WELCOME
Wellness Where You Are
Online Summer Series
BACHAC

• A grass roots community health organization
• Address health disparities in diverse communities across generations
• Through awareness, education, access to resources, advocacy
• In partnership/collaboration with a diverse groups
• Supporting a culture of Innovation and inclusion
Session Purpose

• Support community with relevant information, resources & tools during this challenging time
• Address unique needs of the community
• Provide forum to address questions
• Increase awareness not a substitute for professional advice for specific situations
Housekeeping

• Appreciate your patience and flexibility as BACHAC launches into the virtual world
• BACHAC’s steps to protect privacy
• Everyone is on mute
• Write Questions to Q and A Section
• Session is being recorded
• Recording to be posted on BACHAC website
Meeting Agreements

• Be engaged
• Be curious and open
• Challenge ideas, not the person
• Seek to understand
• Stretch yourself
• Help us....Help you
Heart Smart Tips for Working @ Home (Part 1)

Sheree Williams, Publisher, Cuisine Noir Magazine and Cheryl Davis, Nutrition

May 27, 2020
Nutrition for a Healthy Heart

Presenter: Cheryl Davis
Why Talk About Heart Disease?

Prevalence

COVID-19

Preventable

- heart disease = greater susceptibility
- heart disease = higher risk of complications
Cardiovascular Disease

What is cardiovascular disease?
• Disease of the blood vessels that affect the arteries that take blood to the brain and the heart

When does it start?
• Begins in childhood
• Progressive

What does it look like?
Cardiovascular Disease
Risk Factors

Non-Modifiable Factors

Modifiable Factors

- Age
- Genetics
- Blood Cholesterol
- Body Weight
- Smoking
- Level of Physical Activity
- Type 2 Diabetes
- Blood Pressure
Factors Related to Diet

Diet-Related Risk Factors

- Blood Cholesterol
- Blood Pressure
Cholesterol in the Body

Functions

Requires Transport

Made in the Body

Affected by Diet

A Little About Cholesterol

A photo of various fruits and vegetables is shown in the background.
Changing Your Lipid Profile

- LDL-Cholesterol (Down)
- HDL-Cholesterol (Up)
Lowering LDL-Cholesterol

decrease saturated and trans fat

increase unsaturated fat
Decreasing Saturated & Trans Fat

1. Reduce intake of meat and trim visible fat
2. Beware of hidden solid fats
3. Be careful of saturated fat in most dairy foods (cheese, sour cream, butter)
4. Read food labels
Increasing Unsaturated Fats

Monounsaturated Fats
- olive oil,
- avocados,
- peanut butter

Polyunsaturated Fats
- Omega-6: vegetable oils, nuts, seeds
- Omega-3: walnuts, flaxseed, fatty fish (salmon, tuna)
Changing Your Lipid Profile (2)
Raising HDL-Cholesterol

- stop smoking
- physical activity
- lose weight
Blood Pressure

High blood pressure: the "silent killer"

What you don't know may hurt you

Know your numbers
Lowering Blood Pressure

Adequate intake of monounsaturated oils (olive oil)

Decrease Sodium
- Fresh fruits & vegetables
- Limit processed foods
- Read labels

Reduce Stress
- Cooking at home
- Kneading bread
- Physical activity
The Fiber Connection

Liver sends cholesterol to the digestive tract

Cholesterol attaches to soluble fiber

When soluble fiber is eliminated, cholesterol is also eliminated (removed)

By removing cholesterol from the body, the amount of cholesterol in the body is lowered
Soluble Fibers

**Benefits**
- Help to lower blood cholesterol
- Help to maintain normal blood glucose after a meal

**Foods**
- Whole fruits (citrus, apples)
- Whole grains, such as oatmeal & barley
- Beans
In summation...

**HEALTHY EATING PLATE**

- **Healthy Oils**: Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.
- **Vegetables**: The more veggies – and the greater the variety – the better. Potatoes and French fries don’t count.
- **Fruits**: Eat plenty of fruits of all colors.
- **Whole Grains**: Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.
- **Healthy Protein**: Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).
- **Stay Active!**: Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

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Sheree’s Recipes

Smoothie

- fruits (mango, banana, blueberries)
- chia seeds
- flaxseed

Hummus

- olive oil
- beans
- tahini (sesame seeds)

Be creative & have fun!
THANK YOU!
Speakers: Sheree Williams & Cheryl Davis
BACHAC Volunteers & Members
Please complete the survey when you receive it. Your feedback MATTERS!
Faith Leaders, Census & COVID-19

Panel of Faith Leaders:
Rev. Marlyn Bussey, St. James AME Zion Church
Rev. Jorge Perry Bautista, Congregational Church of San Mateo, United Church of Christ
Rev. Henry Toyo Adams, San Mateo Buddhist Temple
Mrs. Muna Tau Saulala, St. Timothy’s Catholic Church

May 28, 2020
Mark Your Calendars

• Fri. June 5th @ 6pm - Fitness @ Home with Fitness Expert Anita Black-Cowan
• Wed. June 10th @ 4pm Sheree & Cheryl return (Part 2)!
• Tues. June 16th @ 4pm - Rebuilding Your Financial House with Finance Experts Margaret & Ted Johnson
THANK YOU!
To learn more about BACHAC
go to www.bachac.org