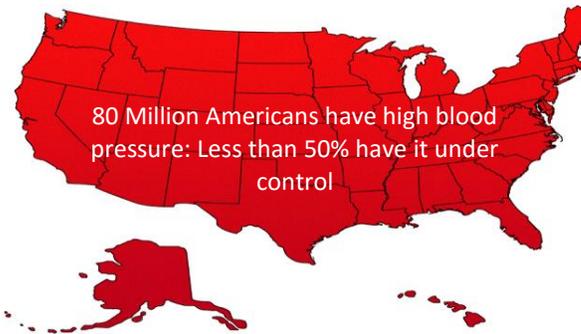




Avoiding the “Silent Killer”

February 2017

Have you checked your blood pressure lately? February is Heart Health Month and according to the American Heart Association **1 out of every 3** American adults have high blood pressure. Heart disease and stroke are the two leading causes of death for men and women in the United States. This alarming statistic has been shown to be preventable in most cases by managing health conditions and making healthy choices. High blood pressure is a key, modifiable, risk factor for heart disease and stroke.



Blood pressure over 140/90 mmHg **significantly increases the risk** for heart attack, stroke, aneurysm, and kidney damage. The Y-USA has joined with Million Hearts® to create the Blood Pressure Self-Monitoring Program (BPSM) to reduce participants blood pressure by encouraging home self-monitoring. Participants receive weekly face to face support from a trained Healthy Heart Ambassador, while taking their own blood pressure twice per month. If participants do not have a reliable blood pressure monitor, the Y will provide enrolled participants with one. Since September 2016, the program has shown an average decrease in systolic and diastolic blood pressure of 4.9 mmHg and 3.2 mmHg respectively. Other goals of the program include an increased ability to identify the triggers which may elevate one’s blood pressure as well as enhancing knowledge of healthier eating habits.

To join the program one must be over 18 years old, diagnosed with high blood pressure, not have experienced a recent cardiac event/atrial fibrillation/arrhythmias, and not be at risk for lymphedema.

This program is **FREE** and open to the Greater Des Moines community. Stop by one of the locations below for more information.

“What I like most about the program is that it is empowering. It allows me to feel like I am taking control and able to focus on what can make me healthier and stronger”

--Program Participant



#GoRedWearRed

Meet **Becky**

Healthy Heart Ambassador at [South Suburban YMCA](#)

Wednesdays 7:30-8:30 AM



Meet **Mery**

Healthy Heart Ambassador at [Grubb YMCA](#)

Thursdays 3-5 PM



Meet **Katie**

Healthy Heart Ambassador at [YMCA Healthy Living Center](#)

Mondays 8:30-10 AM



Pork Chops with Apricot-Tomato Chutney

Ingredients

- 4 boneless, center-cut pork loin chops, (1-1 1/4 pounds), trimmed of fat
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil
- 1 14-ounce can diced fire-roasted tomatoes
- 1/4 cup chopped dried apricots
- 1 tablespoon lemon juice
- 1/8 teaspoon crushed red pepper
- 1 tablespoon chopped fresh thyme, for garnish



Preparation

1. Preheat oven to 350°F.
2. Sprinkle pork chops with salt and pepper. Heat oil in a large skillet over medium heat. Add the pork chops and cook until browned, 1 to 2 minutes per side. Transfer to an 8-inch-square glass baking dish. Add tomatoes, apricots, lemon juice and crushed red pepper to the skillet and increase heat to medium-high. Bring to a boil and cook, scraping up any browned bits, until the sauce thickens into chutney, 4 to 5 minutes. Pour the chutney over the pork chops.
3. Bake the pork chops until just cooked through, 8 to 10 minutes. Divide the chops and chutney among 4 plates and sprinkle with thyme.

<http://recipes.millionhearts.hhs.gov/recipes/pork-chops-apricot-tomato-chutney>

Nutrition Facts

Servings Per Recipe 4	
Amount Per serving	
Calories 225	
	% Daily values *
Total Fat 9g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Monounsaturated Fat 5g	
Cholesterol 66mg	22%
Potassium 426mg	12%
Sodium 411mg	17%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 22g	44%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Remember your **ABCS**

- A**-Aspirin Use when Appropriate
- B**-Blood Pressure Control
- C**-Cholesterol Management
- S**-Smoking Cessation

The Blood Pressure Self-Monitoring program offers **four** nutrition seminars in which participants and community members learn about various nutrition topics.

These topics include:

- DASH Diet
- Reducing Sodium Intake
- Shopping, Cooking, and Food Preparation
- Eating for Your Heart