

ON THE MOVE

IT'S HEART MONTH!

FEBRUARY 2019

701.845.8518 | www.barnesonthemove.org

Healthy Body, Happy Heart

Every moment of the day, your heart is pumping blood throughout your body. In silent moments, you can hear the thump-thump-thump of its demanding work. Do you take your heart for granted? Most of us will have heart trouble at some point in our lives. Heart disease is the number one killer of women and men in the United States. But you can take steps now to lower your risk.

"About 1 out of 3 people in America will die of heart disease," says NIH heart disease expert Dr. David C. Goff, Jr. "And about 6 out of every 10 of us will have a major heart disease event before we die."

The three major risk factors for heart disease have been known since the 1960s: smoking, high blood pressure, and high cholesterol levels. These were identified in NIH's Framingham Heart Study, a long-term study of people in Framingham, Massachusetts.

*"The most important things...
eat a healthy diet, get plenty of
physical activity, maintain a lean
body weight, and avoid smoking..."*

"If we could eliminate cigarette smoking, elevated blood pressure, and elevated cholesterol levels, we could eradicate about 9 out of 10 heart attacks in our country," says Dr. Daniel Levy, a heart specialist at NIH.

The study has also uncovered other risk factors, including diabetes, obesity, and physical inactivity. By understanding the factors that play a role in heart disease, scientists hope to find new ways to prevent and treat it.



Do you take your heart for granted?

Get Tested

Early heart disease may not cause any symptoms. That's why regular checkups with your doctor are so important. "The sad truth is that the vast majority of us has heart disease and we don't know it," Goff says.

Make Healthy Choices

"The most important things for everyone to do to keep their heart healthy—to keep their entire body healthy—is to eat a healthy diet, get plenty of physical activity, maintain a lean body weight, and avoid smoking and exposure to secondhand smoke," Goff says.

Prevent Diabetes

Diabetes increases your chances of high blood pressure and high cholesterol. You're also more likely to develop heart disease and have a heart attack.

Get Help

For some people, having a heart attack is the first sign of heart disease. Pain or discomfort in your chest or upper body, a cold sweat, or shortness of breath are all signs of a heart attack. Be good to your heart. Don't take it for granted. Get tested for heart disease, and follow your doctor's suggestions.

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IT'S TIME TO GET MOVING!

IT'S HEART MONTH!
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What's up with E-cigs and Vaping?

Tobacco companies are targeting kids with flavored products and it's creating new addictions. Twenty one percent of North Dakota kids are now vaping or juuling. What kids don't know is that most of these products contain nicotine - an addictive drug that affects brain development and can lead to other tobacco use. The younger a developing brain is exposed to nicotine, the stronger and more rapid the addiction. The earlier someone becomes addicted, the harder it is to quit.



FACTS

A Juul pod contains as much nicotine as a pack of (20) cigarettes

Juuls have about 2.5 times as much nicotine as high-nicotine cigarettes

The rapid rise in the use of e-cigarettes and vaping products caused the U.S. Surgeon General to issue a rare public health advisory calling for more restrictions to battle this issue.

TOOLS FOR CAREGIVERS

Providing care for a loved one at home or in a care facility? Whether down the block or miles away, yours is an important role. This course is for you.

WHERE: CCHD, 415 2nd Ave NE, Valley City
CONTACT: City-County Health 845-8518

DIABETES EMPOWERMENT EDUCATION PROGRAM —STARTS MARCH 5—

FREE! Held @ City-County Health District
ON THE MOVE is offering these classes for **FREE** to help you manage diabetes.

TUESDAYS 10-11:30a at CCHD
415 2nd AVE NE, Valley City
MARCH 5 - APRIL 9, 2019

Space is limited. Registration is required.
CALL 845-8518 TO JOIN!

CHOLESTEROL SCREENING @ CITY-COUNTY HEALTH — WED FEB 27th 730a-830a —

FREE for county employees* or **\$35.00**
Appointments required. Call 845-8518
This is a fasting screen. Remember:

-No food or drink 12 hours prior

-No alcohol 72 hours prior

-Take required medications as usual

*for those who have not yet had their free wellness screening

FROM OUR KITCHEN

Vegetable Hamburger Soup

Ingredients:

1 lb. 90% lean ground beef	1/4 cup barley
1 cup chopped onions	3 cups water
1 cup diced potatoes	2 tsp. basil
1 cup sliced carrots	1/4 tsp. thyme
1 cup shredded cabbage	1 bay leaf
1 cup sliced celery	

Directions:

Brown onion and hamburger in skillet.
Drain off fat; put hamburger and onion in large stock pot. Add all other ingredients, bring to a boil; simmer for at least 1 hour.
Serves: 12 Serving Size: 1 cup



Nutrition Information: 114 cals, 4g fat, 160mg sodium, 2g fiber
Cost: \$7.80 total \$0.65 per serving

NUTRITION & COOKING CLASSES

Eating Smart and Healthy

Wed, Feb 6 2:00p @ Legacy Place
FREE of charge

Concept Cooking: Casseroles

Wed, Feb 13 11:30p @ Gaukler Wellness
\$3.00 for members; others \$5.00

Registration required: 845-3294

Eating Smart and Healthy

Wed, Feb 20 2:00p @ Bridgeview
FREE of charge