



## Healthy Lifestyles for the Family: Preserving Mind, Body & Spirit

### Health Resources

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**T**he LASB Healthy Lifestyles Committee disseminates pertinent mental and physical health information to the chapter members, leads group exercise during chapter meetings, promotes local fundraisers with a focus on combating disease that affects the African American and female populations, and hosts an annual community health fair with other Delta Sigma Theta chapters.

### “May Health Focus”

#### The Relationship of Hypertension to Stroke

People who have high blood pressure are 4 to 6 times more likely to have a stroke. The risk of stroke is directly related to how high the blood pressure is.

There are two types of stroke.

- **Ischemic stroke is similar to a heart attack, except it occurs in the blood vessels of the brain.** [Click here for Ischemic Stroke Info.](#)
- **Hemorrhagic strokes occur when a blood vessel in the brain breaks or ruptures.** [Click here for Hemorrhagic Stroke Info](#)

#### STROKE PREVENTION

Some of the biggest risk factors for stroke are things that you DO have control over:

- Health conditions. If you have conditions like high blood pressure, high cholesterol, diabetes, atherosclerosis, or heart disease, do everything possible to keep them well controlled to reduce your risk of stroke.
- Your diet. Filling up on healthy foods, low in fat, calories, and sodium can reduce the risk of high cholesterol and high blood pressure — and to a decreased risk of stroke.
- Being sedentary. Move around and get regular activity most days of the week. By so doing you're putting yourself at a reduced risk for stroke.
- Obesity. If you're overweight, you are increasing your risk of stroke. If you are a women past menopause, and your waistline measures over 35 inches, you are at a higher risk for stroke.
- Smoking. Cigarettes damage your cardiovascular system and increase your stroke risk. Quit now.
- Taking hormones. Hormone replacement therapy, also called HRT, or birth control pills can up your stroke risk by increasing your risk of developing a blood clot.

## ■ WEIGHT MANAGEMENT

### **MAINTAINING A 1200 CALORIE DIET**

- 1. Start your day with a glass of water and drink 8 to 10 glasses a day**
- 2. Read Nutrition labels on food items to assess:**
  - a. Total Calories
  - b. Carbohydrate Calories
  - c. Fat Calories
  - d. Protein Calories
  - e. Milligrams of Sodium
- 3. Avoid any food that is high in Calories, Fat, Carbohydrates and Sodium.**
- 4. Avoid Alcohol**
- 5. Eat balanced meals to daily include :**
  - a. -3 to 4 servings of vegetables daily
  - b. -2 to 4 servings of fruit daily
  - c. -2 to 3 daily servings of dairy products
  - d. -2 to 3 servings of protein daily. This includes lean meat, beans, chicken, fish
  - e. -6 to 7 daily servings of Carbohydrates to include bread, rice, pasta, oatmeal, etc.
- 6. Keep a food diary to insure that daily caloric intake does not exceed 1200 calories.**
- 7. Eat at least 6 small meals per day, do not skip meals (Use the menu planner in 40 Million Pound Website)**
- 8. Avoid eating large amounts of food at one sitting.**
- 9. Select an exercise buddy**
- 10. Develop an exercise routine and STICK TO IT!!!**

### **REFERENCES:**

- Jenny Craig Dining Out Guide
- USDA Center for Nutrition Website
- Weight Watchers

Compiled by the Health Resources Committee

Delta Sigma Theta Sorority, LA South Bay Chapter

## EMERGENCY PREPARATION PROGRAM

(see below for information & resources  
to protect you and your family)

### PROTECT YOUR FAMILY & HOME

(Be Aware, Prepare for Emergencies)

#### Emergency Checklist

Three day supply of water. One gallon per person per day

Ready to eat canned foods, manual can opener

Flashlight; extra batteries

Portable, battery-operated radio; extra batteries

Important personal & family documents

First Aid Kit

Change of clothes - sturdy shoes

Bedding

Prescription medications

Know evacuation routes

Know where to go if you are asked to evacuate

### EARTHQUAKE: Duck, Cover & Hold

<b>DUCK</b>	DUCK or Drop down on the floor
<b>COVER</b>	Take COVER under a sturdy desk or table or other furniture.
<b>HOLD</b>	If you take cover under a sturdy piece of furniture, HOLD on to it and be prepared to move with it.

### TIPS

- When in a HIGH-RISE BUILDING, move against an interior wall if you are not near a desk or table. Protect your head and neck with your arms. Do not use the elevators.
- When OUTDOORS, move to a clear area away from trees, signs, buildings, or downed electric wires and poles.
- When on a SIDEWALK NEAR BUILDINGS, duck into a doorway to protect yourself from falling bricks, glass, plaster and other debris.
- When DRIVING, pull over to the side of the road and stop. Avoid overpass and power lines. Stay inside your vehicle until the shaking stops.
- When in a CROWDED STORE OR OTHER PUBLIC PLACE, move away from display shelves containing objects that could fall. Do not rush for the exit.
- When in a STADIUM OR THEATER, stay in your seat, get below the level of the back of the seat and cover your head and neck with your arms.

**RESOURCES:**

Emergency Survival Program [www.espfocus.org](http://www.espfocus.org)

211 LA County [www.211lacounty.org](http://www.211lacounty.org)

American Red Cross [www.redcross.org](http://www.redcross.org)

The Great Southern California ShakeOut [www.shakeout.org](http://www.shakeout.org)