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THIS 'N THAT

Williams County Extension Homemakers Newsletter
Family & Community Education

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TIDBITS



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I imagine that you noticed your January issue is very late... in fact it is so late that I decided to combine the January and February issues together. I can't believe that a whole month of the new year is almost gone.

I spent two days in Bismarck with five 4-H members at the ND Citizenship in Action workshop. It was very educational and our members represented themselves and our county very well with the legislators.

I also spent two and a half days in Bismarck with Kim Madsen of the James Memorial Preservation Board learning and planning for the upcoming Smithsonian exhibit "Key Ingredients: America by Food". A grant from the ND Humanities Council is bringing this exciting exhibit about our food and culture to Williston in March 2012. There will be events leading up to and during the exhibit that will take this next year to plan. We got a lot of great ideas and I am looking forward to this event. Our Homemakers Council talked about how they can be involved at the fall council meeting and the committee is counting on them to be part of this fun and educational program. Imagine—the Smithsonian is coming to you!

The Wheat Show is right around the corner! The Wednesday luncheon speaker is great! I invite you to come to "The Attitude Virus". This is a serious message presented with a lot of humor. Tuesday's luncheon features "Sam Ting-He is a Norwegian from Ommee, ND (Tom Gibson). Sam will have you wiping away tears of laughter— even if you aren't Norwegian. I highly recommend both of these speakers. Laughter is a great medicine!

Mary

AREA EVENTS

- February 4 NATIONAL WEAR RED DAY®
- February 4 Go Red, Go Green, Go Tetons! Join the Williston Go Red Coalition at the WSC Teton game. Free blood pressure checks and door prizes.
- February 7-9 National Hard Spring Wheat Show Airport International Inn (full schedule on our website)
- February 9
12:00 Noon Wheat Show Recognition Luncheon. Open to the public. Terry Fleck, The Attitude Doctor, will speak on "The Attitude Virus". *Is your attitude worth catching?* Limited seating. Tickets available at our office. \$9.00
- February 14 Valentine's Day

NUTRITION NUGGETS FROM HEATHER

Do you know your blood pressure? February is American Heart Month in which we are reminded to take special care of our hearts by checking our blood pressure, exercising, eating nutritious foods and reducing our sodium. With only 1,500 milligrams of sodium recommended each day, even a small portion of a convenience food such as frozen pizza, canned soup or a dinner mix can put us over that recommendation in a hurry! Continue reading my enclosed newsletter for recommended foods to help cut back on sodium, and try the tasty Fruit Crumble recipe with heart healthy ingredients!

Heather Wisness
NDSU Extension Service – Family Nutrition Program
Williams & McKenzie Counties



HIGH BLOOD PRESSURE IS COMMON AND SERIOUS

High blood pressure, or hypertension, is a common health problem. In fact, about 1 in 3 Americans has it. But many people may not even know they have high blood pressure. That's because most of the time, high blood pressure has no symptoms. And though it's common, high blood pressure is also serious. If not treated, it can lead to other serious health problems.

High blood pressure is treatable

The good news is that with treatment, high blood pressure can be controlled. That's why it's important to work closely with your doctor to:

- Set a blood pressure goal
- Make a treatment plan to help you reach your goal
- Continue your treatment plan even after you've reached your goal

High blood pressure is often called the “silent killer.”

Is your blood pressure too high?

WILLISTON GO RED COALITION EVENT

The theme for ND Go Red 2011 is “Know Your Numbers”. In keeping with this theme, the Williston Go Red Coalition is promoting blood pressure checks.

The first opportunity for a free blood pressure check up will be on National Wear Red Day, February 4, 2011 at the Williston State College Teton game. WSC student nurses will be set up to check blood pressures and record them for you. When you check your blood pressure you will also have an opportunity to sign up for door prizes. Follow up checks will be available during the KUMV Farm & Ranch Show at the Trinity Clinic and Mercy Medical booths.

Cheer on the Tetons as they play Bismarck State College. February 4th is also American State Bank's Hawaiian night promotion during the Teton game. Put on your RED Hawaiian shirt and join us at the Teton game for lots of fun!



HIGH BLOOD PRESSURE RISKS

Age and Sex. The risk of developing high blood pressure increases as you age. Most cases of high blood pressure are diagnosed in men, until the age of 45. From age 45 to 54, men and women are equally at risk for high blood pressure. After the age of 54, women are actually more likely to have high blood pressure than men.

