

Public Health Newsletter



*February is American Heart Month.
Wear Red on February 5th and
Support Heart Health.
Take a selfie and post on Facebook, or
send to:*

Colleen.McKinney@hhs.millelacsband-nsn.gov

And we will post it for you.

*And if you want a healthy heart pin, dog tag, or
bracelet, email Colleen at above address.
(While Supplies Last)*

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What Are Heart-Healthy Foods?

The following foods are the foundation of a heart-healthy eating plan:

- **Vegetables** such as leafy greens (spinach, collard greens, kale, cabbage), broccoli, and carrots
- **Fruits** such as apples, bananas, oranges, pears, grapes, and prunes
- **Whole grains** such as plain oatmeal, brown rice, and whole-grain bread or tortillas
- **Fat-free or low-fat dairy** foods such as milk, cheese, or yogurt
- **Fish** high in omega-3 fatty acids (salmon, tuna, and trout)
- **Lean meats** such as 95% lean ground beef or pork tenderloin or skinless chicken or turkey
- **Eggs**
- **Nuts, seeds, and soy products** (tofu)
- **Legumes** such as kidney beans, lentils, chickpeas, black-eyed peas, and lima beans
- **Oils and foods high in monounsaturated and polyunsaturated fats, such as:**
Canola, corn, olive, safflower, sesame, sunflower, and soybean oils (not coconut or palm oil)
- **Nut and seed butters**
- **Seeds** (sesame, sunflower, pumpkin, or flax)
- **Nuts** such as walnuts, almonds, and pine nuts
- **Avocados**
- **Tofu**

Above information on this page adapted from the National Heart, Lung and Blood Institute website at: nhlbi.nih.gov. Information in sidebar, right adapted from Eating Well website at: eatingwell.com

Heart-Healthy Snacks

Snacks tend to get a bad rep, but snacking on the right foods can actually be an **important part of a healthy diet**.

Think about snacks as an opportunity to bring more nutrition to your day, while also **keeping you energized and focused in between meals**.

Apple with nuts or nut butter

Roasted chickpeas

Whole-grain crackers with hummus

Roasted carrots with dip

Roasted pumpkin seeds

Greek yogurt with berries

Roasted spiced nuts

Edemame

Meet Jackie Braun, Diabetes Program Coordinator



Hello! My name is Jackie Braun and I am the new diabetes program coordinator for the Mille Lacs Band of Ojibwe. I received my bachelor's degree in dietetics from the University of Wisconsin-Stevens Point and my Master's of Science in nutrition and dietetics from Northern Illinois University. I grew up in Sauk Rapids, Minnesota, and in my free time I enjoy hiking, camping, and cooking over the campfire. My professional philosophy is that small changes can add up to make a big difference! I am looking forward to working with the Mille Lacs Band to promote health and wellness throughout the community.

Jackie Says:

February is the month of valentines, Cupid, and celebrating love. And it is only fitting that we celebrate American Heart Month throughout February. **Heart disease is the leading cause of death for men and women in the United States. Adults with diabetes are 2-4 times more likely to die from heart disease than adults without diabetes. Making healthy lifestyle choices can help** lower the risk of heart disease.

Here are 4 tips from the American Heart Association to get you started:

Get Active: As little as **15 minutes per day** of aerobic exercise can make a difference in your heart health. It makes your body more sensitive to insulin, which helps manage diabetes.

Eat Healthy: Eat **more fresh fruits and vegetables, lean protein, and whole grains**, and eat **less processed foods** (chips, sweets, fast food, and soda.)

Manage Stress: **Stress can raise your blood pressure** and also lead to unhealthy behaviors, like drinking too much alcohol or overeating. Instead, **visit a counselor, try meditation, get some physical activity, or talk to a friend.**

Manage your ABCs: Get a regular **A1C** test to measure your blood sugar; Try to keep your **blood pressure** below 140/90 mm Hg (or the target your doctor sets;) Manage your **cholesterol** levels; **Stop smoking** or don't start. **One year after you quit smoking, your risk of heart disease is half that of someone who still smokes.**

Why is the Heart so Important?

The heart is part of your body's **circulatory system**. It's made up of the atria, ventricles, valves, and various arteries and veins. The main function of your heart is to **keep blood that's full of oxygen circulating throughout your body**. Because your heart is **crucial to your survival**, it's important to keep it healthy with a well-balanced diet and exercise, and avoid things that can damage it, like smoking.

Your heart affects every part of your body. That also means that diet, lifestyle, and your emotional well-being can affect your heart. Emotional and physical health are both important for maintaining a healthy heart.

