

Family and Community Health “Connections” in Tom Green County

TEXAS A&M
AGRI LIFE
EXTENSION

8 Ways to Reach a Healthy Blood Pressure



To take care of your heart, it’s important to know and track your blood pressure. Millions of Americans have high blood pressure, also called hypertension, but many don’t realize it or aren’t keeping it at a healthy level.

For most adults, healthy blood pressure is 120/80 millimeters of mercury or less. Blood pressure consistently above 130/80 millimeters of mercury increases your risk for heart disease, kidney disease, eye damage, dementia and stroke. Your doctor might recommend lowering your blood pressure if it’s between 120/80 and 130/80 and you have other risk factors for heart or blood vessel disease.

High blood pressure is often “silent,” meaning it doesn’t usually cause symptoms but can damage your body, especially your heart over time. Having poor heart health also increases the risk of severe illness from COVID-19. While you can’t control everything that increases your risk for high blood pressure – it runs in families, often increases with age and varies by race and ethnicity – there are things you can do. Consider these tips from experts with the National Heart, Lung, and Blood Institute’s (NHLBI) The Heart Truth program:

Inside this issue:

Healthy Blood Pressure **1**

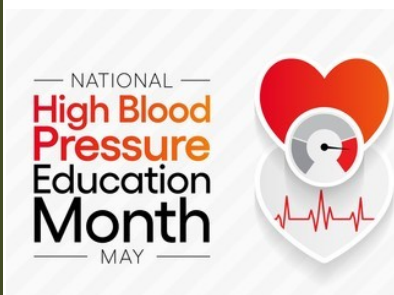
10 Tips to Cut Back Salt and Sodium **2**

Get the Facts: High Blood Pressure **3**

Crispy Baked Chicken **4**

County News **4**

1. **Know your numbers** - get your numbers checked at least once a year by a health care professional
2. **Eat Healthy** - follow a heart healthy diet such as the Dietary Approaches to Stop Hypertension (DASH)
3. **Move More** - get at least 150 minutes of physical activity a week
4. **Aim for a Healthy Weight** - losing just 3 - 4% of your weight can improve your blood pressure
5. **Manage Stress** - reduce stress with meditation, relaxing activities or support from a counselor or online group
6. **Have a Healthy Pregnancy** - blood pressure effects both mom and baby during pregnancy, work with your doctor to monitor and manage your blood pressure
7. **Stop Smoking** - smoking is harmful to your heart and blood vessels, seek resources to help you kick the habit
8. **Work with your Doctor** - talk with your doctor on ways to manage your blood pressure: lifestyle or diet changes or medication



To find more information about high blood pressure as well as resources for tracking your numbers, visit nhlbi.nih.gov/hypertension.



10 Tips to Help Cut Back Salt and Sodium

It's clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

1. THINK FRESH

Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/ luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

2. ENJOY HOME-PREPARED FOODS

Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

3. FILL UP ON VEGGIES AND FRUITS — THEY ARE NATURALLY LOW IN SODIUM

Eat plenty of vegetables and fruits — fresh or frozen. Eat a vegetable or fruit at every meal.

4. CHOOSE DIARY AND PROTEIN FOODS THAT ARE LOWER IN SODIUM

Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.

5. ADJUST YOUR TASTEBUDS

Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.

6. SKIP THE SALT

Skip adding salt when cooking. Keep salt off the kitchen counter and the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.



7. READ THE LABEL

Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled “low sodium,” “reduced sodium,” or “no salt added.”

8. PAY ATTENTION TO CONDIMENTS

Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

9. ASK FOR LOW-SODIUM FOODS WHEN YOU EAT OUT

Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.



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10. BOOST YOUR POTASSIUM INTAKE

Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.

Source:

www.choosemyplate.gov/healthy-eating-tips/ten-tips.html



GET THE FACTS: HIGH BLOOD PRESSURE

Blood pressure is a measure of how hard your blood pushes against your arteries as it moves through your body.

