Know Your Numbers for Heart and Diabetes

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For more information on ways to lead a healthier lifestyle visit our website GetHealthyCT.org
Like us on Facebook!

February 2016
Know your numbers – blood pressure, blood cholesterol, blood sugar, body mass index (BMI), and waist circumference! It’s important for your health. During February, Get Healthy CT is asking everyone to have their numbers checked by their medical provider, parish nurse, health department, or community meal sites. Some screening opportunities are listed below.

<table>
<thead>
<tr>
<th>Organization Name</th>
<th>Date</th>
<th>Time</th>
<th>Address</th>
<th>City</th>
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</thead>
<tbody>
<tr>
<td>Trumbull Main Library</td>
<td>Monday, January 25th</td>
<td>1:00 pm – 2:30 pm</td>
<td>33 Quality Street</td>
<td>Trumbull</td>
</tr>
<tr>
<td>Fairfield ShopRite</td>
<td>Tuesday, February 2nd</td>
<td>10:00 am – 12:00 pm</td>
<td>1975 Black Rock Turnpike</td>
<td>Fairfield</td>
</tr>
<tr>
<td>Stratford Library</td>
<td>Wednesday, February 3rd</td>
<td>10:00 am – 12:00 pm</td>
<td>2203 Main Street</td>
<td>Stratford</td>
</tr>
<tr>
<td>Stratford Town Hall, Council Chambers (as part of Town Council Meeting)</td>
<td>Monday, February 8th</td>
<td>5:00 pm – 6:30 pm</td>
<td>2725 Main Street</td>
<td>Stratford</td>
</tr>
<tr>
<td>South End Community Center</td>
<td>Wednesday, February 10th</td>
<td>9:30 am – 11:30 am</td>
<td>19 Bates Street</td>
<td>Stratford</td>
</tr>
<tr>
<td>St. Vincent's Parish Nurse Congregations – Blood Pressure Sunday at your local church</td>
<td>Sunday, February 14th</td>
<td>Varies</td>
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<tr>
<td>Bridgeport City Council</td>
<td>Tuesday, February 16th</td>
<td>6:00 pm</td>
<td>45 Lyon Terrace</td>
<td>Bridgeport</td>
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Visit GetHealthyCT.org for more information about the Know Your Numbers campaign and how to get your numbers in a healthy range.
It’s never too late to make better choices for health, and we invite you to start a new life resolution. All you need is a goal, a plan and the desire to live better.

To find out where you stand with the simple seven, just take the My Life Check assessment. In a few minutes, you will know how you’re doing with each one of life’s simple seven; you will also get your own personal heart score and life plan.

Your results will include an action plan that is customized to your lifestyle and health outlook. Your last step is a promise: a resolution to make healthy, positive changes step-by-step, for a long, healthy future.

Visit [Heart.org/MyLifeCheck](http://Heart.org/MyLifeCheck) to start your new life resolution.

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**My Life Check™**  
*Live Better With Life's Simple 7™*

The My Life Check™ tool is based on the latest cardiovascular science interpreted by American Heart Association medical experts. It will help a person assess their individual needs and develop unique steps to change their behavior and move closer to their individual health goals. This simple, seven step list has been developed to deliver on the hope we all have—to live a long, productive, healthy life.

Visit [Heart.org/MyLifeCheck](http://Heart.org/MyLifeCheck) to start your new life resolution.

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Want to get heart healthy? [Visit Heart360.org](http://Heart360.org). Heart360® is a convenient and secure location for you to track and manage your heart health. Record your health data with our online trackers, access additional information and resources on how to be heart healthy, and even share your results with your provider.

Visit [Heart360.org](http://Heart360.org) and see how easy managing your heart health can be!
Here is a quick quiz to find out your risk of a heart attack. If you don’t know some of the answers, check with your health care provider.

