

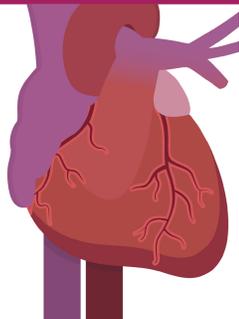
# February Newsletter

West Windsor Health Department

Serving the communities of West Windsor • Robbinsville • Hightstown

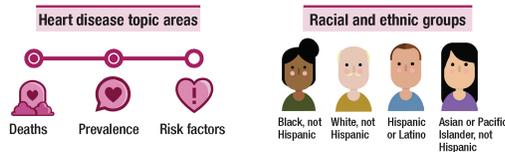
## What's New in Public Health?

### CDC's National Center for Health Statistics United States Spotlight on Racial and Ethnic Disparities in Heart Disease.



Heart disease is the leading cause of death in the United States, and risk of heart disease death differs by race and ethnicity.

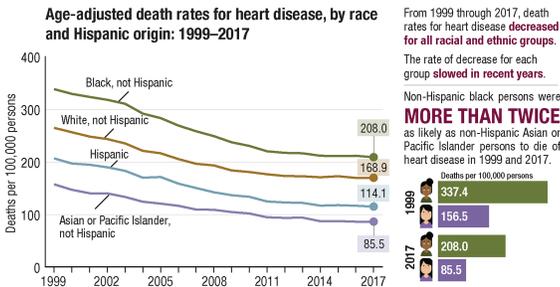
This Spotlight explores racial and ethnic disparities in three heart disease topic areas: deaths, reported prevalence, and risk factors. Even though four clinical risk factors—hypertension, obesity, diabetes, and high total cholesterol—are explored here, behavioral risk factors, such as smoking and physical activity, also differ by race and ethnicity<sup>1,2</sup>.



**DEATHS**

**SOURCE**  
National Center for Health Statistics (NCHS), National Vital Statistics System (NVSS).

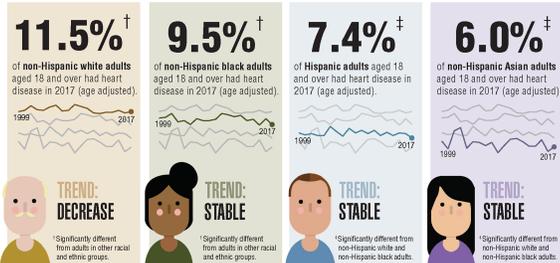
**NOTES**  
Data for racial and ethnic groups, other than non-Hispanic white and non-Hispanic black, are subject to inconsistencies in reporting on the death certificate. However, misclassification is generally minor for Hispanic and non-Hispanic Asian or Pacific Islander groups.



**PREVALENCE**

**SOURCE**  
NCHS, National Health Interview Survey (NHIS).

**NOTES**  
Prevalence was reported by respondents. In separate questions, they were asked whether a health professional had ever told them that they had: coronary heart disease, angina, a heart attack, or any other kind of heart condition or disease.



### Heart Disease Risk Factors

Explore other heart disease risk factors using data from the National Health and Nutrition Examination Survey (NHANES).

### Hypertension

Non-hispanic black adults aged 20 and over were most likely to have hypertension in 2015-2016.

### Obesity

Hispanic and non-Hispanic black adults aged 20 and over were most likely to have obesity in 2015-2016. Obesity among adults is measured body mass index (BMI)  $\geq 30.0$ .

### Diabetes

Hispanic and non-Hispanic black adults aged 20 and over were most likely to have diabetes in 2015-2016. Estimates of diabetes prevalence include both physician-diagnosed and undiagnosed diabetes.

### High Total Cholesterol

Hispanic, and non-Hispanic white, non-Hispanic black, and non-Hispanic Asian adults aged 20 and over were equally likely to have high cholesterol in 2015-2016. High total cholesterol is measured serum total cholesterol  $\geq 240\text{mg/dL}$ .



