\_\_\_\_ is a cruciferous vegetable which is paler in color than leafy greens.
3. Dark green varieties of \_\_\_\_\_ like romaine and arugula tend to be crisp and slightly bitter.
4. \_\_\_\_\_ are famously used in Southern style cooking, but the wide leaves can also be used as a wrapper instead of a tortilla.
5. \_\_\_\_\_ look like green little trees and are rich in potassium.
6. 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.
7. There are two main varieties of \_\_\_\_\_; curly which has narrow curly outer leaves and broad-leaved which is also known as escarole.

1. Swiss Chard; 2. Cabbage; 3. Lettuce; 4. Collards; 5. Broccoli; 6. Turnips; 7. Endive

Go Green Answers