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>Don’t Know</th>
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<tr>
<td>Do you smoke?</td>
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<td>Is your blood pressure 140/90 mmHg or higher, OR have you been told by</td>
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<td>your doctor that your blood pressure is too high?</td>
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<tr>
<td>Has your doctor told you that your total cholesterol level is 200</td>
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<tr>
<td>mg/dL or higher, OR your HDL (good cholesterol) is less than 40 mg/dL?</td>
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<td>Has your father or brother had a heart attack before age 55, OR has</td>
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<tr>
<td>your mother or sister had one before age 65?</td>
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<tr>
<td>Do you have diabetes OR a fasting blood sugar of 126 mg/dL or higher, OR</td>
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<td>do you need medicine to control your blood sugar?</td>
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<td>Are you over 55 years old?</td>
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<td>Do you have a body mass index (BMI) score of 25 or more?</td>
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<td>Do you get less than a total of 30 minutes of physical activity on</td>
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<td>most days?</td>
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<td>Has a doctor told you that you have angina (chest pains), OR have you</td>
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<tr>
<td>had a heart attack?</td>
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If you answered “yes” to any of these questions, you’re at an increased risk of having a heart attack.

To learn more, visit www.hearttruth.gov

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Consequences of High Blood Pressure

High blood pressure (HBP) can injure or kill you. When high blood pressure is uncontrolled, it can lead to:

- **STROKE**: HBP damages arteries that burst or clog more easily.
  - 77% of people who have a first stroke have HBP. HBP increases your stroke risk by four to six times.

- **VISION LOSS**: HBP can strain the vessels in the eyes.

- **HEART ATTACK**: HBP damages arteries that can become blocked.
  - 69% of people who have a first heart attack have HBP.

- **HEART FAILURE**: HBP can cause the heart to enlarge and fail to supply blood to the body.
  - 75% of people with congestive heart failure have HBP.

- **KIDNEY DISEASE/FAILURE**: HBP can cause arteries around the kidneys to narrow, weaken or harden so the kidneys lose their ability to filter blood.
  - HBP is the second-leading cause of kidney failure.

- **ERECTILE DYSFUNCTION**: HBP leads to erectile dysfunction because of reduced blood flow throughout the body.

**Did You Know?**

- At 50, total life expectancy is five years longer for people with normal blood pressure.
- The estimated cost of HBP in 2010 (the most-recent statistics available) is $46.4 billion.

For more information [heart.org/bloodpressure](http://heart.org/bloodpressure)
Consecuencias de la hipertensión arterial

La hipertensión arterial (HTA) puede provocarle lesiones o matarlo. Si la hipertensión arterial no se mantiene estable, puede dar lugar a:

**Accidente Cerebrovascular**
La HTA provoca daños en las arterias, de forma que pueden romperse u obstruirse con más facilidad.

- **El 77%** de las personas que tienen un primer accidente cerebrovascular tiene HTA. La HTA aumenta el riesgo de accidente cerebrovascular entre cuatro y seis veces.

**Pérdida de la Visión**
La HTA puede lesionar los vasos de los ojos.

**Insuficiencia Cardíaca**
La HTA puede hacer que el corazón aumente de tamaño y no logre suministrar sangre a todo el cuerpo.

- **El 75%** de las personas con insuficiencia cardíaca congestiva tiene HTA.

**Disfunción Eréctil**
La HTA provoca disfunción eréctil debida a la reducción del flujo sanguíneo que circula por el cuerpo.

**Ataque Cardíaco**
La HTA provoca daños en las arterias, de forma que pueden obstruirse.

- **El 69%** de las personas que sufren un primer ataque cardíaco tiene HTA.

**Enfermedad Renal/Insuficiencia Renal**
La HTA provoca daños en las arterias, de forma que pueden obstruirse.

- La HTA es la segunda causa de insuficiencia renal

¿Sabía que...?

- A los 50, la esperanza de vida es cinco años mayor en el caso de personas con presión arterial normal.
- El coste estimado de la HTA en 2010 (están disponibles los datos más recientes) fue de 46.400 millones de dólares americanos.

Para obtener más información: heart.org/bloodpressure
Heart disease is the #1 killer of American women, and physical inactivity is one of several major risk factors. So put your heart into getting active. Here are 5 tips to get you going.

1. **There are no good excuses**
   You can get active throughout the day. Take walks at work instead of coffee breaks, or just do more of what you already love—biking, dancing, and gardening all count.

