

## February is American Heart Health Month

With a healthy heart, you can do more of what you love. So start small, live big, and take steps for better heart health today. What's your next heart-healthy step going to be? Place a check mark beside each step that you can accomplish in 2023 to take care of YOU!

For more information, visit [hearthealthysteps.org](https://www.hearthealthysteps.org)



Manage your risk factors. Keep your blood pressure, cholesterol, and blood sugar in a healthy range to prevent heart disease and stroke. The next time you see a blood pressure screening event—sign up!



Work with health care professionals to complete a physical check-up. This should include a blood pressure check and blood work panel that includes checking your cholesterol, fasting blood sugar, and hemoglobin A1C.



Eat healthy. Create healthy eating habits that work for you! Even small changes to your diet can make a big difference to your heart health. Drink more water or incorporate more fruits, vegetables, and fiber.



Get active. Take small steps toward incorporating more movement into your day. Aerobic activity improves blood flow and this can lower your risk of heart attack and stroke.



Lower stress to reduce your risk of health problems and help you feel your best. Feeling stressed causes your body to release adrenaline, which speeds up your heart rate and raises your blood pressure.



Quit smoking. It's not easy, but it's worth the effort. It's never too late to quit and enjoy the health benefits of a smoke-free life. Minutes after having your last cigarette, your heart rate and blood pressure go down.



**eat right.** Academy of Nutrition and Dietetics

Access to healthy food will be your FUEL for the FUTURE!

**Food insecurity** is when there is a lack of consistent access to enough food for an active, healthy life. It could also mean someone is getting enough to eat in terms of calories but the quality, variety, and desirability of their food is lacking. According to the United States Dept. of Agriculture (USDA), 10% of US households were food insecure at some time during 2021. Adults who lack access to healthy food may experience mental health issues, chronic diseases, malnutrition, and/or unintended weight gain or loss from the lack of nutrients their bodies need.

Social determinants of health play a role in food insecurity. The conditions in which an person lives impacts how easy it is to get healthy foods. For instance, homes located in suburbs tend to experience lower rates of food insecurity compared to those in more urban or rural areas. Poverty and unemployment can lead to food insecurity. Additionally, racial disparities exist. The USDA states that Black and Hispanic households experienced higher rates of food insecurity than the national average. If you or someone you know is food insecure, there are a number of resources that can help:

**Food banks/pantry's:** free grocery items and meals  
**Senior Nutrition Program:** nutritious home delivered or congregate meals for older adults offered at a suggested donation, but only pay what you can afford  
**Commodity Supplemental Food Program:** CSFP works to improve the health of low-income older adults by providing a monthly nutritious USDA package of food  
**Supplemental Nutrition Assistance Program: SNAP:** additional funding to supplement the household food budget for low-income adults. 3 out of 5 adults who qualify are not applying for assistance. Call the Capital Consortium Call Center at 1-888-794-5556 to apply or go online to apply at: [access.wisconsin.gov](https://access.wisconsin.gov)  
For the other resources above, call your local senior center or United Way of Dane County at 211.

## Stepping Up Your Nutrition

Malnutrition can cause muscle loss, dizziness and increase your risk of falls. 50% of older adults are at risk. Learn more about preventing malnutrition and keeping your strength to prevent future falls. Join us for a 2-hour virtual workshop to learn:

- How nutrition affects falls
- Why muscle matters
- How to get enough protein and fluid
- What you can do to eat better & improve your health

Thursday, March 30: 1:30-3:30 p.m.

Online via Zoom; Cost: FREE

(option to donate \$5 to cover class materials/postage)

**Facilitator:** Shannon Gabriel, Registered Dietitian

**Register by March 21:**

Shannon at 608-261-5678 or

Gabriel.Shannon@countyofdane.com



Half of all women age 50 or older will experience incontinence at some point in their lives.



Sign up for a Mind Over Matter: Healthy Bladder, Healthy Bowels Virtual Workshop to help you prevent or improve your symptoms! Classes meets virtually via Zoom.

Cost: FREE (Suggested donation of \$15 to cover class materials/postage)

Choose from two different workshop options:

### Wednesdays

1-3 PM

March 22

April 5

April 19

Register by March 14

OR

### Fridays

3-5 PM

April 14

April 28

May 12

Register by April 5

Register by contacting Shannon: 608-261-5678 or Gabriel.Shannon@countyofdane.com

### Nutrition News

For more information on this publication, contact Shannon Gabriel, RDN, CD: (608) 261-5678

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