Normal
Elevated
High blood pressure, stage 1
High blood pressure, stage 2

Systolic	Diastolic
Less than 120	Less than 80
120–129	Less than 80
130–139	80–89
140 or above	90 or above

45.6%

of American adults will have stage 1 or stage 2 hypertension.



WARNING!

Over time elevated or high blood pressure weakens your heart, blood vessels and kidneys, and makes a stroke or heart attack much more likely.



Fitness

Regular physical activity — about 30 minutes most days of the week — can lower your blood pressure by about 5 to 8 mm Hg if you have high blood pressure.

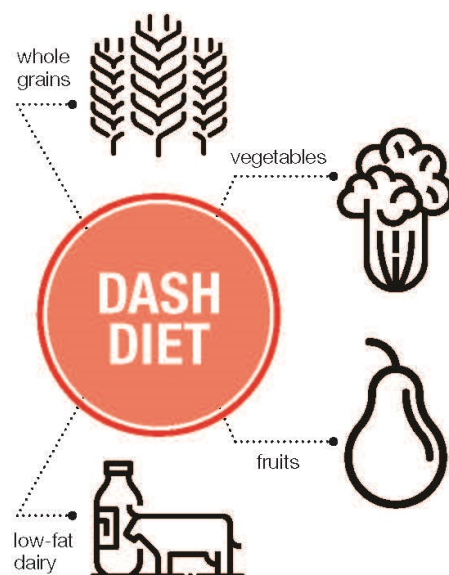
Waistline measurement matters

Men are at risk if waist is > 40 inches

Women are at risk if waist > 35 inches

LIFESTYLE CHANGES

Follow the **Dietary Approaches to Stop Hypertension (DASH)** diet which includes whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol to lower your blood pressure by up to 11 mm Hg if you have high blood pressure.



Caffeine Sensitive

Check your pressure within 30 minutes of drinking a caffeinated beverage. If your blood pressure increases by 5 to 10 mm Hg, you may want to reduce or eliminate caffeine in your diet.



Alcohol

By drinking alcohol only in moderation — generally one drink a day for women, or two a day for men — you can potentially lower your blood pressure by about 4 mm Hg. One drink equals 12 ounces of beer, five ounces of wine or 1.5 ounces of 80-proof liquor.



Sodium

In general, limit sodium to 2,300 milligrams (mg) a day or less. However, a lower sodium intake — 1,500 mg a day or less — is ideal for most adults.

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[http://
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Facebook:

[https://www.facebook.com/
TomGreenCountyFCH/](https://www.facebook.com/TomGreenCountyFCH/)

Crispy Baked Chicken
Serving size: 4-ounce piece of chicken

Ingredients:

8, 4-ounce chicken breasts (boneless, skinless)
1 cup all-purpose flour
1 TBSP paprika
Zest of 2 lemons
1 tsp salt
½ tsp freshly ground black pepper
3 eggs (beaten)
4 cups panko breadcrumbs (or 2 cup panko + 2 cups whole wheat breadcrumbs)
¼ cup fresh parsley leaves (finely chopped)



Directions:

1. Preheat oven to 425°F and line a baking sheet with parchment paper.
2. In a shallow plate, combine flour, paprika, lemon zest, salt and pepper.
3. In a second shallow plate, beat the egg.
4. In a third shallow plate, place the breadcrumbs.
5. Working one at a time, dredge the chicken breasts in flour, dip into eggs, then dredge in breadcrumbs, pressing to coat.
6. Place the chicken on the prepared baking sheet and spray with olive oil on both sides.
7. Bake for 10 minutes, turn each piece over and continue baking for an additional 10-12 minutes, or until chicken is cooked to an internal temperature of 165°F.
8. Optional: Garnish with slices of lemon and chopped parsley.

Tom Green EEA News:

Veribest Club Meeting:

May 10, 2022

9:30 am

@ Extension Office

Officer Elections

Hostess: Jonann Wanoreck

Family & Community Health “Connections” is provided by these Texas A&M AgriLife Extension Service Family and Community Health Agents:

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