2. **A complete program has three types of activity**
   1) Aerobic activity like brisk walking, jogging, or biking gets your heart rate up.
   2) Resistance training (like doing pushups) firms, strengthens, and tones muscles.
   3) Flexibility exercises stretch and lengthen muscles so you’re more flexible—think yoga or tai chi.

3. **Choose activities that suit your style**
   While some people like to exercise alone, others benefit from the support of group classes or team sports. Whether indoors or outdoors, find what works for you and get your most vigorous physical activity at the time of day you feel most energetic, so you’ll stick with it.

4. **Once you get active, make sure you stay active**
   If you get bored with an activity, try something new by joining a gym or the YMCA. Set short- and long-term goals to become more physically active, and plan ahead by scheduling your physical routines into your day—that way, you’ll make it a priority.

Find out more about getting active and living a heart healthier lifestyle by visiting [www.hearttruth.gov](http://www.hearttruth.gov).
PONLE CORAZÓN A LA ACTIVIDAD FÍSICA

La enfermedad del corazón es la principal causa de muerte en las mujeres norteamericanas y la falta de actividad física es uno de los factores de riesgo más importantes. Así que ponle corazón a la actividad física. Aquí te damos 5 consejos para empezar.

NO NECESITAS ESTAR TODO EL DÍA EN EL GIMNASIO

Realiza un total de 2 horas y 30 minutos de actividad aeróbica moderada-intensa por semana—dedicale al menos 10 minutos a cada una. Esto puede reducir tu riesgo de desarrollar la enfermedad del corazón y otros factores de riesgo, como la presión arterial alta, diabetes y tener sobrepeso. También puede aumentar tu autoestima y darte más energía.

NO HAY BUENAS EXCUSAS

Durante el día de trabajo sal a caminar, utiliza las escaleras en vez del elevador y camina para hablar con tus colegas del trabajo, en vez de llamarlos por teléfono o enviarles un correo electrónico. O simplemente haz lo que te gusta, ya sea bailar, plantar flores en tu jardín o andar en bicicleta.

UN PROGRAMA COMPLETO TIENE 3 TIPOS DE ACTIVIDADES

1) Actividad aeróbica para elevar los latidos del corazón: caminar rápido, correr a paso lento o andar en bicicleta. 2) Entrenamiento con resistencia: levantar pesas o hacer flexiones de brazos para reforzar los músculos. 3) Ejercicios de estiramiento para que tus músculos sean más flexibles, como yoga.

SELECCIONA ACTIVIDADES EN LAS CUÁLES TE SIENTAS CÓMODA

Algunas personas prefieren realizar actividad física de forma grupal, mientras que otras prefieren hacerla solas. También hay personas que prefieren realizar estas actividades afuera en un parque y otras en un gimnasio. Busca qué es lo que te gusta a ti, qué es lo que mejor funciona para ti. De esta manera podrás mantener este estilo de vida a largo plazo.

CONSEJOS PARA MANTENER UN ESTILO DE VIDA ACTIVO PARA TODA LA VIDA

Si te aburres, intenta algo nuevo, no bajes los brazos. Crea objetivos a corto y largo plazo y establece una rutina diaria que te dé la oportunidad de hacer ejercicio, la actividad física debe ser una prioridad.

Aprende más sobre la importancia de la alimentación sana para tener un corazón y una vida saludable. Visita www.hearttruth.gov.

www.facebook.com/hearttruth   www.twitter.com/thehearttruth

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Publicación de NIH No. 13-7938S
Julio de 2013
How Do I Follow a Healthy Diet?

The American Heart Association recommends an eating plan that emphasizes intake of vegetables, fruits, and whole grains and includes low-fat dairy products, poultry, fish, legumes (dried beans and peas), nontropical vegetable oils, nuts and seeds. It should limit intake of sodium, sweets, sugar-sweetened beverages and red meats.

Vegetables

• One serving equals: 1 cup raw leafy vegetables (about the size of a small fist); ½ cup cut-up raw or cooked vegetables; ½ cup vegetable juice.

• Eat a variety of colors and types, especially deeply colored vegetables, such as spinach, carrots, and broccoli.

• Look for vegetables that are fresh, frozen, or canned in water without added sugar, saturated and trans fats, or salt.

