

SPRING 2019



NEWSLETTER

LET'S LOOK AT THE SODIUM AND BLOOD PRESSURE LINK

It is on everyone's table. It is used as a preservative and flavor enhancer. It comes from the ocean. It is processed from the mines. It is salt, the chemical compound sodium chloride. Table salt is made of 40% sodium and 60% chloride. One teaspoon of table salt contains 2,325 mg of sodium. The average American consumes around 3,400 milligrams (mg) sodium a day, but the recommended amount for a healthy person is 2,300 mg daily. According to the American Heart Association (AHA), people with high blood pressure, or diabetes, African Americans, and adults 51 years or older need even less daily. Their recommendation is 1,500 mg of sodium. So, most people are consuming more salt than what they need.

What links sodium with blood pressure? In general, a high salt diet can lead to retaining fluid. However, salt sensitive people not only retain fluid, but can experience an elevated blood pressure, which places them at higher risk of stroke, heart disease and kidney disease. A high blood pressure causes the heart to work harder, and it can cause damage to blood vessels and the heart muscle. Hypertension or high blood pressure is called the silent killer because a lot of people don't realize they have high blood pressure. About 1 in 3 Americans will develop high blood pressure in their lifetime. Around 50 to 70 million people in the U.S. have hypertension, most of them could benefit from a low-salt diet.

Studies of the DASH diet (Dietary Approaches to Stop Hypertension) a healthy, low-sodium diet, which is high in vegetable intake, and limits salt. The DASH diet can drop high blood pressure significantly. But, first check your blood pressure

with a physician before starting a low salt diet. Other dietary choices are to reduce processed foods, sugary sodas and beverages, which can contain much salt. Also, to eat fresh produce more, choose salt- less seasonings, and use the Nutrition Facts label for food and beverage selections.

The AHA recommends other healthy approaches to achieve an optimal blood pressure, such as losing weight, exercise, reduce stress, eliminate smoking, moderate alcohol intake. To get more information on high blood pressure and what you can do to prevent hypertension check out the AHA handout, "What is High Blood Pressure?" please view https://www.heart.org/-/media/data-import/downloadables/pe-abh-what-is-high-blood-pressure-ucm_300310.pdf



SIX TIPS FOR SOCIAL INTERACTIONS WITH PEOPLE WITH DISABILITIES

Some of us lack experience interacting with people with disabilities. We may feel awkward around them for fear of saying or doing something wrong. Even our best intentions may be hindered by our misperceptions about people with disabilities. To create a supportive social environment, we may need to evaluate, and even revise, our perceptions and attitudes.

The Centers for Disease Control and Prevention (CDC) defines disability as any condition of the body or mind (impairment) that makes it more difficult for the person with the condition to do certain activities (activity limitation) and interact with the world around them (participation restrictions). There are many types of disability that can affect a person's vision, movement, thinking, remembering, learning, communicating, hearing, mental health, and social relationships.

As teachers, parents and caregivers of children and adults there are a few principles to ease discomfort and contribute to having more successful interactions. The following six tips can assist you with students with disabilities and adults in the classroom and one-on-one:

1. Maintain an open mind about what the person with a disability can or cannot do. Allow them to determine their own capabilities.
2. Act as an advocate for treating persons with disabilities with the same dignity and respect you would any other person.

3. Understand that there is a joint responsibility for successful interactions.
4. Always address a person with a disability directly. Speak clearly, at a moderate pace and volume, and allow the person time to respond.
5. In a classroom always face the class to allow persons with hearing disabilities to read your lips. Persons with visual disabilities will also benefit from being able to hear your voice project clearly since they may not be able to see your presentation.
6. It is okay to offer assistance to a person with a physical disability, but be sure to respect their personal space and dignity by asking before assisting.

Although "people with disabilities" is actually a diverse group of people with a wide range of needs. Remember some disabilities may not be easy to see. For more guidance on how to interact with people with disabilities check out this website: https://www.dhs.gov/sites/default/files/publications/guide-interacting-with-people-who-have-disabilities_09-26-13.pdf



"You can do what I cannot do. I can do what you cannot do. Together we can do great things." – Mother Teresa

DIY: MAKE SALT-LESS SEASONINGS TO FLAVOR YOUR FOOD

Most of the sodium Americans consume is from processed and restaurant foods. We get 71% of our daily sodium from these foods. Your body only needs a small amount of salt to work properly. Too much salt can increase your blood pressure and put you at risk for heart disease and stroke.

Even though, we only get 6% of our sodium intake from salt added during cooking or at the table, the rewards for consuming less salt is beneficial, especially if your blood pressure is high. Besides, foods can actually be taste flavorful without salt by incorporating salt-free alternatives. Many salt substitutes contain potassium chloride in place of sodium chloride. Potassium consumed in excess may be harmful for those with kidney problems. If you have kidney issues or are on medication for your heart, kidneys or liver, it is best to check with your doctor before using salt substitutes in place of sodium.

