

Cory's Corner

ISSUE

09

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What Is Heart-Healthy Living?

Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy.

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease, including coronary heart disease, the most common type. By taking preventive measures, you can lower your risk of developing heart disease that could lead to a heart attack. You can also improve your overall health and well-being.

Learn about the steps you can take to live a heart-healthy lifestyle.

- ✓ Understand Your Risk for Heart Disease
- ✓ Get Your Blood Pressure and Cholesterol Checked
- ✓ Choose Heart-Healthy Foods
- ✓ Aim for a Healthy Weight
- ✓ Get Regular Physical Activity
- ✓ Manage Stress
- ✓ Quit Smoking
- ✓ Get Enough Good-Quality Sleep



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February is American Heart Month

Preventing heart disease starts with knowing what your risks factors are and what you can do to lower them.

Risk factors for heart disease

- Have high blood pressure
- Have high blood cholesterol
- Have overweight or obesity
- Have prediabetes or diabetes
- Smoke
- Do not get regular physical activity
- Have a family history of early heart disease, for example if your father or brother was diagnosed before age 55, or your mother or sister was diagnosed before age 65
- Have a history of preeclampsia, which is a sudden rise in blood pressure and too much protein in the urine during pregnancy
- Have unhealthy eating behaviors
- Are age 55 or older for women or age 45 or older for men

Two of the major risk factors for heart disease are high blood pressure and high blood cholesterol. If either of these numbers is high, work with your doctor to get it to a healthy range.

High blood pressure

Your blood pressure is considered high when you have consistent systolic readings of 140 mm Hg or higher or diastolic readings of 90 mm Hg or higher. Based on research, your provider may also consider you to have high blood pressure if you are an adult or child age 13 or older who has consistent systolic readings of 130 to 139 mm Hg or diastolic readings of 80 to 89 mm Hg and you have other risk factors for heart disease.

High blood cholesterol

High blood cholesterol is a condition in which your blood has unhealthy levels of cholesterol—a waxy, fat-like substance. Many factors affect your cholesterol levels. For example, age, sex, eating patterns, and physical activity level can affect your cholesterol levels.

A blood test can show whether your cholesterol levels are healthy. Talk with your provider about having your cholesterol tested and how often you need it tested.

<https://www.nhlbi.nih.gov/>

Steps to Live a Heart-Healthy Lifestyle

Quit Smoking

If you smoke, quit. Smoking can raise your risk of heart disease and heart attack and worsen other heart disease risk factors. Talk with your doctor about programs and products that can help you quit smoking. Also, try to avoid secondhand smoke.

If you have trouble quitting smoking on your own, consider joining a support group. Many hospitals, workplaces, and community groups offer classes to help people quit smoking.

For free help and support to quit smoking, you can call the National Cancer Institute's Smoking Quitline at 1-877-44U-QUIT (1-877-448-7848).

Get Enough Good Quality Sleep

Sleep plays a vital role in good health and well-being throughout your life. During sleep, your body is working to support healthy brain function and maintain your physical health. Not getting enough sleep or good-quality sleep over time can raise your risk for chronic health problems. The amount of sleep you need each day will change over the course of your life.

Age	Recommended Hours of Sleep a Day
Babies 4-12 months	12-16 (including naps)
Children 1-2 years	11-14 (including naps)
Children 3-5 years	10-13 (including naps)
Children 6-12 years	9-12
Teens 13-18 years	8-10
Adults 18 years or older	7-9

Choose Heart-Healthy Foods

Heart-healthy eating involves choosing certain foods, such as fruits and vegetables, while limiting others.

Your doctor may recommend the heart-healthy Dietary Approaches to Stop Hypertension (DASH) eating plan because it has been proven to lower high blood pressure and "bad" LDL cholesterol in the blood.

A heart-healthy eating plan limits sodium (salt), saturated fat, added sugars, and alcohol. Understanding nutrition labels can help you choose healthier foods.

Aim for a Healthy Weight

A healthy weight for adults is generally a body mass index (BMI) between 18.5 and 24.9.

Weight Category	Body Mass Index
Underweight	Below 18.5
Healthy weight	18.5 to 24.9
Overweight	25 to 29.9
Obese	30 or above

Always talk to your healthcare provider about what your BMI means for you. Talk to your child's provider to determine if they have a healthy weight, because their BMI should be compared to growth charts specific to age and sex.

Following a heart-healthy eating plan and being physically active are some ways to help you achieve and maintain a healthy weight.

Get Regular Physical Activity

Talk with your healthcare provider before you start a new exercise plan. Discuss how much and what types of physical activity are safe for you. Even modest amounts of physical activity are good for your health. Aerobic exercise benefits your heart and lungs the most. This is any exercise in which your heart beats faster and you use more oxygen than usual, such as brisk walking, running, biking, and swimming.

