H.E.R. Faith Fellowship

Volume 1, Issue 1

August 2007

"The Beat" Participant Newsletter

Welcome to the first issue of *The Beat*!

This newsletter will come to you every other month and will be jam-packed full of important information about the program, success stories from each of your sites, and tips to keep you motivated! Remember to keep in touch throughout the program with your Faith Site Leader (FSL) and/or Faith Site Leader Assistant (FSLA) and be sure to attend all sessions and screenings! Also, remember to turn in all of your paperwork on-time (including your Nutrition Logs and Physical Activity Logs). In order to qualify for the great prizes, you need to continually turn in your logs and other paper work!

You will get out what you put into the program. So, use the tools, talk with your friends and family to stay motivated and keep praying!

"We are to be 'living sacrifices', holy and pleasing to God-this is our spiritual act of worship. We should also be transformed by the renewing of the mind."

-Romans 12:1-2

Heart disease is the #1 killer of women in America!

Stroke...Know & Learn the Warning Signs!

Stroke is a form of cardiovascular disease (CVD) and is a medical emergency. If you or someone you are with experiences ANY of these signs, call 911 right away!

- Sudden numbness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking, or understanding.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance, or coordination.
- Sudden severe headache with no known cause.

Knowing these may save your life or the life of someone you love!

Inside/Back page of this Issue:

Things to Remember:

- Are you remembering to complete your Nutrition & Physical Activity Logs and hand them in at each session?
- Are you using your Participant Journal to write down your experiences?
- Are you working on the goals you chose from the Risk Factor Goal Sheet?

Renew Your Commitment to Health

1. Don't try to do everything at once. Start with your Nutrition Log goals and Physical Activity Log recommendations.
2. Focus on small changes—baby steps. Switch from whole milk to 2% or from 2% to skim. If you crave something sweet, try a piece of fruit. Eat a salad as the first course of your meal.
3. Write out your goals and keep them visible. Put them on a post-it next to the phone, on the fridge, etc.
4. Use your Participant Journal to keep track of your progress.
5. Reward yourself when you reach your goals. Take a bubble bath!
6. Enlist supporters. Share your goals with family and friends and ask them to check-in with you on a daily or weekly basis.

Follow these steps to be healthy!

7. Look for ways to increase your physical activity everyday: take the stairs rather than the elevator, chose a far away parking space.
8. Don't keep high calorie snacks in the house. Stock fruits and veggies instead!
9. Keep your sneakers by the door to remind you to use them!
10. DO NOT GIVE UP! Everyone slips once in a while. Forgive yourself and get back on track!

Healthy Snacks

Here are some healthier, low fat, between-meal snacks:

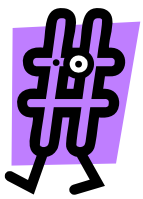
- 100% fruit juice.
- Nonfat or reduced fat milk.
- Nonfat frozen yogurt, sherbet, and sorbet.
- Lowfat cookies (animal crackers, graham crackers, ginger snaps, and fig bars).
- Lowfat crackers (melba toast, or rice, rye, and soda crackers).

Many snacks, including many types of cookies, crackers, and chips are high in saturated fat, *trans* fat, cholesterol, sodium, and high calories.

- Fresh or dried fruit, or fruits canned in their own juice.
- Veggie sticks. Try a dab of Lowfat peanut butter in celery sticks.
- Air-popped popcorn with no salt or butter; fat-free, low sodium pretzels.
- Angel food cake with berries.
- Jam, jelly, or honey on whole grain toast or English muffin.

Think Quickly...What is Your Cholesterol Level?

If your mind just went blank, you are not alone! You could be part of the 30% of women with high cholesterol. Did you realize that **high cholesterol alone can significantly raise your odds of having a stroke**? In a recent study in the journal *Neurology*, researchers found that women with a total cholesterol level of greater than 244 milligrams per deciliter (mg/dL) were MORE THAN TWICE as likely to have a stroke as those with readings lower than 179 mg/dL. "High cholesterol causes plaque to form on the inside of your arteries that lead to the brain, which increases the chance that blood will clot and trigger a stroke," explains study author Toibas Kurth, M.D., assistant professor of medicine at Harvard Medical School.