Family History. People with relatives who have high blood pressure are more likely to develop high blood pressure.

Ethnicity. People of African American and Native American ethnicity have very high rates of high blood pressure, and the situation appears to be a growing problem. Compared with Caucasians, African Americans develop hypertension earlier in life, and their average blood pressures are much higher.² Hispanics have a higher ratio of diabetes and obesity compared with Caucasians, and have additional risk factors for developing hypertension.

Diet. People who regularly eat foods that are high in salt are more susceptible to high blood pressure.

Obesity. People who are overweight are at risk for many illnesses, including high blood pressure.

Stress. Studies have shown that people with heightened anxiety, intense anger, and suppressed expression of anger were more at risk of developing high blood pressure.

UNDERSTAND YOUR NUMBERS

Blood pressure is the force of your blood pushing against the walls of your arteries. **High blood pressure** means that your blood is moving through your arteries at a pressure higher than normal. The higher the pressure inside your arteries, the higher your blood pressure numbers may be.

Understanding your blood pressure numbers

Blood pressure is measured in millimeters of mercury (mm Hg). Blood pressure numbers are written like this: 120/80.

- The top number is the **systolic pressure**. It shows the maximum pressure in the arteries when the heart contracts
- The bottom number is the **diastolic pressure**. It shows the minimum pressure in the arteries when the heart is at rest

This chart shows blood pressure numbers for adults.

Blood pressure levels	Top number (systolic)		Bottom number (diastolic)
Normal	Less than 120	AND	Less than 80
Prehypertension (at risk for high blood pressure)	120 to 139	OR	80 to 89
High blood pressure	140 and higher	OR	90 and higher

Most of the time high blood pressure has no symptoms. People can have high blood pressure and not even know it.



Take Action

Make It Your Mission. Support the cause of women and heart disease on **National Wear Red Day®**, February 4, 2011.

Go Red for women

American Heart Association

and men

PRAIRIE FARE: PAY ATTENTION TO YOUR HEART DURING AMERICAN HEART MONTH

When I was shopping the other day, I noticed all the Valentine's Day cards and heart-shaped boxes filled with chocolate candy. February is a time when we express our affection for our friends, family and/or significant others through these thoughtful gestures.

We hope the colorful heart-shaped items serve as reminders to consider heart health, too.

Your beating heart really doesn't look like a Valentine card heart, though. It's a fist-sized pumping system with four valves and four chambers. Various blood vessels carry blood to and from your heart.

The heart circulates blood to every cell in your body as it pumps an average of 100,000 times per day. The pumping action carries oxygen and nutrients that we need to stay alive. Then the blood is pumped back to the lungs and gets "refilled" with oxygen. Fortunately for us, the process continues all day and night.

After considering that amount of daily effort, I think we should commend our hardworking hearts. During February, American Heart Month, pay a little extra attention to your heart.

Here are seven questions and goals based on current recommendations courtesy of the American Heart Association's "Life's Simple 7." For answers to some of these questions, you may need to check with your health-care provider for measurements or lab tests. You can learn more about heart health by visiting <http://www.heart.org/MyLifeCheck>.

* What is your smoking status? If you smoke, make "no smoking" your goal. Smoking damages your heart and blood vessels.

* Do you maintain a healthy weight? A body mass index (BMI) between 18.5 and 24.9 is the goal. For an online BMI calculator, visit the website of the National Heart, Lung and Blood Institute at www.nhlbisupport.com/bmi/. Using a calculator, determine your BMI by dividing your weight in pounds by your height in inches squared (height time height). Then multiply the total by a conversion factor of 703.

* Are you physically active? Move toward the current recommendation of 150 minutes of moderate activity or 75 minutes of vigorous activity per week (or a combination of moderate and vigorous activity).

* Do you eat a healthful diet? Aim for 4.5 cups of fruit/vegetables per day, 3 ounces or more of whole grains per day, at least two servings of fish per week, less than 450 calories from beverages with added sugars per week and less than 1,500 milligrams of sodium per day.

* What is your blood pressure? The goal is for the upper number (systolic) to be less than 120 millimeters of mercury and the lower number (diastolic) to be less than 80.

* What is your blood cholesterol? A blood cholesterol level less than 200 milligrams per deciliter (mg/dL) is the current recommendation.

* What is your blood sugar value? The goal is for your blood sugar to be less than 100 mg/dL.

Make heart-healthy meals filled with a variety of colorful vegetables and fruits part of your regular routine.

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