



## February is American Heart Health Month!

Heart disease is the nation's number one killer. To remind Americans to keep their hearts healthy, February is celebrated as American Heart Month. Even though heart disease is most common in middle aged and older people, risk factors for heart disease can begin as early as age five (Texas Heart Institute, 2007)! It is important to teach your students about the heart and how to prevent heart disease at an early age. Let your students know that even younger people can develop the risk factors that lead to heart disease if they do not take care of their heart.

While there are many risk factors for heart disease that cannot be changed, there are several risk factors that can be reduced. Consider taking these actions:

- **Be physically active!** Children ages 6-12 should accumulate *at least 60 minutes* of physical activity on most days of the week. It is recommended that kids are active for several hours during the day. Adults are advised to accumulate at least 30 minutes of physical activity that increases their heart rate or makes them break a sweat on most days of the week (American College of Sports Medicine, 2002).
- **Eating a well balanced diet.** Eat a variety of foods from all food groups, including fresh fruits and veggies, whole grain foods, poultry and fish. Try to eat fats, sweets, and red meat only once in awhile. Remember to watch serving sizes- extra calories from larger portions can add up!
- **Don't use tobacco.** Smoking cigarettes or using any kind of tobacco products (chewing tobacco, smokeless, spitless tobacco, etc) causes arteries to harden and can make a person two to three times more likely to have heart disease than a non-tobacco user (American Heart Association).
- **Check Blood pressure regularly.** Blood pres-

sure is the force of blood pushing against your blood vessels. Blood pressure that stays high over time can put you at risk for heart attack and stroke because the heart has to work harder than normal. High blood pressure is also known as hypertension.

- **Keep cholesterol levels normal.** There are two types of cholesterol. **LDL** (bad, or "lousy") cholesterol stands for low-density lipoprotein. It can cause cholesterol to build up in your arteries and can become clogged. **HDL** (good) cholesterol stands for high-density lipoprotein. It helps keep cholesterol from building up in arteries.



- **Prevent or manage diabetes.** Diabetes is a disease in which blood glucose (sugar) levels are higher than normal. Normal glucose levels prevent eye, nerve, kidney, and heart problems. There are two types of diabetes, Type I and Type II. *Type I* occurs when the body does not produce enough insulin, which is needed to store glucose for energy. It is not preventable. *Type II* Diabetes is when the body does not use insulin properly and glucose builds up in the blood. Being overweight can lead to Type II Diabetes and is preventable. Kids and adults can reduce their risk of Type II diabetes by getting the recommended amounts of physical activity, eating at least 5 servings of fruits and vegetables a day and maintaining a healthy weight.

For more information about heart health month or for more heart health resources, visit the American Heart Association's Web site at <http://www.heart.org/>. They have several free, age-appropriate lessons that can be downloaded to help teachers plan their heart health lessons.



## News You Can Use

### Distance Learning Opportunity

Columbiana County Distance Learning Department is offering a nutrition program for Grades K-6 via videoconferencing. This program can be viewed whenever you like and includes health, science, math and language arts. Students will learn the new Food Guide Pyramid and the 5 food groups, how to read food labels, and they will calculate what and how much to eat on a daily basis. Program Length: Two 45-minute videoconferences. Teachers will receive pre- and post- activities. Cost: \$50.00 for the program. For more information, contact Katrina Moore at [kmoore@ccesc.k12.oh.us](mailto:kmoore@ccesc.k12.oh.us) or (216)346-2651.

### Youth and Conflict: Global Challenges – Local Strategies

Cuyahoga County Community College will be hosting an international conference on conflict resolution training from March 27-29, 2008 in Cleveland. The cost of the conference ranges from \$50-\$150 before February 28, 2008. The conference program and registration details can be found at [www.tri-c.edu/community/girc/conflict/default.htm](http://www.tri-c.edu/community/girc/conflict/default.htm).

### 2007-2008 Buckeye Best Applications are available!

The Buckeye Best program is sponsored by the Ohio Department of Health and the American Cancer Society to recognize schools (districts and individual schools) that make health and wellness a priority through school programming and policies. Awards are given on the Gold, Silver and Bronze level. The 2007-2008 Buckeye Best application is now available on the Healthy Ohio Web site, <http://www.healthyohioprograms.org>, and is attached to this month's edition of the Health and Nutrition Flash. Send completed applications to: Ohio Department of Health, Buckeye Best School Health Awards Program. 246 North High St., 6th Floor. Columbus, OH 43215

## Beef and Bean Chili

## Heart Healthy Recipe of the Month

### Warm up with Beef and Bean Chili!

Source: *Keep the Beat Heart Healthy Recipes from the National Lung, Blood & Heart Institute*  
Number of Servings: Nine 8oz servings