Don't forget to choose the lower salt version for sauces, marinades and powdered version of spices. Explore using

herbs and spices to flavor and enhance your foods. Check out an herb and spice seasoning chart at <https://www.nhlbi.nih.gov/health/educational/healthdisp/pdf/tipsheets/Use-Herbs-and-Spices-Instead-of-Salt.pdf>

Also, you can make inexpensive salt free blends easily. Watch registered dietitian, Laura Oliver's short video on how to make four season blends- All purpose blend for variety of foods, Italian blend for pasta dishes, Mexican blend for burritos, taco, etc., and a dessert blend for breads, beverages like tea or coffee. View video at <https://www.bing.com/videos/search?q=easy+to+make+salt+free+blends&view=detail&mid=716627AC08EDCD5FC385716627AC08EDCD5FC385&FORM=VIRE>



MAY IS NATIONAL STROKE AWARENESS MONTH

A stroke is an attack on the brain. It occurs when blood flow to an area of the brain is cut off causing brain cells deprived of oxygen to die. When brain cells die during a stroke, the abilities controlled by that area of the brain, such as memory and muscle control are lost.

The after effect of a stroke depends on where the stroke occurs in the brain and how much the brain is damaged. For example, a small stroke may only have minor problems such as temporary weakness of an arm or leg. People who have larger strokes may be permanently paralyzed on one side of their body or lose their ability to speak. Some people recover completely from strokes, but more than two-thirds of survivors will have some type of disability.

American Stroke Association (ASA) has the following list of stroke stats: Each year nearly 800,000 people experience a new or recurrent stroke. A stroke happens every 40 seconds. Stroke is the fifth leading cause of death in the nation. Every 4 minutes someone dies from stroke. High blood pressure, high cholesterol, smoking, obesity, and diabetes are leading causes of stroke. One in three American adults has at least one of these conditions or habits. Fortunately, up to 80 percent of strokes can be prevented.

Early action is important for a stroke. So learn the warning signs and symptoms of a stroke so that you can act fast. The chances of survival are greater when emergency treatment begins early and quickly. View the ASA handout "Spot a Stroke F.A.S.T." at https://www.heart.org/idc/groups/heart-public/@wcm/@fdr/documents/downloadable/ucm_467905.pdf

LOW SALT, LOW FAT SUMMER RECIPES

Below is a sample of a summer recipe collection to quench your thirst and satisfy your taste provided by the Mayo Clinic. Check out more of these low sodium recipes at <https://www.mayoclinic.org/healthy-lifestyle/recipes/low-sodium-recipes/rcs-20077197>

Fresh Fruit Smoothie

Ingredients

1 cup fresh pineapple chunks
1/2 cup cantaloupe or other melon chunks
1 cup fresh strawberries
Juice of 2 oranges
1 cup cold water
1 tablespoon honey

Directions

Remove rind from pineapple and melon. Cut flesh into chunks. Remove stems from strawberries. Place all ingredients in blender and puree until smooth. Serve cold.

Nutritional analysis per serving

Serving size: 8 ounces

Total carbohydrate 17 g
Dietary fiber 1 g
Sodium 7 mg
Saturated fat 0 g
Total fat 0 g
Trans fat 0 g
Cholesterol 0 mg
Protein 1 g
Monounsaturated fat 0 g
Calories 72



KIDS SUMMER HUNGER HELP

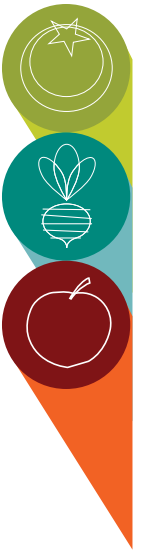
More than 12 million children in the United States live in "food insecure" homes, according to the U.S. Department of Agriculture (USDA). Food insecurity is described as not getting enough food to lead a healthy life. Therefore, children get smaller portions than they need, or parents aren't able to afford nutritious foods.

In the summer time, six out of seven hungry kids do not receive the meals they need. Currently, the national summer meals programs only reaches just 15 percent of the children who need help when school is out of session.

No Kid Hungry is a national campaign run by Share Our Strength, a nonprofit organization working to solve problems of hunger and poverty in the United States and globally. No Kid Hungry also runs a texting service to help parents and caregivers find free summer meals sites in their community.

To utilize this tool just text 'FOOD' to 877-877 to find free summer meals sites in your neighborhood. If there is local food assistance it will give you a listing of places to get food, if no resources appear visit your local Department of Human Resources, food bank or community church for possible assistance. If you are interested in helping or needing more information on No Kid Hungry initiative go to <https://www.nokidhungry.org/ways-you-can-help>

Healthy Wellness Initiative
Alabama Department of Public Health
The RSA Tower
201 Monroe Street, Suite 710
Montgomery, AL 36130



NEWS AND EVENTS

ALABAMA EDUCATIONAL TECHNOLOGY CONFERENCE - JUNE 12- 14, 2019

Arthur R. Outlaw Mobile Convention Center, 1 S. Water Street, Mobile, AL36602

OBESITY TASK FORCE MEETING - JUNE 20, 2019, 9 AM - 12 PM

Network with AL partners across the state to combat obesity.

The University of Alabama, Child Development Research Center, 651 Peter Bryce Blvd., Tuscaloosa, AL 35401

www.alabamapublichealth.gov/obesity

2019 SUMMER HEALTH & PHYSICAL EDUCATION CONFERENCE - JUNE 24 - 25, 2019

Kick Back Ranch & Event Center, 414 Union Academy Ada Rd., Ramer, AL 36069

www.asahperd.org/workshops

MEGA CONFERENCE 2019 - JULY 15 - 19, 2019

Arthur R. Outlaw Mobile Convention Center, 1 S. Water Street, Mobile, AL 36602

www.alsde.edu