

The Health Educator

Monthly information from the Tribal Health Programs
ISSUE 02 MONTH 02 YEAR 2017



Tribal Health Programs

February is American Heart Month

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, Tribal Health is proudly participating in American Heart Month. Locally, 6% of WA State population are affected by heart disease. Heart disease is the second leading cause of premature mortality for WA State according to Washington Behavioral Risk Factor Surveillance System 2011-2013.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

Make a difference in our communities: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives. You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

Watch your weight, quit smoking and stay away from secondhand smoke, control your cholesterol and blood pressure, if you drink alcohol, drink only in moderation, and get active and eat healthy.

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Steps to increasing Heart Health

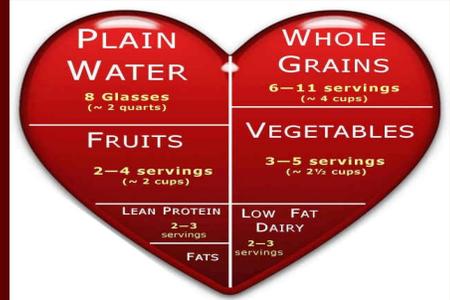
1. Schedule a visit with your doctor to talk about heart health. It's important to schedule regular check-ups even if you think you are not sick. Partner with your doctor and health care team to set goals[275 KB] for improving your heart health, and don't be afraid to ask questions[178 KB] and trust their advice.

2. Add exercise to your daily routine. Start off the month by walking 15 minutes, 3 times each week. By mid-month, increase your time to 30 minutes, 3 times each week.

3. Increase healthy eating. Cook heart-healthy meals at home at least 3 times each week and make your favorite recipe lower sodium. For example, swap out salt for fresh or dried herbs and spices.

4. Take steps to quit smoking. If you currently smoke, quitting can cut your risk for heart disease and stroke. Learn more at CDC's Smoking and Tobacco Use website .

5. Take medication as prescribed. Talk with your doctor about the importance of high blood pressure and cholesterol medications [1.6 MB]. If you're having trouble taking your medicines on time or if you're having side effects, ask your doctor for help.



Heart Health Recipe

Lemon-Garlic Salmon Foil Pack with Green Beans and New Potatoes

1 lb new potatoes (halves, thin sliced)

2 tsp garlic (minced)

1 lb. green beans

2 Tbsp. canola oil

1/4 tsp salt

1/4 tsp black pepper

4, 6 oz. skinless Salmon filets

1-2 lemons sliced into wheels

1. Preheat oven to 400 degrees. Make 4 sheets foil about 30 in. long. Fold foil half widthwise (almost into a square) so it's extra sturdy.
2. Cut potatoes lengthwise. Cut halves into 1/8 slices and place in heatproof container. Stir in minced garlic, cover, and cook in microwave until halfway tender, around 90 seconds to 3 minutes, depending on microwave power. Transfer mixture to bowl along with green beans, oil, salt, and pepper. Mix to combine
3. Divide mixture into 4 equal portions on foil square. Top with each with Salmon filet, sprinkle with garlic powder, top with lemon wheel.
4. Secure top and sides of foil. Bake 20 mins.
5. Remove from oven. Open carefully



Healthy Relationships

From love.isrespect.org

"It's almost Valentine's Day! Like it or hate it, every year we're bombarded with messages about romance, flowers, candy, candlelit dinners and lovey-dovey cards to give to our sweeties. Valentine's Day can be overwhelming and, we admit, a little silly, but we like to think of it as another day to reaffirm the importance of healthy, respectful relationships – with yourself or with others!

Some of the messages we hear around Valentine's Day, and about love in general, are a little concerning though. "Be Mine," "You're the Only One," etc. all start to sound a little...creepy, right? Society's notions about love can be pretty unhealthy. The way we talk about and therefore perceive love is often about "possessing" or "owning" someone else. How many times have you heard, "You're all I need," "You're everything to me," or even, "If I can't have you, no one can."

But healthy love isn't about possession or ownership. Far from it. In a healthy relationship, partners are recognized as individuals with different boundaries and needs. Sure, you and your partner can share some of the same boundaries and needs, and maybe that's what makes you a great match! But safety and respect for each other come first. Being in a relationship is a choice you make every day of that relationship, whether

that relationship lasts a few days, months or a lifetime. Same goes for your partner. You don't own one another, you're not objects. You are human beings with complicated desires and feelings. When one person in the relationship feels like they own the other person, or when they try to control their partner because they "love" them – well, that isn't love! Those are actually big flashing warning signs of abuse.

So this Valentine's Day, ask yourself what healthy love means to you. How do you want to be treated in a relationship? How do you want to treat your partner? Knowing the answers to these questions can help you build healthy relationships throughout your life."

Healthy BMI (Body Mass Index)

BMI: 18.5-24.9

Overweight: 25-29.9

Obese: Over 30 BMI

Healthy Body Fat for Men and Women

Women:

Essential: 10-12%

Athletes: 14-20%

Fitness: 21-24%

Acceptable: 25-30%

Men:

Essential: 2-4%

Athletes: 6-13%

Fitness: 14-17%

Acceptable: 18-25%



Upcoming Events

Monthly Fun Powwow

February 25, 2017 Nespelem Community Center; 7pm-11pm

Northwest Indian Youth Conference

April 2-6, 2017

Earth Day Celebration

April 21, 2017

Diabetes Program Health Walks

Sweet Heart Walk February 14, 2017

Healthy Heart Walk February 28, 2017



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