



February 2016

An exploration of health and wellness in and around our community.

February is **Heart** Health Awareness Month



Heart disease is the leading cause of death in the United States. The term heart disease, also known as cardiovascular disease, is a heart condition that includes diseased vessels, heart rhythm abnormalities, or genetic defects. The most common type of heart disease is disease of the vessels, such as coronary artery disease. When an individual develops coronary artery disease, they're much more likely to experience a stroke or heart attack.

The American Heart Association and CDC focus strongly on uncontrolled high blood pressure because it is the leading cause of heart disease and stroke. Affecting 1 in 3 Americans, only about half of Americans with high blood pressure have it under control. Southeastern states, including Georgia, have a much higher prevalence of high blood pressure than the rest of the nation.

Unhealthy habits can increase your risk of high blood pressure including smoking tobacco, eating foods high in sodium and low in potassium, physical inactivity, being obese, and drinking too much alcohol. Certain diseases, such as diabetes can also increase your risk for high blood pressure. Normal blood pressure is less than 120/80. However, high blood pressure often has no signs or symptoms.

The only way to know if you have high blood pressure is to check regularly. You can check your blood pressure at doctor visits, drugstores, or at home with a blood pressure cuff. Lifestyle changes can help to reduce blood pressure, such as losing weight, becoming more physically active, and limiting sodium intake to fewer than 2,200mg per day. While life style change is a great first step in controlling blood pressure, medication is sometimes necessary. Every day that your blood pressure is under control is a day of relief for your heart.

Focus on Facilities Spiritual Wellness at Eastman RYDC

The Wellness Team at Eastman RYDC gave its youth the opportunity to create and reflect during a recently scheduled spiritual wellness activity. During the event, each participant was given reflection time before beginning snowflake painting. Each youth took this time to reflect on their own individual uniqueness, just like nature makes every snowflake unique. While painting, staff took time to provide youth a supportive connection. As the youth left the activity and were thanked, most youth turned and replied, "Thank you for the activity."

The Eastman RYDC staff did an excellent job organizing this event. Thank you to the Wellness Team and all staff that made this project possible.



Getting to Know Our Staff: Shanteva Mitchell

Shanteva is the Food Service Director at Metro RYDC

I've been with the DJJ for: "7 Years"

My favorite part of my job: "Knowing that I have a great team that will always keep our youth satisfied on a daily basis."

My advice for our youth: "Learn how to make some wise decisions so they can better themselves."

After work each day, you'll find me: "Still working and keeping up with my home and family."



Spotlight on Food Trends: Red Wine for Heart Health

Red wine was a hot topic in heart health only a few years ago. Recently, however, those headlines have faded. A headlining health fad going out of style is nothing new, so most of us lived on with the knowledge that red wine is heart healthy. But is this accurate? What barely made the headlines in 2013 was that Dr. Dipak Das, a pioneer in red wine research, had fabricated data in over 20 of his red wine studies that declared benefits to the heart. Dr. Das's studies were the foundation on which these claims were built, so when they were retracted, the "red wine for the heart" movement slowed. While his research was fabricated, the topic is still studied widely. For now, the American Heart Association doesn't recognize red wine as explicitly heart healthy, and advises to keep consumption to 4oz a day for women and a maximum of 8oz for men.



Recipe of the Month

Sriracha Buffalo Cauliflower Bites

A fiber packed, heart healthy Super Bowl 50 snack!

Ingredients:

- 8 cups 1 1/2-inch cauliflower florets
- 2 tablespoons extra-virgin olive oil
- 1/4 teaspoon kosher salt
- 2 tablespoons hot sauce, such as Frank's Red Hot
- 1-2 tablespoons sriracha sauce
- 1 tablespoon butter, melted
- 1 tablespoon lemon juice



Directions:

Preheat oven to 450°F. Coat a large rimmed baking sheet with cooking spray. Toss cauliflower, oil and salt in a large bowl. Spread on the prepared baking sheet; reserve the bowl. Roast the cauliflower until it's starting to soften and brown on the bottom, about 15 minutes. Meanwhile, combine hot sauce, sriracha to taste, butter and lemon juice in the large bowl. Add the roasted cauliflower and toss to coat. Return the cauliflower to the baking sheet and continue roasting until hot, about 5 minutes more.

Nutrition Facts:

Serving Size: 3/4 Cup, 99 Calories; 7g Fat; 8g Carbs; 3g Protein; 3g Fiber; 288 mg sodium; 439 mg potassium.

