



Health Beat



Have a Healthy Heart!

February is associated with hearts and Valentine's Day. What better time to focus on HEART HEALTH!

West Virginia ranks #1 in the nation for heart disease. This is not a statistic to be proud of! The good news is, we can take action to **CHANGE** this!

Health care providers and researchers have identified **FIVE** symptoms that put people at risk for heart disease.



These five symptoms are collectively known as **metabolic syndrome**. A person that has **THREE** or more of these symptoms is diagnosed with metabolic syndrome **AND** has a higher risk of heart disease than someone with only one symptom.

Let's take a look at what

each of the five symptoms means and how **YOU** can take steps to improve health!

1. High Blood Glucose (sugar). Your fasting sugar should be less than 100mg/dL. This can be with or without medication.
2. Large waist circumference. Women should have a waist circumference of 35 inches or less; men should have a waist circumference of 40 inches or less.
3. High triglycerides. Triglycerides should be 150mg/dL or less.
4. Low HDL—the **HEALTHY** cholesterol in your blood.
5. High blood pressure. Blood pressure should be controlled at 130/85 mmHg or less.

Having any of these symptoms puts you at risk for heart disease, but having three or more increases risks substantially.

The good news is, by identifying these symptoms,

working with your provider, and adopting some healthy habits, you can decrease your risks!

If you haven't had a check-up in a while, schedule one. Ask your provider to evaluate you for the five symptoms.

If you are on medication to help control glucose, cholesterol, or blood pressure, take it as prescribed and work with your provider to monitor how well medications are working.

Adopt some simple habits to impact heart health.

Eat more fruits and vegetables and less sugar and starches.

Limit sodium (salt) in your diet.

Increase physical activity with an end goal of 150 minutes of moderate activity each week.

Learn a new stress management technique.

For more information, visit the American Heart Association website.



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Did you Know?

WV ranks #1 in the united States for heart disease.

One in Ten of West Virginians have diabetes—we rank 2nd in the nation for this.

The risk of developing metabolic syndrome increases with age.

Nearly 34% of Americans have Metabolic Syndrome.

Nearly 45% of WV are considered obese, and over 70% are considered overweight or obese.

WV ranks #1 for obesity among 10-17 year olds.

Being overweight or obese contributes to all five of the symptoms of metabolic syndrome.

Kids and Heart Health

Children who have the five symptoms

listed above are also at risk for heart disease as they get older. In WV, nearly 25% or 1 in 4 children between the ages of 10 and 17 are overweight.

Unhealthy weights in childhood can lead to earlier onset of diabetes, high

blood pressure, high cholesterol and heart disease.

Parents play a key role in helping their children achieve and maintain a healthy weight.

Here are just a few recommendations. For more, visit the American Heart Association's Life's Essential 8 For Kids Initiative.

1. Get 1 hour physical activity each day.
2. Limit ALL screen time to 2 hours or less.
3. Increase fruits and veggies and decrease sugary foods and drinks.
4. Promote a sleep schedule.



IC Parish Nurses and St. James Health Ministry

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Updates and Happenings

IC Parish Nurses and St. James Health Ministry

We are excited to begin a new year full of new possibilities!

We plan to continue many of our programs that you have come to know and love, such as our bereavement group, walking group, health fair, Bonnie's Bus, and Skin Screening.

In February, we are hosting a **Friends and Family CPR Class**. This class will be open to up to 50 participants—so register in advance if you are interested!

The class will be held on February 17th at the IC Parish Center.

If you have an idea for a health offering or if there is something that you would like to see us host, please reach out to one of our Parish Nurse members!

We meet on the second Monday of each month at 6pm in the IC Parish Center. New members are always welcome!



Family Focus: Kids in the Kitchen

Looking for a somewhat healthy treat for after school? Try this American Heart Association recipe for Oatmeal Raisin cookies! And don't skip soaking those raisins—you'll make a dry cookie with dry raisins!

Ingredients

- ◆ 1/2 cup raisins
- ◆ 1 cup trans-fat-free tub margarine
- ◆ 1/4 cup stevia sugar blend
- ◆ 1 large egg
- ◆ 1/2 cup UNSWEETENED applesauce
- ◆ 2 cups all-purpose flour
- ◆ 1 teaspoon ground cinnamon
- ◆ 1 teaspoon vanilla extract
- ◆ 3/4 teaspoon salt
- ◆ 3/4 teaspoon baking powder
- ◆ 1/2 cup uncooked rolled oats
- ◆ 1/2 cup chopped walnuts

Directions

Preheat oven to 350 F

Place raisins in small microwaveable bowl. Cover with water and microwave for 2-3 minutes. Let soak for 10-15 minutes. Drain and set aside.

In large bowl, beat margarine, stevia/sugar, egg and applesauce with an electric mixer.

In medium bowl, mix flour, cinnamon, vanilla, salt, and baking powder. Gently blend into egg mixture until no flour visible.

Fold in oats, walnuts, raisins.

Use 2 tablespoons to drop the dough 2 inches apart on large baking sheet. Lightly flatten each cookie.

Bake for 10-12 minutes or until bottoms golden brown.



Scan here for nutrition information