

Family and Community Health “Connections” in Runnels County



American Heart Month

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In 1964, President Lyndon B. Johnson declared the first American Heart Month to tackle heart disease in the United States. Since then, February in America has been used to promote heart health!

Believe it or not, heart disease can happen at any age. Some risk factors for heart disease and stroke are preventable. American Heart Month teaches us the ways we can help reduce our risks while eliminating those risk factors we have control over.

Here are a few signs that the CDC says may put you at risk for heart disease.

1. High blood pressure

High blood pressure (HBP or hypertension) is when your blood pressure, the force of your blood pushing against the walls of your blood vessels, is consistently too high.

There are millions of people in the United States who have high blood pressure, and millions of them are as young as their 40s and 50s. About 11 million of them don't know their blood pressure is too high and are not receiving treatment to control it, even though most of these individuals have health insurance.

2. High cholesterol, diabetes, and obesity

These are all conditions that can increase your risk for heart disease. If you fall into this category, work on eating healthy and getting some physical activity in a few times a week.

Cholesterol is a waxy, fatlike substance.

It's carried through the blood on lipoproteins.

There are two major types of lipoproteins. High-density lipoprotein (HDL), often called “good” cholesterol or Low-density lipoprotein (LDL), often called “bad” cholesterol.

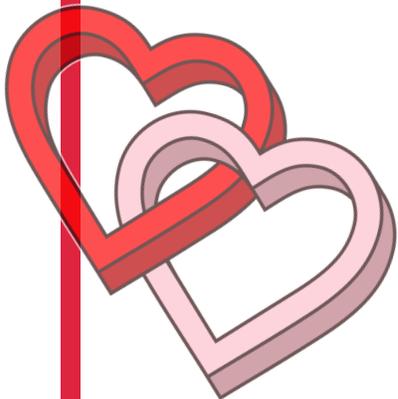
Research more about good and bad cholesterol at <https://millionhearts.hhs.gov/>.

3. Smoking cigarettes

Over 35 million adults in America are smokers and thousands of young people are picking up the habit daily. If you're a smoker, do your best to quit or cut down.

Tobacco smokers are at greater risk for diseases that affect the heart and blood vessels, including heart disease and stroke. Even people who smoke fewer than five cigarettes a day are at increased risk for these diseases. The risk increases with the number of cigarettes smoked per day and the number of years that smoking continues.

Exposure to secondhand tobacco smoke also increases the risk for heart disease and stroke. People who already have heart disease are at especially high risk of adverse effects from breathing secondhand smoke and should avoid even brief exposures.



Information Source:
<https://millionhearts.hhs.gov/>

Information Source:
<https://nationaldaycalendar.com/american-heart-month-february/>

Picture Source:
https://upload.wikimedia.org/wikipedia/commons/thumb/4/4f/Interlaced_love_hearts-3D.svg/720px-Interlaced_love_hearts-3D.svg.png

https://www.hsri.or.th/sites/default/files/styles/detail/public/detail/heart_201301227275620-1.jpg?itok=J5Wf_ZW



Gardening Tips for February

Southern Gardens

Although it may not be quite as true for other states, here in the South spring is just around the corner!

Here are a few reminders to set yourself up for a successful garden this year:

Start Planning

Roses

Get roses in the ground now so they'll be established before hot weather arrives. Choose bare-root roses for all but the warmest parts of the South. In the warmest areas, select container-grown plants.

Veggies

Plant potatoes, onions, lettuce, and spinach in all but northernmost areas. In northern areas of the South, wait a few weeks.

Trees

Add trees to your landscape this month. Select trees that are compatible with your soil type. Consult your extension service or a knowledgeable local garden retailer. Plant bare-root trees unless you garden in the warmer reaches of the region. Container-grown trees are a better option for the warmer areas.

Bedding plants

Set out cool-season annuals in cooler areas. Because cool-season annuals tolerate frost, they can be planted in areas where temperatures may drop.

Perennials

Create pots of spring-blooming perennials to stage an instant show in your garden.

Test Garden Tip: Fertilize camellias and azaleas. Refresh the mulch layer around azaleas to protect their shallow root systems from drying out.

Choose What to Prune

Roses

When all danger of frost is past, prune roses. Cut any canes that are diseased, damaged, or dead. Remember to place cuts about one-quarter inch above an outward-facing bud.

Trees

Many trees can be pruned now. Wait to prune spring-flowering trees until after they flower. For fruit trees, contact the cooperative extension office to learn how to prune to enhance fruit yield. Choose early summer to prune maples or birches; if pruned now, these trees bleed sap profusely. Also hold off on pruning oaks and walnuts until early summer to avoid wilt disease.

Shrubs

Give shrubs a late winter shape-up. Prune branches to reduce height or direct growth. Thin the twiggy growth from the interior of shrubs. Prune spring-blooming shrubs after flowering.

Test Garden Tip: Weeds will be readily apparent in dormant, warm-season lawns. Dig or spot-spray offenders with an herbicide that won't kill grass.

Ready the Garden

Weeds

Apply a preemergent weed killer to existing planting beds this month. This type of weed killer interferes with seed germination. Do not use it in areas where you plan to sow seed. Use it only around established planting areas.