Fruits

• One serving equals: 1 medium fruit (about the size of a baseball); ¼ cup dried fruit; ½ cup fresh, frozen, or canned fruit; ½ cup 100% fruit juice.

• Eat a variety of colors and types, especially deeply colored fruits such as peaches and berries.

• Eat whole fruits to get all of the nutrients (such as fiber) that can be missing in some juices.

Whole grains

• One serving equals: 1 slice bread; ½ cup hot cereal, 1 cup flaked cereal; or ½ cup cooked rice or pasta (about the size of a baseball).

• At least half of your servings should be high-fiber whole grains. Select items like whole-wheat bread, whole-grain crackers and brown rice.

• Aim for about 25-30 grams of fiber from foods each day.

Poultry, fish and lean meats (less than 6 cooked ounces per day)

• A 3 oz. portion is about the size of a deck of playing cards, ½ of a chicken breast or ⅛ cup of flaked fish.

• Enjoy at least 2 servings of baked or grilled fish each week; especially fish high in omega-3 fatty acids, like salmon, trout, and herring. (3 oz. of grilled or baked fish is about the size of a checkbook).

• Trim all visible fat from meats before cooking.

• Remove skin from poultry before eating.
Nuts, seeds, and legumes
• One serving equals: 1/3 cup or 1 1/2 oz nuts; 2 Tbsp. peanut butter (no salt added); 2 Tbsp. or 1/2 oz seeds; 1/2 cup cooked legumes (dried beans or peas).
• Add beans to your soups, salads, and pasta dishes.
• Try unsalted nuts in your salads, stir-fries, or stirred into yogurt.

Low-fat dairy products
• One serving equals: 1 cup milk or yogurt or 1 1/2 oz. low sodium, fat-free or low-fat cheese (about the size of 6 stacked dice).
• Use only milk products with 0% to 1% fat. 2% milk is not low-fat.
• Have only fat-free or low-fat yogurt with no added sugars.
• Use dry-curd, fat-free or low-fat cottage cheese.
• Cheeses (low-sodium, fat-free or low-fat) should have no more than 3 grams of fat per oz. and no more than 2 grams of saturated fat per oz.
¿Cómo puedo seguir una dieta saludable?

American Heart Association recomienda un plan de alimentación que haga hincapié en la ingesta de verduras, frutas y granos integrales e incluya productos lácteos bajos en grasas, aves, pescados, legumbres (frijoles o guisantes secos), aceites vegetales no tropicales, nueces y semillas. Debe limitar el consumo de sodio, dulces, bebidas endulzadas con azúcar y carnes rojas.

**Verduras**
- Una porción equivale a: 1 taza de verduras de hojas verdes crudas (aproximadamente el tamaño de un puño pequeño); 1/2 taza de verduras crudas o cocidas cortadas; 1/2 taza de jugo de verduras.
- Consuma tipos y colores variados, especialmente las verduras de colores fuertes como la espinaca, la zanahoria y el brócoli.
- Busque verduras frescas, congeladas o enlatadas en agua sin azúcar agregada, grasas saturadas o grasas trans y sin sal.

**Frutas**
- Una porción equivale a: 1 fruta mediana (del tamaño de una pelota de béisbol); 1/4 taza de fruta seca; 1/2 taza de fruta fresca, congelada o en lata; 1/2 taza de jugo de fruta 100% naturales.
- Consuma tipos y colores variados, especialmente frutas de colores fuertes como el melocotón y las bayas.
- Consuma frutas enteras para obtener todos los nutrientes (como la fibra) que no están presentes en algunos jugos.

**Granos integrales**
- Una porción equivale a: 1 rebanada de pan; 1/2 taza de cereal caliente, 1 taza de cereal en copos; 1/2 taza de arroz o pasta cocida (del tamaño de una pelota de béisbol).
- Por lo menos la mitad de sus porciones deben ser granos integrales ricos en fibras. Elija artículos como pan de trigo integral, galletas de grano integral y arroz integral.
- Trate de consumir cerca de 25 a 30 gramos de fibra de los alimentos cada día.