How to Read a Nutritional Facts Label

The information in the main (top) section of the label can be different with each type of food.

The first place to start when you look at a nutrition label is the **serving size and the servings per container**. This tells you that if the serving size is 1 cup and there are 2 servings per container and you eat the entire container, you will have to multiple the numbers below (calories, etc.) by two.

Calories are a measurement of how much energy you are getting from the foods in the serving. Many Americans eat more calories than their body needs. Just remember that the number of servings you eat determines the number of calories you actually eat. Again, you may have to multiply.

Calories from fat means that almost half the calories in this single serving are coming from fat.

The Nutrients: The main section of the label lists the nutrients. The area: "Limit These Nutrients" most Americans get enough, and in some cases too much of these. In the "Get Enough of These Nutrients" section, eating enough of these nutrients can improve your health and help reduce the risk of some disease and conditions. Some examples are:

- Getting enough calcium may reduce the risk of osteoporosis (condition that results in brittle bones as one ages).
- Eating a diet high in dietary fiber promotes healthy bowel function.
- A diet rich in fruits, veggies, and grains that contain fiber (more importantly soluble fiber) and are low in saturated fat and cholesterol may reduce the risk of heart disease.

Footnote: This shows the recommended dietary advice for all Americans—it is NOT specific to the food product. **Daily Values** (%DV) for each of the nutrients listed are based on public health experts advice. DVs are recommended levels of intake and are based on a 2,000 or 2,500 calorie diet. The eat "Less Than" means that it is recommended that you eat less than what is recommended for each of the sections (example: for a 2,000 calorie diet, eat LESS THAN 45 g of total fat per day).

Faith Site Success Stories

We've been receiving a lot of positive feedback from our faith sites on how well you all, as participants, are doing. Here are a few comments.

Most Holy Redeemer (Detroit, MI):

"This program is excellent for people who lack information about illnesses that can be prevented."

-Gloria F.

Our Lady of Loretto (Lodge Grass, MT):

At the first health screening, Beth H. had a high glucose reading and her Faith Site Leader, Donna Wald told her she needed to follow up with her doctor. It turns out she was diagnosed with diabetes and had no other symptoms. She is very happy she decided to take part in ***H.E.R. Faith Fellowship***!

Brown Chapel A.M.E. (Ypsilanti, MI):

The participants at Brown Chapel are so excited and motivated about the program that they've decided to have a "Biggest Loser" (in weight) contest among the participants!

Keep up the good work everyone!

We're on the web:
www.strokeheart.org/HER

H. E. R. Faith Fellowship
Heart Education & Risk-reduction

Answer questions your doctor asks you as honestly and fully as you can!

Questions to Ask Your Doctor:

Getting answers to these very important questions will help give you information about your heart health and what you can do to improve it. Cut this box out and bring it with you on your next appointment.

1. What is my risk for heart disease?
2. What is my blood pressure? What does it mean for me, and what do I need to do about it?
3. What are my cholesterol numbers (include total, LDL or "bad" cholesterol, and HDL or "good" cholesterol)? What do they mean for me, and what do I need to do about them?
4. What are my "body mass index" and waist measurements? Do they indicate that I need to lose weight for my health?
5. What is my blood sugar level, and does it mean I'm at risk for diabetes?
6. What other screening tests for heart disease do I need? How often should I return for checkups for my heart health?
7. What can you do to help me quit smoking?
8. How much physical activity do I need to help protect my heart?
9. What is a heart healthy eating plan for me? Should I see a registered dietitian or qualified nutritionist to learn more about healthy eating?
10. How can I tell if I'm having a heart attack?

Heart Attack: SURVIVAL PLAN

Fill out the form below and make several copies:

1. Keep one copy near your home phone
2. One copy at your work
3. One copy in your wallet or purse.

Information to Share with Emergency Medical Personnel and Hospital Staff:

Medicines I am taking:_____

_____

_____

Medicines I am allergic to:_____

_____

How to Contact My Health Care Provider:

(If symptoms stop completely in less than 5 minutes, you should still call your health care provider)

Phone number during office hours:

_____

Phone number after office hours:

_____

Person to Contact if I go to the Hospital:

Name:_____

Home Phone:_____

Work Phone:_____

Having a plan means being prepared when an emergency happens!