Lawns

Fertilize cool-season lawns, but not warm-season grasses. You may, however, need to irrigate warm-season lawns this month if winter didn't bring much moisture.

Groundcovers

Prune mondo grass and lilyturf before new growth appears. Use a lawn mower to make quick work of this task, adjusting the height to remove old growth. Add a grass catcher attachment to eliminate raking.

Pest and Disease Control

Spray horticultural oil on tree fruits and other landscape plants prone to disease and insect attack. Apply before leaves appear and when temperatures will not dip to freezing within four hours of spraying. The oil smothers overwintering insects, eggs, and disease spores.

Test Garden Tip: In the most tropical areas of the South, fertilize palms late this month. Use a product labeled specifically for palm trees. It should contain manganese, iron, and potassium.



Information Source: <https://www.bhg.com/gardening/gardening-by-region/south/february-tips-the-south/>

Picture Source: https://cdn.pixabay.com/photo/2012/04/14/15/26/rose-34283_960_720.png

https://openclipart.org/image/2400px/svg_to_png/213244/Community-garden-icon.png

Heart Trouble: Know the Signs

Knowing the signs of a heart attack or stroke can help you to act quickly in the event of an emergency and save someone's life. Every second matters when it comes to a heart attack or stroke, so dialing 911 at the early onset of symptoms is important. Realize that not all heart attacks and strokes will present the same symptoms in everyone, but if you suspect a heart attack or stroke, call 911—it is better to be safe than sorry. Many heart attacks begin slowly with minor pain and discomfort before they turn into what we would often picture as a heart attack.

Here are a few signs that may point to a heart attack, which is when the blood flow to the heart is interrupted:

- Chest discomfort that may last a few minutes or comes and goes. It may feel like a pressure, fullness, or pain.
- Discomfort in other areas of the body including one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath may occur with or without other symptoms.
- Cold sweat, nausea, or lightheadedness.

Symptoms of cardiac arrest, which is when the heart no longer pumps blood around the body, may occur suddenly and without warning. Symptoms include:

- Sudden loss of responsiveness.
- No sign of normal breathing.



A stroke occurs when the blood supply to the brain is interrupted. Warning signs include:

- Sudden numbness, weakness, or paralysis of the face, arm, or leg. It usually occurs on only one side of the body.
- Sudden trouble seeing out of one or both eyes.
- Sudden confusion or difficulty speaking and understanding.
- Sudden difficulty walking, dizziness, and loss of balance or coordination.
- Quick onset of a severe headache.

The most important thing you can do if you think you or someone around you is experiencing a heart attack or stroke is to act quickly. Dial 911 so that treatment may begin before irreversible damage occurs.

For more information on the warning signs of a heart attack and stroke, please visit: www.heart.org, www.stroke.org, and <http://fcs.tamu.edu/health/>. The Texas A&M AgriLife Extension Service and the Cancer Prevention and Research Institute of Texas remind you to be prepared to act in an emergency.

Source: Courtney J. Schoessow, MPH, Extension Program Specialist – Texas A&M AgriLife Extension Service, and Meghan Wernicke. February 2008. Texas A&M AgriLife Extension Service Family and Consumer Sciences website: <http://fcs.tamu.edu/>

Picture Source: https://62e528761d0685343e1c-f3d1b99a743ffa4142d9d7f1978d9686.ssl.cf2.rackcdn.com/files/114030/wide_article/width1356x668/ctcrzt74-1457331976.jpg

Heart Healthy Quick Chicken Chili

Ingredients:

- 1 lb. boneless, skinless chicken breasts **OR** tenderloins (all visible fat discarded) **OR** 1 lb. ground white meat chicken or turkey
- 1 medium onion (finely chopped)
- 1 medium bell pepper (chopped)
- 3 clove garlic (minced) **OR** 1 tsp. jarred, minced garlic
- 2 cup fat-free, low-sodium chicken broth **OR** 1 oz. canned, fat-free, low-sodium chicken broth
- 2 15.5- oz. canned, no-salt-added or low-sodium beans (mix or match pinto, red, kidney or navy), drained, rinsed
- 1/2 tsp. pepper
- 1 tsp. cumin
- 1/2 tsp. chili powder (optional)
- jalapeño (optional if you like spicy chili)
- fresh cilantro (optional)
- 1/2 cup low-fat, or, fat-free sour cream (optional)

Directions

1. Remove visible fat from chicken, cut into bite-sized pieces.
2. Spray large pot with cooking spray. Add chicken, onion, garlic, chili powder (optional) or jalapeno (optional) cooking over medium-heat until chicken is no longer pink (about 7 minutes)
3. Lightly mash the drained, rinsed beans with a fork.
4. Add all remaining ingredients to chicken mixture and simmer on high for 10 minutes.
5. Spoon chili into bowls and top with chopped fresh cilantro and/or dollop of sour cream (optional)

Nutrition Facts

Serves: 4

1 Serving contains:

344 Calories Per Serving
3 Grams of Total Fat
(0.5 g of Saturated Fat)
73 mg of Cholesterol
10 g of Fiber
39g of Protein



Source: <https://recipes.heart.org/>

County News

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**Runnels County Walk
Across Texas!
Physical Activity
Challenge Coming
Soon!
Stay tuned for details!**



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