

Family and Community Health “Connections” in Llano County



HAPPY VALENTINE'S DAY



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Heart Disease Quiz

Heart disease is a serious medical condition, but knowing how to prevent or manage heart disease can help save your life or the life of someone you love.

Test your knowledge about heart disease with six quick questions.

- True or false? Heart disease is the second leading cause of death in the United States.
 - True
 - False
- Having high blood pressure, having high cholesterol, and smoking tobacco all increase your risk for heart disease. Health care professionals call these “risk factors.” How many American adults have at least 1 of these 3 risk factors for heart disease?
 - 24%
 - 37%
 - 47%
 - 76%
- How many Americans will have a heart attack for the first time this year?
 - Less than 50,000
 - 100,000
 - 500,000
 - More than 600,000
- You have a better chance of surviving a heart attack if you know the warning signs. Which of these is a warning sign of a heart attack?
 - Pain or discomfort in the jaw, neck, or back.
 - Shortness of breath.
 - Feeling weak, light-headed, or faint.
 - All of the above.
- True or false? Heart disease can run in a family.
 - True
 - False
- By making healthy choices, you can help lower your risk for heart disease. Which one of these is not part of a healthy lifestyle?
 - Being physically active.
 - Taking medicine prescribed by your doctor.
 - Smoking tobacco.
 - Eating a healthy diet.

Answers on page 3

Source: Center for Disease Control



Source: Centers for Disease Control and Prevention VALLEY NEWS — SHAWN BRALEY

Keep Going! Stay Motivated to Be Active

Physical activity is a great way for older adults to gain substantial health benefits and maintain independence. To make physical activity a routine habit, choose activities and exercises that are fun, motivate you and keep you interested.

Keep It Going

If you can stick with an exercise routine or physical activity for at least 6 months, it's a good sign that you're on your way to making physical activity a regular habit. Choose activities:

- You enjoy and believe you'll benefit from
- You can fit into your schedule
- You can do safely and correctly
- That are affordable
- That include friends or family

Keep It Positive

Set realistic goals, regularly check your progress and celebrate your accomplishments. These will keep you on track.



Keep Your Eye on the Prize

Focus on the benefits of regular exercise and physical activity:

- Greater ease doing daily tasks
- More energy to do the things you enjoy most
- Improved health
- Better outlook on life

Find Activities You Enjoy

Some people like to walk on a treadmill at the gym. Others find that kind of activity boring. The key to sticking with exercise is to make it interesting and enjoyable.

Be creative. Do things you enjoy but pick up the pace. Do all four types of exercise—endurance, strength, balance, and flexibility. The variety helps keep things interesting!

Try some new activities to keep your interest alive. .

Keep Track of Your Progress

The best way to stay motivated is to measure and celebrate your successes. You can find easy-to-use progress forms on the *Go4Life* website. Use these forms to:

- Set and revisit your goals
- Make an exercise and physical activity plan that works for you
- Track your daily physical activity
- Find new ways to increase your physical activity
- Update your exercise plan as you progress

Heart Disease Quiz Answers

- ANSWER: False.** Heart disease is the leading cause of death for men and women in the United States. About 600,000 Americans die from heart disease every year—that's 1 of every 4 deaths. Heart disease is the term used for several types of problems affecting the heart. Coronary artery disease (CAD) is the most common type of heart disease. CAD kills more than 380,000 people every year.
- ANSWER: 47%.** About half of all American adults have at least 1 of the 3 major risk factors for heart disease—high blood pressure, high cholesterol, and smoking. The more risk factors you have, the more likely you are to develop heart disease. Other risk factors for heart disease include the following:
 - Having diabetes.
 - Not getting enough exercise.
 - Eating an unhealthy diet.
 - Being obese.
 - Having a family history of heart disease.

- ANSWER: More than 600,000.** About **735,000 Americans** have a heart attack every year. Of those 735,000 heart attacks, about **525,000** happen to people who have never had a heart attack before. People who have had a first heart attack are more likely to have another one.



That's enough people
to fill the largest college
football stadium

5
times.

- ANSWER: All of the above.** There are five major signs and symptoms of a heart attack:
 - Pain or discomfort in the jaw, neck, or back.
 - Feeling weak, light-headed, or faint.
 - Chest pain or discomfort.
 - Pain or discomfort in arms or shoulder.
 - Shortness of breath.
 Other symptoms of a heart attack could include unusual or unexplained tiredness, pain in the upper abdomen, and nausea or vomiting. If you or someone you're with shows any of these warning signs, **call 9-1-1 right away.**
- ANSWER: True.** Family members share genes, behaviors, lifestyles, and environments that can influence their health and their risk for disease. Members of a family can pass traits from one generation to another. Some of the traits you inherit from your parents can affect your risk for heart disease. Your risk can increase even more when inherited traits combine with unhealthy lifestyle choices, such as smoking tobacco and eating an unhealthy diet.
- ANSWER: Smoking.** Smoking Tobacco raises your blood pressure and greatly increases your risk for heart disease. **If you don't smoke, don't start.** If you do smoke, quitting will lower your risk for heart disease. Your health care team can suggest ways to help you quit.



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Ingredients:

- 1 lb extra lean ground turkey breast
- 1 medium onion chopped
- 2 tbsp chili powder
- 2 tbsp unsalted tomato paste
- 1 tbsp ground cumin
- 1/8 tsp salt
- 3 cups cooked brown rice
- 1 (16 ounce) can unsalted pinto beans rinsed and drained
- 2 (4 ounce) cans diced green chilies
- 1 (14 ounce) can unsalted diced tomatoes un-drained
- fresh cilantro for garnish

Instructions:

1. In a large skillet over medium-heat, cook the meat and onion until brown, stirring to crumble; drain.
2. Return meat to skillet.
3. Add chili powder, cumin, tomato paste and salt.
4. Stir in rice, beans and chilies; heat through.
5. Garnish with cilantro if desired.
6. Serve immediately.

Source: dinnertonight.tamu.edu

Nutrition Facts

6 servings per container	
Serving size	(383g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 420mg	18%
Total Carbohydrate 46g	17%
Dietary Fiber 9g	32%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 77mg	6%
Iron 5mg	30%
Potassium 785mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Llano County News

February 6th

Burnet Co TEEA Lunch and Learn

February 15th

Consumer Decision Making

Contest — San Angelo

February 26-28

FCH Agent Professional Development Conference — Alpine

Family and Community Health “Connections” is provided by the following Texas A&M AgriLife Extension Service Family and Community Health Agents

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Vacant, Burnet County

Janet Nelson, Coleman County

Milissa Wright, Coke/Concho/Menard and Sterling Counties

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Vacant, Jones County

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