



*Brightmoor  
Community Center*

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Health and Wellness  
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*Detroit Hispanic  
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*Henry Ford Health  
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School of Public  
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and Urban Planning*

Funded by The National  
Institute of Environmental  
Health Sciences 1R01  
ES014234 and The National  
Center for Minority Health  
and Health Disparities 1R24  
MD001619

# Lean and Green

EASTSIDE SPRING EDITION 2008



## In Motown

### How's Your Heart Health?

February is Heart Health Month. We think this is a good time to share some information about heart health with all of you.

**High Blood Pressure:** Nearly one in three US adults have high blood pressure (sometimes called hypertension - tension in the arteries). Hypertension is sometimes called the "silent killer" because it has almost no warning signs and is one of the leading causes of heart disease (stroke, heart attack, heart failure). The only way to know if you have high blood pressure is if you get it checked by your doctor or a nurse. When you get your blood pressure checked you will be given 2 numbers, for example 120/80. The first number is your systolic pressure, which represents the maximum pressure in the arteries when the heart contracts or tightens. The second number is your diastolic pressure, which represents the lowest pressure at which the heart relaxes between beats. Although the cause of hypertension is often unknown, there are many factors that can influence it. For example what you eat, how much water is in your body, and your salt intake. The good news is that it usually can be controlled with lifestyle changes and medication.



**Heart Disease: A Woman's problem too!** You might think that heart disease is a man's disease... but this is a misconception. Heart disease can lead to heart attack, which is the leading cause of death in women. Women are more likely to die of heart disease than of breast cancer. Heart disease in women is often misdiagnosed because heart attacks generally happen later in life for women. Also, other diseases, like diabetes or arthritis, can mask heart disease symptoms.



#### Heart Attack Warning Signs: Men vs. Women

**Chest Pain:** As with men, women may also experience chest pain but it is often located just under the breastbone.

**Other symptoms for women are:** abdominal pain, indigestion (upset stomach), shortness of breath, nausea/vomiting and unexplained fatigue (feeling tired).

**Symptoms common on both men and women:** These can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

**Other signs** may include breaking out in a cold sweat, or lightheadedness.

#### Here are some lifestyle changes you can take to lower or prevent high blood pressure and prevent heart disease:



- If you smoke, you should really try to quit. Try to smoke fewer cigarettes each day until you quit.



- If you are overweight, get serious about exercising and changing your diet. Exercising will help you burn more calories. You can do this by increasing your physical activity, like walking 30 minutes a day. If that's too much start with 15 minutes a day and build up to 30 minutes.



- Consume foods low in saturated fat, cholesterol and total fat. Eat more fruits and vegetables. Eat more whole grains and cut down on the salt. [See back for more examples.]

Source: American Heart Association, [www.americanheart.org](http://www.americanheart.org). Beth Israel Deaconess Medical Center, [www.bidmc.harvard.edu](http://www.bidmc.harvard.edu)

For more information about HEP, please visit our website at [www.hepdetroit.org](http://www.hepdetroit.org)

## Physical Activity in your Area

### Farwell Rec. Center Classes - 2711 E. Outer Dr

Chair Aerobics for Seniors: **Tues 9:30-10:30 am**

Aerobics "bounce class": **Mon & Thurs 10:30-11:30 am**

Hustle: **Mon & Wed 1- 2 pm.**

Chair Aerobics: **Thurs 9:30-10:30 am**

### Matrix Human Services/ Mt. Zion Center- 13560 E. McNichols

Hustle and Ballroom: **Wed 9:30-10:30 am**

### Friends of Parkside- 5000 Conner

New Hustle/ Aerobics class : **Thurs 6 - 8 pm**

(Taught by Monique Sasser)

### Southeastern Village-1501 Canton

Saturday Walking Club: **Sat 9 -10 am**

For more information contact Lynn Smith at  
(313) 922- 8660

## Get Involved

### Become a Certified Physical Activity Instructor

If you are interested these are the requirements:

1. Candidates must be 18 years of age and older.
2. Candidates must be physically able to perform the activities.
3. Candidates must have a 12 grade reading comprehension and writing skills (the ACE examination is hard).
4. Males are encouraged to apply.

**For more information to become a certified physical activity instructor contact Deliana Ibarra at (313)849-3920 ext. 208.**

## Examples of Low Fat, Low Sodium and Wholegrain Foods

**Low fat :** low fat milk, low fat yogurt, lean meats like chicken breast.

**Low sodium:** cereals, fruit, beans cooked with no salt, vegetables plain or frozen, and low sodium canned foods.

**Wholegrain:** wild rice, popcorn, oatmeal, brown rice, whole wheat flour and whole wheat breads.

## Healthy Chicken Recipe

### Fake Flaked Fried Chicken



This is not your traditional fried chicken recipe. All recipes can be more healthy if you change the method of cooking or if you substitute one ingredient for another. We hope you enjoy this recipe.

*Number of Servings: 6*

#### Ingredients:

2 teaspoons each of dried thyme, dried oregano, dried basil and dried garlic powder

1 teaspoon salt

2 cups plain nonfat yogurt

6 skinless chicken breasts

2 cups corn flakes or special K cereal slightly ground with a rolling pin



#### Preparation Instructions:

Preheat the oven to 375°. In a plastic bag combine, thyme, oregano, basil, garlic powder and salt. Add 2 breast at a time in the bag and shake to coat. Coat all chicken breasts. Place the yogurt in a large bowl, dip each chicken breast in the yogurt and then in the cereal. Place coated pieces on a baking sheet sprayed with nonstick cooking spray. Bake for 35-45 minutes or until done.

*Nutritional Analysis per serving: Calories 253 , Fat 3g, Protein 31g, Carbohydrates 24 g.*

Source: Share our Strengths Program, Operation Frontline [www.strength.org](http://www.strength.org) and Epicurious [www.epicurious.com](http://www.epicurious.com)

### For more information about HEP please contact

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