**Aves, pescados y carne magra (menos de 6 onzas cocidas por día)**
- Una porción de 3 oz es aproximadamente el tamaño de un mazo de cartas, 1/2 pechuga de pollo o 3/4 de taza de pescado desmenuzado.
- Disfrute al menos 2 porciones de pescado horneado o a la parrilla por semana, especialmente pescados ricos en ácidos grasos omega 3 como el salmón, la trucha y el arenque (3 oz de pescado horneado o a la parrilla tiene aproximadamente el tamaño de una chequera).
¿Cómo puedo seguir una dieta saludable?

- Elimine toda la grasa visible de las carnes antes de cocinarla.
- Retire toda la piel de la carne de ave antes de comerla.

**Nueces, semillas y legumbres**
- Una porción equivale a: 1/3 taza o 1 1/2 oz de nueces; 2 cucharada de mantequilla de maní (sin sal agregada); 2 cucharada o 1/2 oz de semillas; 1/2 taza de legumbres cocidas (frijoles o guisantes secos).
- Agregue frijoles a sus sopas, ensaladas y platos de pasta.
- Pruebe usar nueces en sus ensaladas, salteados o en el yogurt.

**Productos lácteos bajos en grasa**
- Una porción equivale a: 1 taza de leche o yogur o 1½ oz de queso bajo en sodio, sin grasa o bajo en grasas (del tamaño de 6 dados apilados uno sobre el otro).
- Utilizar solo los productos lácteos con 0% a 1% de grasa. La leche 2% no es baja en grasas.
- Consuma solo yogur sin grasas o bajo en grasas sin azúcar agregado.
- Utilice requesón seco, sin grasa o bajo en grasas.
- Los quesos (bajos en sodio, sin grasa o bajos en grasas) no deben tener más de
  - 3 gramos de grasa por onza y no más de
  - 2 gramos de grasa saturada por onza.

**¿Dónde puedo obtener más información?**

1. Llame al 1-800-AHA-USA (1-800-242-8721) o visite heart.org para aprender más sobre las enfermedades del corazón.
2. Suscribase para recibir Heart Insight, una revista gratuita para pacientes cardíacos y sus familias en heartinsight.org.
3. Conéctese con otras personas que comparten vidas similares con enfermedad del corazón y ataque cerebral, uniéndose a la red de apoyo en heart.org/supportnetwork.

**¿Cúantas calorías debo comer por día?**

**¿Cuál es un libro de cocina bueno y sano?**

- Tenemos muchas otras hojas de datos para ayudarlo a tomar decisiones más saludables para reducir su riesgo, controlar su enfermedad o cuidar a un ser querido. Visite heart.org/respuestasdelcorazon para aprender más.

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Cook with Heart-Healthy Foods

You can protect your heart and blood vessels by:

- Eating less unhealthy fats (trans fat, saturated fat and cholesterol) and by choosing the types of fats that help your cholesterol levels (unsaturated fats).
- Maintaining a healthy weight by keeping portions in perspective and making healthy food choices.
- Reducing your sodium intake, which can help many people with blood pressure control.

The ingredients you use and the way you cook can make a big difference. Below are some practical tips to remember for heart-healthy eating and cooking.

Choose the Right Fats – In Moderation!
This means limiting foods high in trans fat, saturated fat and cholesterol – like processed snacks and sweets, baked goods, fried foods, high-fat dairy products, solid fats, and high-fat meats. Instead, choose lean protein foods and low-fat dairy products. Limit the amount of processed snacks and baked goods you buy and eat. Choose more nutritious fresh foods to include in your snacks and meals such as fresh vegetables, whole grains, nuts and fruit. When cooking, skip the butter and margarine and try healthy vegetable-based oils in moderation.

Read more about which foods contain healthy and unhealthy fats on our Fats page.

Include Those Omega-3s
Omega-3 fatty acids are a type of healthy fat that helps prevent the clogging of arteries. We recommend including fish (non-fried) in your meal plan at least twice a week – especially those high in omega-3 fatty acids. These "fatty" fish include salmon, albacore tuna, herring, rainbow trout, mackerel and sardines.

Other foods that provide omega-3 fatty acids include soybean products, walnuts, flaxseed and canola oil. It's also great if you can include some of these sources in your diet. Try mixing walnuts into your morning oatmeal or adding tofu to your stir-fry.

