

TIPS FOR A HEALTHY LIFESTYLE

*A publication of the Health Committee of the National Coalition of 100 Black Women, Inc.,
Bergen/Passaic Chapter*

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Viral Spiral

Viruses have been very popular in the news of late. Typically in the northeast as the late fall and winter approaches, we are ready for the flu and cold season. More recently with the spread of Ebola to America there has been more conversation about Ebola and Ebola awareness and preparedness.

The flu is an acute respiratory illness that is caused by a virus. It is highly contagious. It is caused by the various strains of Influenza viruses that exist. It is spread by contact with the respiratory droplets from someone with the virus. The droplets can be passed from coughing and sneezing on or around people. It can also be spread by touching objects that have droplets on them and then touching your mouth or nose.

The flu season is October – May, typically peaking in January-March. On average the flu can affect 5-20% of the population. Those most susceptible to the flu and flu-related complications are the young, the elderly, individuals with chronic diseases, and pregnant women. More than 90% of those who die from the flu are 65 years old and older. Flu vaccination is suggested for all, and particularly for those most at risk as a means to prevent or at least modify the course of disease. There are disparities in the receipt of the flu vaccine with seniors and African American, Hispanics and other ethnic minorities receiving the flu vaccine less than other populations. This disparity in vaccination is associated with higher rates of the flu and flu-related illness.

In addition to the flu, this year for the first time ever, the United States was affected by the Ebola virus. The CDC reports that the 2014 Ebola epidemic is the largest in history. Ebola is a potentially deadly disease caused by infection with the Ebola virus of which five viral species have identified. Ebola is not spread through the air, water, or by mosquitoes. The virus is spread by direct contact via blood and body fluids from an individual sick with Ebola,

contaminated needles, and infected fruit bats and primates. The symptoms include fever, severe headache, fatigue and weakness, muscle pain, vomiting and diarrhea. Bleeding and bruising is also associated with Ebola. These symptoms may appear 2-21 days after exposure. It is reported that Ebola can only be spread when one is symptomatic. Some of these early symptoms are non-specific.

The 2014 Ebola outbreak was widespread in several countries in West Africa and in a few isolated cases in the United States. U.S. hospitals and health departments have issued advisories for those who have travelled to areas where Ebola is endemic or for those who believe they may have come into contact with someone who is infected with Ebola.

In summary, viruses are complex organisms that can have severe, even deadly consequences.

Several keys to prevention are:

- Attempt to avoid exposure.
- Practice careful hygiene and hand-washing with soap and water or an alcohol-based hand sanitizer to stay clean.
- Vaccination against those viruses for which there are vaccines are available.

Also remember if you are feeling sick this year, think FLU not Ebola.

1 Myth about the Flu

MYTH: The Flu vaccine causes the Flu

FACT: the flu shot contains killed viral products and the nasal spray contains weakened viral products. The vaccine works by preparing your immune system in case you get exposed to the actual flu virus.

Aiming for an AIDS-free Generation



World AIDS Day is held on December 1st each year and is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate those who have passed on. World AIDS Day was the first global health day, which was first held in 1988.

Globally, around an estimated 34 million people have HIV. More than 35 million have died from the virus, making it one of the most destructive pandemics in history.

Today, many scientific advances have been made in HIV treatment. There are laws now to protect people living with HIV and we understand so much more about the condition. Despite this, many do not know the facts about how to protect themselves and others from HIV. Stigma and discrimination remain a reality for many people living with HIV. World AIDS Day is important as it reminds the public and the government that HIV has not gone away. There is still a vital need to raise money, increase awareness, fight prejudice and improve education.

World AIDS Day is an opportunity for one to learn the facts about HIV and to put that knowledge into action. If you understand how HIV is transmitted, how it can be prevented, and the reality of living with it today, you can use this knowledge to take care of your own health and the health of others. You can also ensure that you treat everyone living with HIV fairly, and with respect and understanding. The 2014 theme for World AIDS Day is “Focus, Partner, Achieve: An AIDS-free Generation.”

You can also show your support for people living with HIV on World AIDS Day by wearing a red ribbon, the international symbol of HIV awareness and support.

We all need to remember the importance of raising awareness of HIV all year around. That’s why NAT (National AIDS Trust) has launched *HIVAware* – a fun, interactive website which provides all the information everyone should know about HIV. Why not use what you’ve learned on World AIDS Day to act aware throughout the year. You can also always fundraise at any time as well. NAT is always available to give you suggestions and ideas.