#### Ingredients:

2lb lean beef stew meat, trimmed of fat, cut in 1-inch cubes  
3 Tbsp olive oil  
2 C water  
2 tsp garlic, minced  
1 large onion, finely chopped  
1 Tbsp flour  
2 tsp chili powder  
1 green pepper, chopped  
2 lb (or 3 C) tomatoes, chopped  
1 Tbsp oregano  
1 tsp cumin  
2 C canned kidney beans rinsed with water

#### Directions

1. Brown the meat in a large skillet using half of the olive oil. Add water, simmer and cover for 1 hour until meat is tender.
2. Heat remaining olive oil in another skillet. Add garlic & onion. Cook on low heat until onion is softened. Add flour and cook for 2 minutes.
3. Add garlic-onion-flour mixture to cooked meat.
4. Add remaining ingredients to meat mixture. Simmer for 30 minutes.

#### Nutritional Content:

Calories: 284  
Total fat: 10g  
Saturated fat: 2g  
Cholesterol: 76 mg  
Sodium: 162 mg  
Total fiber: 4 g  
Protein: 33 g  
Carbohydrates: 16 g





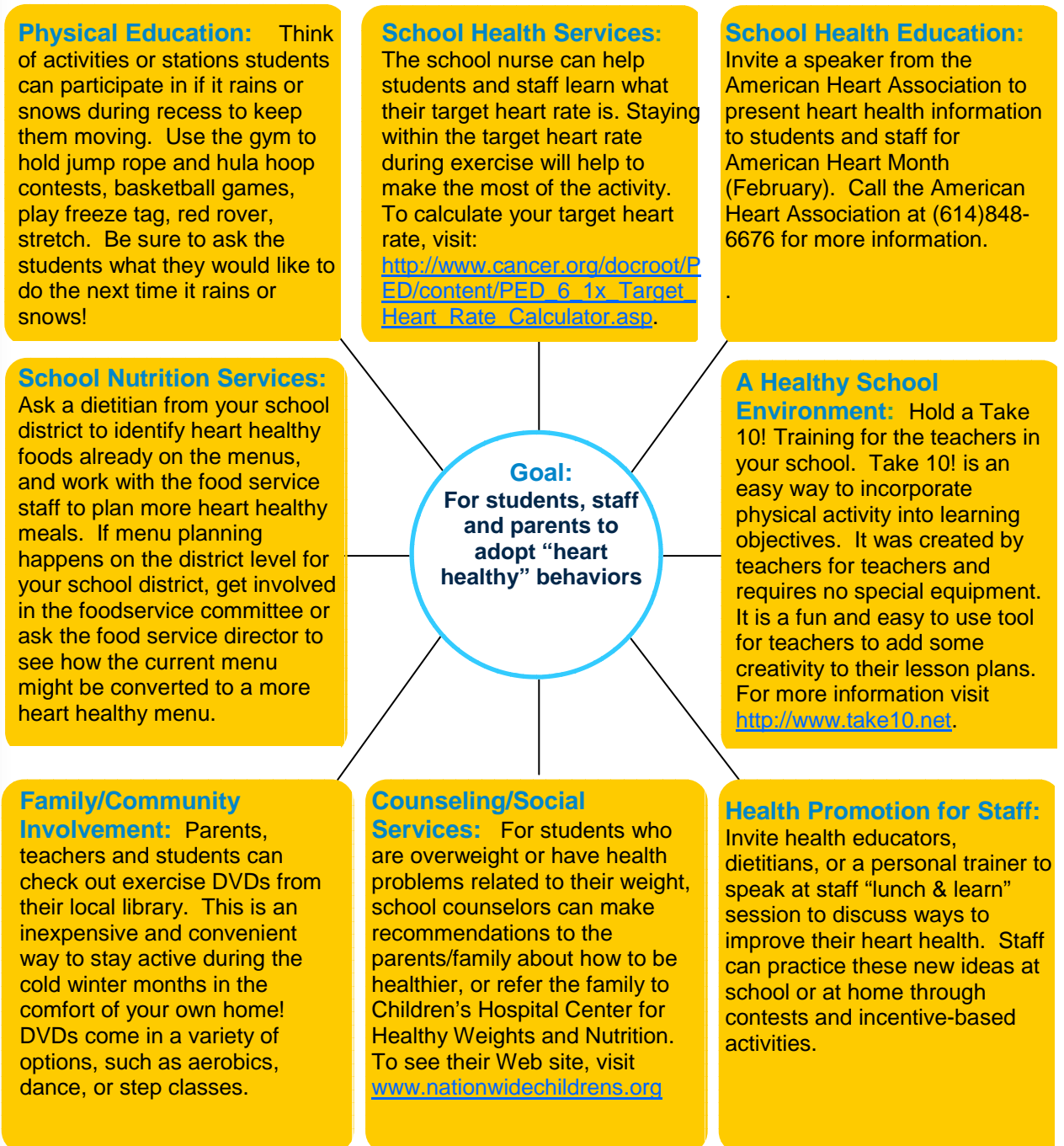
## Buckeye Best Tips

In every issue, Buckeye Best Tips

address a question from Centers for Disease Control and Prevention's School Health Index (which can be found at <http://www.cdc.gov/healthyyouth/SHI/brochure.htm>) and suggest what schools can do to focus on that issue using the Coordinated School Health approach. This month's Health and Nutrition Flash focuses on ways the school, family and community can promote heart healthy behaviors.

### It Takes a Coordinated Approach

Addressing School Health Goals Using the Coordinated School Health Model





## Staff Wellness

### Love Your Heart, Know Your Numbers!

Having high cholesterol, high blood pressure and diabetes contributes to heart disease. Know your numbers and what they measure

**Cholesterol-** Your cholesterol numbers measure your lipid levels. It is a fat-like substance (known as lipoproteins) that is needed by your body to make cell membranes and some hormones. Too much cholesterol can clog your arteries and cut off blood flow to your heart.

There are two types of cholesterol, LDL (bad, or "lousy") and HDL (good). **LDL** can cause cholesterol to build up in your arteries and can cause them to become clogged. Your LDL level should be less than 100 mg/dL. **HDL** helps keep cholesterol from building up in your arteries. Your HDL level should be more than 40 mg/dL for men and more than 50 mg/dL for women.