Choose a Healthy Cooking Method
You can cut down on the calories in your meals by broiling, microwaving, baking, roasting, steaming or grilling foods. Avoid frying foods in lots of oil, lard or butter.

It is okay to use some fat when cooking. Just make sure you use oil high in unsaturated fats and don't use too much. (Remember that all fats are dense in calories, so they will add up quickly.) Some ideas are olive, peanut, corn, vegetable, safflower, sunflower or flaxseed oil. Nonstick pans and cooking sprays also work well if you're trying to reduce calories in a dish.

Homemade and Fresh Is Best!
Restaurant food tends to be high in calories, sodium, and unhealthy fats – all things you want to watch if you're eating heart healthy. Try to cook at home as much as possible with fresh, healthy ingredients. You'll find that you have much more control over what goes into your food.

If you are looking for diabetes-friendly recipes to make at home, sign up for Recipes for Healthy Living. You'll receive with dozens of meal ideas, healthy tips and recipes each month.

Boost Flavor Without Unhealthy Fats and Salt
Look for recipes that use herbs and spices for flavor instead of salt, butter, lard, or other unhealthy fats. Try these tricks to season your food:
- Squeeze fresh lemon juice or lime juice on steamed vegetables, broiled fish, rice, salads or pasta.
- Try salt-free lemon pepper or mesquite seasoning on chicken.
- Try a salt-free herbs and spices. Fresh herbs are also a great choice.
- Use onion and garlic to liven up meats and vegetables.
- Try marinating and grilling chicken or pork with barbecue sauce or with a homemade marinade.

**Trim the Fat When Possible**
Cut away visible fat from meat and poultry. Roast food on a rack to let the fat drip off. Make soups a day ahead so you can chill them and then remove the fat that has risen to the top.

**Substitute Healthier Ingredients In Your Favorite Recipes**

**Instead of** regular ground beef...
**Try** 90% lean ground beef or better yet, try lean ground turkey breast.
**Why?** Fewer calories, less saturated fat and less cholesterol.

**Instead of** sour cream on tacos or in dips...
**Try** non-fat plain yogurt (regular or Greek).
**Why?** Fewer calories and less saturated fat.

**Instead of** butter or margarine when cooking vegetables or protein foods...
**Try** trans-free margarine and oils like olive oil or vegetable oil.
**Why?** No trans fat, less saturated fat and more heart-healthy unsaturated fats.

**Instead of** butter or margarine when baking...
**Try** substituting half with applesauce.
**Why?** Fewer calories and less saturated fat.

**Instead of** cream, whole milk or 2% milk...
**Try** 1% milk or skim milk.
**Why?** Fewer calories and less saturated fat.

**Instead of** regular cheese...
**Try** reduced-fat cheese or use less.
**Why?** Fewer calories, less saturated fat and less cholesterol.

**Instead of** snack foods with hydrogenated oil, palm oil or coconut oil (crackers, chips, candy or baked goods)...
**Try** fruit with plain yogurt, fresh vegetables and hummus, a slice of whole wheat toast and natural peanut butter, nuts and dried fruit.
**Why?** Less sodium, less saturated fat and zero trans fat.

**Instead of** regular mayonnaise...
**Try** light mayonnaise or mustard on sandwiches. Try non-fat plain yogurt or a combination of non-fat plain yogurt and light mayonnaise if used in dressing, sauces and dips.
**Why?** Fewer calories.

**Instead of** bologna, salami or pastrami...
**Try** sliced low-sodium turkey or roast beef. Or better yet, cook fresh chicken or turkey on the weekend and use throughout the week for meals.
**Why?** Less total fat, less saturated fat and less sodium.

COULD YOU HAVE PREDIABETES?
Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk for prediabetes.

TAKE THE TEST—KNOW YOUR SCORE!
Answer these seven simple questions. For each “Yes” answer, add the number of points listed. All “No” answers are 0 points.

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<td>9</td>
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Are you a woman who has had a baby weighing more than 9 pounds at birth?
Do you have a sister or brother with diabetes?
Do you have a parent with diabetes?
Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?
Are you younger than 65 years of age and get little or no exercise in a typical day?
Are you between 45 and 64 years of age?
Are you 65 years of age or older?

Add your score and check the back of this page to see what it means.