NAT (National AIDS Trust) doesn’t just campaign on World AIDS Day. Throughout the year, they work on a range of issues affecting people living with HIV, including benefits, employment and human rights. They are committed to ensuring that the laws and policies affecting people with HIV are fair, and they work to raise awareness of HIV and the importance of HIV education.

Childhood Obesity

Our children do not go outdoors (spending all summer day until nightfall physically active), wear hand-me-downs, or eat primarily home-cooked food. In fact, in 2010, the CDC reported that 17% of American children were obese (13.7% in N.J.). One third of youth are overweight. Research shows that American children may be facing a lifespan shorter than that of their parents. One study published in JAMA found that children born in the year 2000 have a >30% chance of developing diabetes within their lifetime. It’s time to better understand the crisis for which First Lady, Michelle Obama began the “Let’s Move” campaign.

BMI (body mass index) is a measure of weight relative to height that estimates body fat (and thus health risks). A BMI over the 85thile defines a person as overweight. A BMI above the 95thile defines one as obese. Disproportionate weight & BMI during developmental years has a permanent affect far more damaging than this phenomenon in adulthood. Total body fat cells are determined by late adolescence; so, in adulthood this

number never changes. The cells can only shrink or enlarge as weight fluctuates. Thus, overeating in childhood leads to an overproduction of fat cells permanently.

Obese children have a 2-3 times greater risk of developing high cholesterol. Overweight children are at risk for heart disease by their 20s. Fatty liver changes are seen in up to one third of obese children. There is increased risk of asthma, gall stones, bone deformities, and insulin resistance with increasing weight at disproportionate (relative to the child's height/ bony frame) levels. Obese children are at 2-5 times greater risk of developing sleep apnea, where less oxygen is delivered to the brain. New studies show that childhood obesity increases the possible development of Alzheimer's-like brain lesions.\

By adolescence, the obese teen is now two to three times more likely to die by middle age compared to normal weight teens. There is an increased risk of the development of metabolic syndrome, in which fat and glucose metabolism is impaired. This condition is associated with a 5 times greater risk of developing diabetes, and three times greater risk of stroke or heart attack.

Nutrition must be addressed in the home and school. 6.5 million children live in low income areas that lack stores with affordable, nutritious food. The USDA reports a typical school lunch far exceeds the recommended sodium limit (500mg), and less than 1/3 of schools stay below the recommended fat content limit. The National School Lunch Program serves 31 million children. Additionally, many cafeterias offer an unregulated "a la carte" menu. Many serve over processed food that is high in sugar, fat, sodium and calories.

Our children need diets rich in fruits, vegetables and whole grains. If an obese person loses 5-10% of their body weight, this person achieves a measurable health benefit. Whole grains contain fiber, vitamins, and minerals. A balanced lunch should include 2oz of protein. This does not have to be meat; 1 hard-boiled egg, ½ cup of yogurt, or 2tbspns of peanut butter suffices.

Nutritious lunch suggestions:

- *Carrot or celery sticks, apple slices, edamame, dried strawberries, blueberries, mixed berries, sugar snap peas, fruit smoothies, & grape tomatoes*
- *Sun dried tomato & cream cheese on whole grain tortilla*
- *Smoked turkey, cheddar cheese & apple in a wrap*
- *Banana & soynut butter on whole grain English muffin*



Our children also need more physical activity than provided by their team sports (obviously, this has not improved the reality of the stats!). They need constant movement sustained at least 30 minutes, vigorous enough to get their heart rates up. Without outdoor safety as a modern day option, fitness programs targeting childhood obesity have been developed. One such in our area is Master Karate Todd which airs on Verizon Fios (channel 477) on Saturday mornings 8:30 to 10am. This interactive work out engages children 4 to 10 years old (www.masterkaratetodd.com). Pretty Girls Sweat (as seen on youtube) was developed to mentor adolescent girls about the importance of fitness and sports participation. Each "meeting" involves (at least) one hour of hard-core working out. Remember to make room in your home for your child to be physically active & get off the couch or computer. Even if it's just dancing to music in the mirror, our homes should not be so congested that the body is forced to be sedentary within it. As community leaders, we must individually challenge ourselves about our dietary choices (i.e. "what's in your fridge?") & level of physical activity, so that we may mirror to our children the example of fitness of which we aspire that they follow.