**Public Health**  
Prevent. Promote. Protect.

## American Heart Month

Let's talk about Cholesterol

Did you know that nearly 1 in 3 adults in the United States has high blood cholesterol, a major risk factor for heart disease and stroke?

High blood cholesterol can be hard to detect, as it often shows no signs or symptoms. Below are some steps you can take to manage your cholesterol.

1. Take your medicine as directed
2. Make healthy lifestyle changes
3. Talk with your health care team
4. Check your Cholesterol Regularly

Call the Township of West Windsor Health Department at (609) 936-8400  
Created by the West Windsor Health Department

\*Information from:  
<https://www.cdc.gov/>

## SIX TIPS for 2020

Make 2020 your healthiest year yet! Add these tips to your resolution list to boost your health and well-being!

### Take preventative measures

- ▶ Make an appointment for a check-up, vaccination, or screening. Regular oral and medical exams and tests can help find programs before they start. They also can help find problems early, when your chances for treatment and cure are better.

### Keep germs from spreading

- ▶ Wash your hands often with soap and water to prevent the spread of infection and illness. Hand-washing involves five simple and effective steps—wet, lather, scrub, rinse, and dry. Learn more about when and how to wash your hands.

### Make healthy food choices

- ▶ A healthy eating plan emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. It also includes lean meats, poultry, fish, beans, eggs, and nuts, and is **low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.** Try planning more meals at home!



### Get active

- ▶ Start small- try taking the stairs instead of the elevator, or parking further from your destination. Consider mall walking if the weather is cold or icy. Adults should get at least 2 and ½ hour a week of moderate-intensity physical activity.



### Be smoke free

- ▶ If you are ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) or 1-855- DEJELLO-YA (1-855-335-3569 for Spanish speakers) for free resources, including free quit coaching, a free quit plan, free educational materials, and referrals to other resources where you live.

### Get enough sleep

- ▶ Insufficient sleep is associated with a number of chronic diseases and conditions- such as type 2 diabetes, cardiovascular disease, obesity, and depression. Adults need seven or more hours per night.
- ▶ \*Information from <https://www.cdc.gov/healthequity/features/newyear/index.html>

# Understanding Food Nutrition Labels

Learning how to understand and use the Nutrition Facts label can help you make healthier eating choices and identify nutrient-dense foods for a healthy diet. Here are some tips from the American Heart Association for making the most of the information on food labels.

## Learn what to look for on the label

### 1. Start with the serving information at the top

- ▶ This will tell you the size of a single serving and the total number of servings per container (package).

### 2. Next, check total calories per serving and container

- ▶ Pay attention to the calories per serving and how many calories you're really consuming if you eat the whole package. If you double the servings you eat, you double the calories and nutrients.
- ▶ The next section of information on a nutrition label is about the amounts of specific nutrients in the product.

### 3. Limit certain nutrients

- ▶ Check key nutrients and understand what you're looking for. Not all fats are bad, and total sugars can include both natural and added sugars. Limit the amounts of added sugars, saturated fat and sodium you eat, and avoid *trans fat*. When choosing among different brands or similar products, compare labels and choose foods with less of these nutrients when possible.

### 4. Get Enough of the beneficial

- ▶ Make sure you get enough of the nutrients your body needs, such as: calcium, choline, dietary fiber, iron, magnesium, potassium, and vitamins A, C, D and E.\*

### 5. Understand % Daily Value

- ▶ The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount. If you want to consume less of a nutrient (such as saturated fat