AT-RISK WEIGHT CHART

<table>
<thead>
<tr>
<th>Height</th>
<th>Weight</th>
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<td>172</td>
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<td>6'3&quot;</td>
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<td>6'4&quot;</td>
<td>221</td>
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</table>
IF YOUR SCORE IS 3 TO 8 POINTS
This means your risk is probably low for having prediabetes now. Keep your risk low. If you’re overweight, lose weight. Be active most days, and don’t use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for type 2 diabetes.

IF YOUR SCORE IS 9 OR MORE POINTS
This means your risk is high for having prediabetes now. Please make an appointment with your health care provider soon.

HOW CAN I GET TESTED FOR PREDIABETES?
**Individual or group health insurance:** See your health care provider. If you don’t have a provider, ask your insurance company about providers who take your insurance. Deductibles and copays may apply.

**Medicaid:** See your health care provider. If you don’t have a provider, contact a state Medicaid office or contact your local health department.

**Medicare:** See your health care provider. Medicare will pay the cost of testing if the provider has a reason for testing. If you don’t have a provider, contact your local health department.

**No insurance:** Contact your local health department for more information about where you could be tested or call your local health clinic.

www.cdc.gov/diabetes
¿PODRÍA TENER PREDIABETES?
Prediabetes significa que el nivel de glucosa (azúcar) en la sangre es más alto de lo normal, pero todavía no se considera diabetes. La diabetes es una enfermedad grave que puede causar ataques al corazón, accidentes cerebrovasculares, ceguera, daño al riñón y la amputación de los pies o las piernas. Las personas con prediabetes pueden retrasar o prevenir la diabetes tipo 2 mediante programas eficaces de estilo de vida. Dé el primer paso. Conozca cuál es su riesgo de padecer diabetes.

¿CONTESTE EL CUESTIONARIO Y SEPA SU PUNTAJE!
Responda estas siete preguntas sencillas. Por cada respuesta de “Sí”, sume el número de puntos indicado. Todas las respuestas de “No” equivalen a 0 puntos.

¿Ha dado a luz a un bebé que haya pesado más de 9 libras al nacer?
Si 1  No 0
¿Tiene una hermana o hermano con diabetes?
Si 1  No 0
¿Un de sus padres tiene diabetes?
Si 1  No 0
Busque su estatura en la tabla. ¿Pesa usted lo mismo o más que lo señalado para su estatura?
Si 5  No 0
¿Tiene menos de 65 años de edad y hace muy poco o nada de ejercicio en un día normal?
Si 5  No 0
¿Tiene usted entre 45 y 64 años?
Si 5  No 0
¿Tiene usted 65 años o más?
Si 9  No 0

SUME SU PUNTAJE Y VEA LO QUE SIGNIFICA EN EL OTRO LADO DE ESTA HOJA.

### TABLA DE RIESGO SEGÚN EL PESO

<table>
<thead>
<tr>
<th>Estatura</th>
<th>Peso Libras</th>
<th>Estatura</th>
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<td></td>
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<td>6’4”</td>
<td>221</td>
</tr>
</tbody>
</table>
**SI SU PUNTAJE ES DE 3 A 8 PUNTOS**

Esto significa que su riesgo de tener prediabetes probablemente sea bajo en este momento. Mantenga su riesgo bajo. Si tiene sobrepeso, baje de peso. Manténgase activo la mayoría de los días y no consuma tabaco. Haga que sus comidas sean bajas en grasa y que contengan frutas, verduras y granos integrales. Si tiene colesterol alto o presión arterial alta, consulte a su proveedor de salud acerca de su riesgo de diabetes tipo 2.

**SI SU PUNTAJE ES DE 9 PUNTOS O MÁS**

Esto significa que su riesgo de tener prediabetes es alto en este momento. Por favor pida una cita con su proveedor de salud pronto.

**¿CÓMO ME PUEDEN HACER PRUEBAS DE DETECCIÓN DE PREDIABETES?**

**Seguro médico individual o de grupo:** Consulte con su proveedor de salud. Si no tiene un proveedor, pregunte a su compañía de seguros qué proveedores aceptan su seguro médico. Es posible que deba pagar un copago o un deducible.

