

Gadsden I.S.D.

Positive Health Positive Pulse

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**American
Heart
Month**



Green Chili Stew

Cardiovascular disease (heart disease, stroke, high blood pressure and vascular/blood vessel disease) is the leading cause of death for both men and women. In the United States, approximately 610,000 people or 1 in 4 deaths are related to Heart Disease.

- Coronary Heart Disease (CHD) is the most common type, killing over 370,000 every year.
- Annually, 735,000 Americans have heart attacks. Of these, 525,000 report their first heart attack; while, 210,000 have had a previous heart attack.
- Greater than 85.7 million or roughly 34.0% of US adult population are thought to have hypertension (high blood pressure).
- On average, in the US, someone will have a stroke every 40 seconds. This correlates to 795,000 people per year. Every 4 minutes someone dies from a stroke.
- 28.5 million or 11.9% of US adults have high cholesterol levels ≥ 240 mg/dL.
- 1 in 6 males and 1 in 7 females in the US are current smokers.

Who is at risk for Heart Disease?

Those who are or have been diagnosed with:

- High blood pressure
- High cholesterol
- Smokers
- Diabetes
- Overweight & obesity
- Poor diet
- Physical inactivity
- Excessive alcohol use

These facts should be frightening!

Symptoms of a Heart Attack?

- ♥ Chest pain often at the center or left side of the chest lasting more than a few minutes. The pain may go away and return.
- ♥ Chest discomfort (pressure, squeezing, tightness or feeling of fullness)
- ♥ Pain or numbness & tingling to one or both arms or shoulder
- ♥ Pain to the neck, back, jaw or stomach area
- ♥ Shortness of breath
- ♥ Light-headedness
- ♥ Cold sweat
- ♥ Nausea

About 15% of people who have a heart attack -- will die from it!

If you think you or someone you know is having a heart attack call 911 immediately!

So . . . is there any good news when it comes to Heart Disease? Did you know heart disease, many times, can be prevented or minimized when people make wise and healthy choices and manage their health conditions; such as:

- ♥ Eating a healthy diet.
- ♥ Use spices to season food not salt.
- ♥ Make physical activity part of your day.
- ♥ Maintaining a healthy weight.
- ♥ Not smoking or using other forms of tobacco.
- ♥ Limiting alcohol use.

FACT: 1 in 3 adults do not engage in leisure time physical activity.

<https://www.cdc.gov/heartdisease/>

4 Servings 217 Calories 1.5 g Sat. Fat 79 mg Sodium

- ♥ 1 tbsp olive oil
- ♥ 1 lb beef sirloin cut into 1/2-inch cubes, all visible fat discarded
- ♥ 1 small onion
- ♥ 2 clove minced garlic
- ♥ 2 tbsp whole-wheat flour
- ♥ 2 cups chopped fresh/canned tomatoes
- ♥ 6 green chilies (roasted, skinned)
- ♥ 1 chopped jalapeño or Serrano pepper
- ♥ 1/2 tsp black pepper
- ♥ 2 cp low-sodium, fat-free chicken broth

Directions

- ♥ In a stew pot, heat oil over medium-high heat and add beef. Stir until browned – about 5 minutes
- ♥ Add the onion and garlic. Cook 2-3 minutes until onions are translucent
- ♥ Add flour and mix well
- ♥ Add the remaining ingredients and stir well
- ♥ Reduce heat to medium-low, cover and simmer for 1 hour

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