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A New Year, A New Outlook

In theory, New Year's resolutions are a fabulous idea. After all, what better way to start the New Year than with a fresh outlook on life? In practice, however, this annual ritual has become a bit of a joke, to the point that people make bets about how long their friends' and loved ones' resolutions are going to last. For some, it's gotten so futile that they've stopped making resolutions altogether.

1. Change your health outlook

Instead of seeing it as all-or-nothing, look at health as a continuum. Every decision that you make, moves you closer to one end of the continuum (good health) or the other (poor health). "For instance, drinking a soda would move me in the wrong direction, while drinking a glass of water would move me in the right direction. By making small, positive decisions, I move closer and closer to good health.

2. Embrace exercise

For most people, exercise is an add-on, something that they do if they can find time. It's much easier to accommodate if you find ways to incorporate activity into your daily routine. Climbing the stairs to the third floor takes just a minute longer than waiting for the elevator. Likewise, parking further away from a building increases the number of steps you walk each day. This also goes for the office. Walk messages to colleagues as opposed to sending them, can boost your step count and help you lose weight faster.

3. Say goodbye to fad diets

Losing weight is a staple resolution...which could explain why so many diets fail. "It's fine to have weight loss as a goal, but instead of following the latest diet craze, focus your efforts on eating healthfully. Though that's not to say fad diets get everything wrong. Steering clear of empty calories and loading up on whole food and healthy fats are steps in the right weight loss direction.

4. Head back to the kitchen

Have you noticed that kitchens are getting fancier and fancier, yet fewer and fewer people are actually using them? The beauty of resolving to do more of your own cooking is that you gain more control over the nutritional

quality of your meals. Prepare your own food from fresh ingredients. You will save calories and money, and you will be healthier for it.

5. Unplug daily

Thanks to modern electronics, we're switched on, tuned in 24/7, and more stressed than ever. Not to mention research finds that media overload can increase your risk for depression, social anxiety, job burnout, and even allergies. The solution? Spend an hour, 10 hours, or a full day without your cell phone, email, social media, computer, or games. What will happen if someone can't reach you or you can't reach someone else at a moment's notice? Where will your imagination take you?

6. Conquer clutter

Another way to reduce your stress level (and boost your mood) is to work on clearing out the clutter in your home. "Living in the midst of clutter saps your energy!" Clean up your mess, and it will open up your life for more positive energy.

7. Get your financial house in order

There's no time like the present to lay out a plan for saving more and spending less. To get started, financial advisors recommend establishing an emergency fund of \$2,500 and reducing your credit card use for an entire year. Other saving secrets? Live below your means. If you do it consistently, you're automatically saving consistently. Aim to save at least 10% of what you earn after taxes—15% if you're over 35 and haven't started yet. If you can't save 10%, start by saving something and watch that stash start to grow

8. Embrace generosity

Few things are as easy or provide as much instant gratification as donating time or money to people in need. Give away 1% more of your income than you did last year; volunteer at a food bank in the middle of summer; go out of your way for someone who seemingly has nothing to offer you. When you unleash your generosity potential, your life will be the better for it. Before you say you're too busy, know this: It's not about how much time you give, it's about forming an identity as a volunteer. That means you have to give back regularly enough to consider the activity part of who you are.



National Coalition of 100 Black Women, Inc.,
Bergen/Passaic Chapter
in partnership with **Englewood Hospital & Medical Center**
presents its **6th annual**

Heart Healthy *Wine Tasting*

Friday, February 6, 2015
7:00 – 10:00 PM

Englewood Hospital and Medical Center, Gallery Area
350 Engle Street, Englewood, NJ 07631

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Wear **Red** and help us raise funds
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Guest Speaker: Dr. Icilma Fergus

MD, FACC, Associate Professor of Medicine,
Mount Sinai School of Medicine, New York

- **Wine Tasting & Hors d'Oeuvres • Music**
- **Educational Materials • Door Prizes**
- **Ticket Price: \$30**

Please wear something Red to show your support and bring a non-perishable food item to support the Center for Food Action*

For Ticket Information, Contact:

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This event is sponsored by the American Heart Association

www.ncbwbergenpassaic.org or 201-287-9600