**Blood Pressure-** Your blood pressure numbers measures the pressure in your blood vessels when your heart pumps and when it is at rest. High blood pressure is known as a silent killer because it has no symptoms. This is why you should have your blood pressure checked regularly. It is measured with two numbers. The top number (or *systolic pressure*) is when your heart contracts and is pumping blood. The bottom number (or *diastolic pressure*) is when your heart is resting between beats. Use this chart to find out what your blood pressure means:

|                 | Top Number    | Bottom Number |
|-----------------|---------------|---------------|
| <b>Normal</b>   | Less than 120 | Less than 80  |
| <b>Too High</b> | 140 or higher | 90 or higher  |

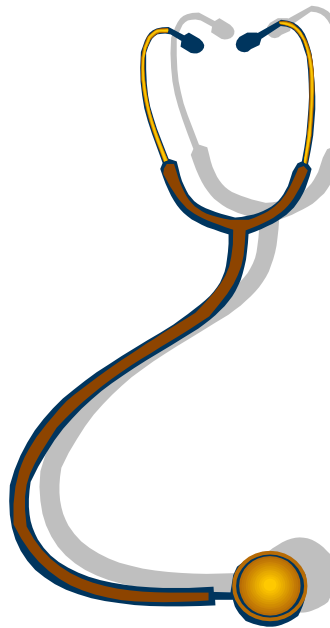
You have high blood pressure if one or both numbers are higher than "normal."

**Diabetes-** Diabetes is a disease in which blood glucose (sugar) levels are higher than normal. Your blood glucose or blood "sugar" measures the amount of glucose in the blood stream. Having your blood glucose tested is a fairly inexpensive way to see how well your body's insulin is working. The most common type of diabetes is "Type II" (when the body does not use insulin properly, and glucose (sugar) builds up in the blood). Being overweight can lead to type II diabetes. **Type II diabetes can be prevented.**

If your blood glucose is checked before you eat or drink, it is called fasting blood glucose level, and it should be less than 100 mg/dL. If your blood glucose is checked after you eat, it should be between 70-139 mg/dL. Your doctor can perform a simple blood test to tell you what your blood glucose level is (American Diabetes Association, 2003).

**Waist Circumference-** Waist circumference is the distance around your natural waist (just above your navel). Regardless of your body mass index, if you carry fat around your waist, you are more likely to have heart disease than if you carry fat around your hips and thighs. To measure your waist circumference, place a tape measure around your bare abdomen just above your hip bone. Be sure the tape measure is snug, but not too tight before you measure. Your goal for waist circumference is less than 40 inches for men and less than 35 inches for women (National Institutes of Health, 2004).

**If you don't know what your cholesterol, blood pressure, blood glucose levels, or waist circumference are, talk to your doctor!**



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