**Medicaid:** Consulte con su proveedor de salud. Si no tiene un proveedor, comuníquese con la oficina estatal de Medicaid o su departamento de salud local.

**Medicare:** Consulte con su proveedor de salud. Medicare pagará el costo de las pruebas si el proveedor tiene una razón para solicitarlas. Si no tiene un proveedor, comuníquese con su departamento de salud local.

**¿No tiene seguro médico?** Comuníquese con su departamento de salud local para obtener más información sobre dónde se puede hacer las pruebas o comuníquese con su centro médico local.
86 million American adults—more than 1 out of 3—have prediabetes.

9 out of 10 people with prediabetes do not know they have it.

Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes.

Prediabetes increases your risk of:
- Type 2 Diabetes
- Heart Disease
- Stroke

If you have prediabetes, losing weight by:
- Eating Healthy
- Being More Active

Can cut your risk of getting type 2 diabetes in half.
People who have diabetes are at higher risk of serious health complications:

- Blindness
- Kidney failure
- Heart disease
- Stroke
- Loss of toes, feet, or legs

15-30% of people with prediabetes will develop type 2 diabetes within 5 years.

You can prevent type 2 diabetes:

FIND OUT IF YOU HAVE PREDIABETES —
See your doctor to get your blood sugar tested

- Eat healthy
- Be more active
- Lose weight

Join a CDC-recognized diabetes prevention program

Learn more from CDC and take the Prediabetes Risk Quiz at http://www.cdc.gov/diabetes/prevention

References


CDC’s Division of Diabetes Translation works toward a world free of the devastation of diabetes.
Monthly Health Challenge: Push Up Challenge

The Push Up is a great exercise that engages multiple muscle groups including arms, chest, core, and back. Push Ups increase strength reducing your risk of injury during day to day activities.

Think you can’t do a Push Up? Think again! There are several types of Push Ups:

**Push Up:** Start in plank position. Lower your body until your chest is almost to the floor. Push back up to plank position. Core should stay engaged the entire time and keep your body straight - don’t let those hips sag!

**Modified Push Up:** Push Up with knees on the floor at all times.

**Wall Push Up:** Place hands on wall at shoulder height (slightly wider than shoulders). Walk back to angle yourself against the wall, engage core as you lower your body to the wall and push back. If too difficult, walk closer to the wall.

New to Push Ups? We recommend the Easy Track (E) below.

Push Up Champion? Do the Challenging Track (C) below.

**FEBRUARY**

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<th>Sunday</th>
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<td>8 (E) Rest (C) Rest</td>
<td>9 (E) 7 (C) 23</td>
<td>10 (E) 8 (C) 24</td>
<td>11 (E) 9 (C) 25</td>
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<td>26 (E) 18 (C) 36</td>
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http://30dayfitnesschallenges.com/
**Monthly Recipe:  Sweet Potato Nachos**

**Ingredients**

- 3 medium sweet potatoes (about 2 pounds), makes about 6 cups of rounds
- 1 Tbsp. olive oil
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1 1/2 tsp. paprika
- 1/3 cup black beans
- 1/3 cup reduced-fat shredded Cheddar cheese
- 1/3 cup chopped tomato (1 plum tomato)
- 1/3 cup no-salt-added, canned, diced tomatoes
- 1/3 cup chopped avocado

**Directions**

1. Preheat the oven to 425°F. Cover the baking pans with foil and coat with nonstick cooking spray.
2. Peel and slice the sweet potatoes thinly (about quarter-inch rounds). In a bowl, toss the rounds with olive oil, chili powder, garlic powder and paprika. Spread evenly on prepared pan (might need two pans). Bake for 10 minutes and use a spatula to flip the sweet potato rounds. Bake for another 5-10 minutes or until crisp.
3. Remove the pan from the oven and sprinkle beans and cheese over the sweet potatoes. Return to oven until cheese melts, about 2 minutes. Sprinkle with tomato and avocado. Serve.

**Calories:** 209; **Sodium:** 194 mg; $1.56 per serving

**Source:** “Recipe copyright © 2015 American Heart Association. This recipe is brought to you by the American Heart Association's Simple Cooking with Heart® Program. For more simple, quick and affordable recipes, visit heart.org/simplecooking.”