Information on this page adapted from the Healthline website at: [healthline.com](https://www.healthline.com)

Facts About the Heart You Might Not Know



The average adult heart is the size of a fist.

Your heart will beat about 115,000 times each day.

Your heart pumps about 2,000 gallons of blood every day.

An electrical system controls the rhythm of your heart.
It's called the cardiac conduction system.

The first open-heart surgery occurred in 1893. It was performed by Daniel Hale Williams, who was one of the few black cardiologists in the United States at the time.

The earliest known case of heart disease was identified in the remains of a 3,500-year-old Egyptian mummy.

Most heart attacks happen on a Monday.

Christmas day is the most common day of the year for heart attacks to happen.

A woman's heart beats slightly faster than a man's heart.

The beating sound of your heart is caused by the valves of the heart opening and closing.

If you were to stretch out your blood vessel system, it would extend over 60,000 miles.

Heart cells stop dividing, which means heart cancer is extremely rare.

Laughing is good for your heart. It reduces stress and gives a boost to your immune system.



YOU MAY BE ELIGIBLE TO PARTICIPATE!



You may be eligible to participate in a community health survey called the ***Tribal Tobacco Use Project II***. This survey provides our community with important information.

About the survey:

- ▶ 30 minute interview
- ▶ Asks about attitudes, beliefs, and use of traditional and commercial tobacco
- ▶ You receive a \$20 gift card for your time

To schedule an interview or if you have questions contact:

Colleen McKinney at 320-362-4705





Celebrate February!

February 1 —
No Politics Day

February 3 —
Feed The Birds Day

February 5 —
Bubble Gum Day

February 8 —
Clean Out Your
Computer Day

February 11 —
White T-Shirt Day

February 13 —
National Cheddar Day

February 16 —
Do A Grouch a
Favor Day

February 19 —
Best Friends Day

February 20—
Love Your Pet Day

February 24 —
National Tortilla
Chip Day

February 27 —
Polar Bear Day

February Heart Healthy Recipe: Cilantro Lime Vegetable Quinoa

Provided by Jackie Braun,
Clinic Diabetes Coordinator



Ingredients:

- 1 lime
- 4 tablespoons butter or soft margarine (divided)
- 12 ounces zucchini and/or yellow squash, sliced into 1/4-inch thick half rounds, 3 cups
- 1 cup chopped onion
- 1 1/2 teaspoons chili powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 2 cups reduced-sodium vegetable broth
- 1 cup quinoa
- 4 cups baby kale or spinach, about 4 ounces
- 1 cup low-sodium black beans (drained, rinsed)
- 1 cup grape tomatoes, halved lengthwise
- Cilantro, to garnish

Directions:

1. Zest and juice lime to yield 1 Tablespoon lime peel and 1 Tablespoon lime juice; reserve.
2. Melt 2 Tbsp. butter or margarine in a medium pot over medium-high heat. Add zucchini, onion, chili powder, cumin and salt and cook until vegetables are tender-crisp, about 5 minutes, stirring occasionally.
3. Add vegetable broth and bring to a boil. Stir in quinoa; reduce heat to medium and cook, covered, 15 minutes, or until liquid is absorbed.
4. Remove from heat and stir in baby kale or spinach, black beans and remaining 2 Tbsp. of butter or margarine. Cover and let stand for 5 minutes. Stir in cilantro, tomatoes, reserved lime peel.

Serves 4.

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Coming Up in February

Aanjibimaadizing is excited to provide the American Lung Association's Freedom From Smoking Class

Quitting smoking isn't easy—but it's easier with the right help. The American Lung Association's Freedom From Smoking® program gives you options, resources and support to quit for good! Freedom From Smoking® helps you develop a plan of action that leads to your quit day. You'll also get the support you need to remain smokefree for life!

What You'll Learn:

- How to know if you're really ready to quit
- Medications that can increase your success
- Lifestyle changes to make quitting easier
- How to prepare for your quit day
- Coping strategies for managing stress and avoiding weight gain
- Developing a new self-image
- How to stay smokefree for good

There will be **8 sessions over 7 weeks starting Thursday, February 11, 2021 at 10:00AM - Participation is required for all sessions.**

Must be an Aanjibimaadizing client to attend. Class size is limited.

This course will be held online via Zoom. A computer, laptop, or mobile device (smart phone or tablet) with internet access is required to participate in this event. If you need assistance please call, text or email Catherine at the number below.

To register, contact Catherine at 612-547-6560 or
Catherine.Colsrud@millelacsband.com

Karen Pagnac

Training Coordinator

Mille Lacs Band of Ojibwe - Aanjibimaadizing

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