

# Community Health Coalition, Inc.

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May 2019

## SUNDAY HEALTH TOPIC: Women's Health



**Christy Clayton, MD, Retired OB/GYN, FACOG, Private Practice** asks and recommends, "Do you know that the leading cause of death in women is heart disease? Do you know that the most common cancers in women are breast, colorectal, and lung cancer? They are the second leading causes of death in women. Do you know that the incidence of cervical cancer has decreased due to women receiving regular pap smears and the HPV vaccine? Women take care of everyone in the family but themselves. It's time for women to pay attention to their health and initiate healthy lifestyles."

**The 20th annual National Women's Health Week kicks off on Mother's Day, May 12, and is celebrated through May 18, 2019. During the week each year, millions of women take steps to improve their health. The week serves as a reminder for women to make their health a priority and build positive health habits for life.**

### What should you do?

An active and healthy lifestyle can help reduce the risk of high blood pressure, type 2 diabetes and other chronic diseases.

- ✚ **Walk:** It's easy to take walking for granted as a form of exercise. After all, it's how we move around in the world every day, so it can be hard to believe it'll knock off pounds. But research shows that walking is a surprisingly strong health and fitness strategy. It matters how you walk, though. A study in *Journal of Applied Physiology* found that [walking quickly with hand and ankle weights](#) was comparable to slow running. And research from the University of Virginia revealed that [mixing short, fast walks](#) with longer, more leisurely ones was an effective way for obese women to [lose belly fat](#).

A study in the *Journal Arteriosclerosis, Thrombosis, and Vascular Biology* showed that walking at a decent clip [reduced participants' risk](#) of developing high blood pressure, [cholesterol](#), and blood sugar levels as much as running.

- ✚ **Eat Healthy:** It's easier than you think to start eating healthy! Take small steps each week to improve your nutrition and move toward a healthier you. Small changes can make a big difference to your health. Try incorporating the healthy eating choices listed below into your diet.



**Make half your plate fruits and vegetables:** Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

**Make half the grains you eat whole grains.**



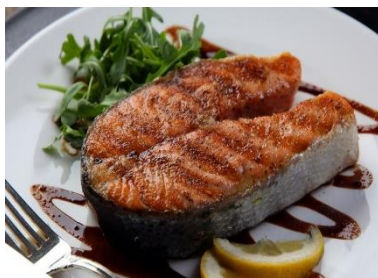
**Switch to fat-free or low-fat (1%) milk:** Both have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



**Choose a variety of lean protein foods:** Meat, poultry, seafood, dry beans or peas, eggs, nuts, and seeds are considered part of the protein foods group. Select leaner cuts of ground beef (where the label says 90% lean or higher), turkey breast, or chicken breast.



**Eat some seafood:** Seafood includes fish (such as salmon, tuna, and trout) and shellfish (such as crab, mussels, and oysters). Seafood has protein, minerals, and omega-3 fatty acids (heart-healthy fat). Adults should try to eat at least eight ounces a week of a variety of seafood.



- **Compare sodium in foods:** Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals.

- **Drink water instead of sugary drinks**

### For More Information

<https://minorityhealth.hhs.gov/>  
[www.womenshealth.gov/nwhw/about](http://www.womenshealth.gov/nwhw/about)  
[www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

### Remember:

**May is National Stroke Month! Control your risk factors to improve your brain health.**

### Remember your ABC's

**A**dopt a healthy lifestyle.

**B**alance calories and portion sizes to manage weight.

**C**olonoscopy is recommended if you are over 45 years of age.

**Please Donate:** Community Health Coalition provides **FREE** health tips, blood pressure checks, glucose screenings, community health education workshops, and a library of brochures and pamphlets about chronic diseases. Without donations from individuals like you, the Coalition will be forced to limit its current outreach efforts.

**You can Make a Donation to Community Health Coalition through SECC or PayPal. If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us!**



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Thank you.

**Health Tip is a message from Community Health Coalition, Inc.** and is written in partnership with



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