Nutrition Facts	
6, 12, 18 or 24 servings per container	
Serving size	1 egg (50g)
Amount Per Serving	
<b>Calories</b>	<b>60</b>
<small>% Daily Value*</small>	
Total Fat 4g	5%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 170mg	57%
Sodium 65mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	13%
Vitamin D 6mcg	30%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 69mg	2%
Vitamin E 5mg	35%
Riboflavin 0.3mg	25%
Folate 45mcg	10%
Vitamin B12 1mcg	40%
Biotin 10mcg	35%
Pantothenic Acid 1mg	20%
Iodine 60mcg	40%
Zinc 1mg	10%
Selenium 22mcg	40%
Molybdenum 8mcg	20%
Choline 147mg	25%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Saturated Fat 25% less than ordinary eggs: 1g vs 1.5g (quantities rounded)</small>	

or sodium), choose foods with a lower % DV (5% or less). If you want to consume more of a nutrient (such as fiber), choose foods with a higher % DV (20 percent or more).

- ▶ \*Source: 2015-2020 Dietary Guidelines for Americans
- ▶ For more information on heart healthy tips visit the American Heart Association's website at [www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/](http://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/)



American Heart Association.

# February Recipe of the Month: Pasta Fagioli Soup



Pasta Fagioli Soup is a traditional Italian recipe that's loaded with Italian sausage, pasta, beans and tomatoes. This cozy, satisfying soup comes together in just over 30 minutes- prepare a batch over the weekend and just reheat it whenever you need a bowl. The healthy, rustic and easy dinner is perfect for a busy evening!

**TIPS:** To make this recipe vegetarian simply omit the sausage and use an extra can of beans instead. Be sure to use vegetable broth instead of chicken broth, too!

This is a very **thick soup**-almost like a stew. If you prefer more liquid in your bowl, you can add extra broth, to taste.

## Ingredients

- 1 tablespoon olive oil
- 1 lb. ground Italian turkey sausage
- 1 medium onion, diced
- 1 stalk celery, diced
- 1 carrot, peeled and diced
- 1 tablespoon minced fresh garlic
- 1 can cannelli beans, drained and rinsed
- 1 tablespoon tomato paste
- 1 can petite diced tomatoes, NOT drained
- 4 cups chicken or vegetable broth
- 2 tablespoons chopped fresh parsley and 1 tablespoon chopped fresh rosemary
- 1 and ½ cups ditalini pasta
- Salt and pepper, to taste

## Instructions -

1. In a large saucepan or Dutch oven, heat olive oil over medium-high heat. When the oil shimmers, add the sausage. Cook until no longer pink, break up the meat (for about 5-7 minutes). Use a slotted spoon to remove the sausage and place it on a plate (leave the fat in the pot).
2. Add the onion, celery, and carrot to the remaining fat in the pot. Cook and stir over medium-high heat until tender (about 7-8 minutes). Add the garlic and cook for 1 more minute.
3. Season with salt and pepper; add beans, tomato paste, diced tomatoes, broth, parsley and rosemary. Bring to a boil, then stir in the pasta. Reduce heat to medium; continue cooking for about 10-11 more minutes (or until the pasta is tender). Stir the pasta regularly.
4. Stir in the cooked sausage, and season with additional salt and pepper, if necessary. Ladle into bowls and garnish with additional herbs and freshly grated Parmesan.

## Nutrition Facts

Pasta Fagioli Soup

Amount Per Serving (1 cup)

Calories 244.7      Calories from Fat 65

	% Daily Value*
<b>Fat</b> 7.2g	<b>11%</b>
Saturated Fat 1.5g	<b>9%</b>
Polyunsaturated Fat 0.2g	
Monounsaturated Fat 1.3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 809.4mg	<b>35%</b>
<b>Potassium</b> 194.9mg	<b>6%</b>
<b>Carbohydrates</b> 31.5g	<b>11%</b>
Fiber 4.9g	<b>20%</b>
Sugar 3.4g	<b>4%</b>
<b>Protein</b> 15.8g	<b>32%</b>

\* Percent Daily Values are based on a 2000 calorie diet.

## For more information

Call the Township of West Windsor Health Department at (609) 936-8400  
Serving West Windsor, Robbinsville, and Hightstown  
[www.westwindsornj.org](http://www.westwindsornj.org)