The more active you are, the more you benefit.

Participate in aerobic exercise for at least a few minutes at a time throughout the week. The U.S. Department of Health and Human Services' Physical Activity Guidelines for Americans [external link](#) recommends that each week, adults get at least:

- 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity aerobic physical activity, or
- 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or
- A combination of both moderate-intensity and vigorous-intensity activity.

Adults should move more and sit less throughout the day. Some physical activity is better than none.

Manage Stress

Research suggests that an emotionally upsetting event, particularly one involving anger, can serve as a trigger for a heart attack or angina in some people. Stress can contribute to high blood pressure and other heart disease risk factors. Some of the ways people cope with stress — drinking alcohol, using other substances, smoking, or overeating — are not healthy ways to manage stress.

Learning how to manage stress and cope with problems can improve your mental and physical health. Consider healthy stress-reducing activities such as:

- Talking to a professional counselor
- Participating in a stress management program
- Practicing meditation
- Being physically active
- Trying relaxation techniques
- Talking with friends, family, and community or religious support systems

White Granulated vs. Brown Sugar

RAW SUGAR VERSUS BROWN SUGAR

Used as a sweetener for coffee or in baking or preserving food	Mainly used for baking, caramels, toppings, sauces preparation
Additional flavour and a golden colour added by natural syrup coating	Dark brown in colour and has a liquorice flavor
Can be used in place of refined white sugar	Used to replace caster sugar

pedina.com

What Is White Granulated Sugar?

Through photosynthesis, sugar is made from the leaves of a sugar cane or sugar beet plant. It is stored as a juice in the stalks (cane) or root (beet) of the plant, before being harvested and sent off to be refined. The cane juice is extracted, purified, filtered and crystallized. Through varying adjustments in the refining process, different varieties of sugar can be created. One such sugar is the white granulated sugar you likely are familiar with from baking or stirring into your morning tea or coffee.

What Is Brown Sugar?

Light brown sugar is white sugar with the presence of molasses. The molasses gives the sugar more moisture (making its texture softer), a darker color and a light caramel-like flavor. Molasses is naturally found in sugar cane and sugar beet plants, and is separated from the sugar crystals to create white sugar in the refining process.

When we discuss brown sugar, that's mostly in reference to light brown sugar. But don't forget about dark brown sugar! Dark brown sugar has nearly twice the amount of molasses present, which is the reason for its darker color. But it's not just the color that's different; dark brown sugar also has a deeper flavor than light brown sugar, so keep that in mind if you're planning to swap them in a recipe.

Bottom Line

From a nutrition perspective, there's no advantage to using white sugar over brown sugar or vice versa. The main difference between white and brown sugar is the presence of molasses.

eatingwell.com

Lazy Lasagna for 2

Ingredients:

- 1 cup meatless marinara sauce
- ¾ cup shredded part-skim mozzarella cheese
- ½ cup cottage cheese
- 1 ½ cup cooked wide egg noodles
- 2 tbsps parmesan cheese
- Chopped fresh parsley

Instructions:

1. Warm the pasta sauce; stir in mozzarella and cottage cheeses. Fold in noodles.. Pour into 2 greased 2-cup baking dishes. Sprinkle with Parmesan cheese.
2. Bake, uncovered, at 375 degrees until bubbly, about 20 minutes. Top with parsley.

tasteofhome.com



thegoodbody.com

Sugar Alternatives

- Stevia
- Monk Fruit
- Raw, Unprocessed Honey
- Chicory
- Vanilla
- Maple Syrup
- Coconut Sugar
- Swerve Sweetener

Did You Know?

- Laughing is good for the heart and can increase blood flow by 20%.
- Always look on the bright side; being an optimist can help you live longer.
- Eating oatmeal provides a serotonin boost to calm your brain and improve your mood.
- Feeling stressed? Read. Getting lost in a book can lower levels of cortisol, and other unhealthy stress hormones, by up to 68%.
- Walking outside or spending time outside can reduce negative thoughts and boost self-esteem.
- Children that grow up with a dog are less likely to experience anxiety.

thegoodbody.com

Sun Safety Tips

Have a fun and safe spring break with the family!



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1. Limit time in the sun, especially between the hours of 10 a.m. and 2 p.m., when the sun's rays are most intense.
2. Wear clothing to cover skin exposed to the sun, such as long sleeved shirts, pants, sunglasses, and broad-brimmed hats.
3. Use broad spectrum sunscreens with SPF values of 15 or higher regularly and as directed.
4. Reapply sunscreen at least every two hours, and more often if you're sweating or jumping in and out of the water.
5. Apply sunscreen 15 minutes before you go outside.
6. Use enough sunscreen to cover your entire face and body, evenly from head to toe.
7. **There's no such thing as waterproof sunscreen!!!**

fda.gov

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Happy
Valentine's
Day!

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