



Wellness Wednesday

 **Health E-News**

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Prepared for you
weekly by:

**The Polk County
School Board
Wellness Program**

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Why Wellness Wednesday?

The Polk County School Board Wellness Team is pleased to introduce **Wellness Wednesday**, a weekly reminder highlighting the importance of heart health. This project is made possible by the collaborative efforts between the Polk County School Board Wellness Program and a grant received from the Florida Department of Health and the Centers for Disease Control and Prevention in December, 2007 designed to reduce heart disease and stroke. Why was this necessary? Consider the following ¹:

- Heart disease ranks as the number 1 killer in the United States; stroke is number 3
- *One in three* Americans has at least one type of cardiovascular disease
- After age 40 the risk of developing coronary heart disease (blocked or damaged vessels that supply the heart with blood) is 49% for men and 32% for women
- In the Polk County School District, cardiovascular illnesses are the most costly
- During 2005-06, Polk County spent \$38.6 million on illnesses related to overweight and obesity
- Major controllable risk factors for heart disease are chronic conditions that result from lifestyle choices and include overweight and obesity, high blood pressure, diabetes, high cholesterol, physical inactivity and tobacco use
- In 2005, 43.8 percent of Americans had one or more chronic conditions ²
- Daily physical activity, proper nutrition, tobacco avoidance and managing stress can reduce over 75% of the chronic conditions which lead to heart disease and stroke.

Together, with prevention, we can end this emotionally and financially burdensome situation. Every Wednesday, this **Health E-News** will arrive in your e-mailbox with fitness, nutrition and stress reduction tips and current events to support your efforts.

(1) http://www.americanheart.org/downloadable/heart/1200082005246HS_Stats%202008.final.pdf

(2) <http://www.rwjf.org/publichealth/digest.jsp?id=9283&c=EMC-ND141>

Identify, Control and STOP HYPERTENSION – A MAJOR risk for heart disease

According to recent estimates, about one in three U.S. adults has high blood pressure, but because there are no symptoms, nearly one-third of these people don't know they have it. In fact, many people have had high blood pressure for years without knowing it. Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure or kidney failure. This is why high blood pressure is often called the "silent killer." The only way to tell if you have high blood pressure is to have your blood pressure checked. Blood pressure monitors and educations have been provided to every school and worksite. If you have not received yours, please contact Kristy Hinkle, RN, BSN at kristy.hinkle@polk-fl.net to schedule an appointment. See **Current Events** for GO RED PCSB special offer!!

Current Events

February 6, 2009—**GO RED for WOMEN** with the American Heart Association...
Wear red to support the fight against heart disease in women!



TM Go Red trademark of AHA, Red Dress trademark of DHHS.

This **Wellness Wednesday**, check, record and courier your blood pressure result to Kristy Hinkle, RN, BSN, Woodlake Center, Route D and receive a **GO RED**, red dress pin! Hurry while supplies last!! *Refer to your Wellness Wednesday handout for blood pressure guidelines.*

JANUARY 17, 2009 – THIS SATURDAY! TREK the trail at LAKE KISSIMMEE STATE PARK...
Go to <http://www.friendsoftheparks.net/TrekTenAgain2009.html> for more information.

February 7, 2009 – The Healthy Woman Summit at Lakeland Center, 9 am – 4 pm;
PCSB Female students encouraged to register; deadline January 28, 2009
Contact Linda West at 863-291-5355 or Linda.west@polk-fl.net for information today!

The Lowdown on Sodium

Even if you don't have high blood pressure, there are many scientific studies proving the benefit of reducing sodium intake. The American Heart Association recommends that all healthy American adults should eat less than 2300 milligrams of sodium per day. This is about 1 teaspoon of sodium chloride (salt). Currently, the "typical" American salt intake is estimated to be from 4000- 7000 mg of sodium per day. Remember that salt is an acquired taste. It is difficult to go from eating salt-laden foods to foods prepared with no salt, so make changes gradually. After awhile, your taste buds will adjust to less salt, and you'll find that you can enjoy many lower-sodium and salt-free foods. Try these tips to cut back on salt and sodium in your diet.

- Buy fresh, plain frozen, or canned "with no salt added" vegetables.
- Use fresh poultry, fish, and lean meat, rather than canned or processed types.
- Use herbs, spices, and salt-free seasoning blends in cooking and at the table.
- Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
- Choose "convenience" foods that are lower in sodium. Cut back on frozen dinners, pizza, packaged mixes, canned soups or broths, and salad dressings — these often have a lot of sodium.
- Rinse canned foods, such as tuna, to remove some sodium.
- When available, buy low- or reduced-sodium, or no-salt-added versions of foods.
- Choose ready-to-eat breakfast cereals that are lower in sodium.
- Kosher salt and sea salt are just that — salt. Don't forget to include them in adding up your sodium intake for the day

This was a little taste of lots more to come! Until next week, take a 30-minute walk today, be mindful of your intake and your reaction to stressors! Go to www.polk-fl.net (Wellness) and joint *SMART Start 2009...* a great way to monitor your choices and be eligible to win PRIZES! ---- **Your Wellness Team**