COVID-19 AND CHRONIC DISEASE HIGH BLOOD PRESSURE AND HEALTHY EATING

Howard County Office on Aging and Independence
Department of Community Resources and Services

May 28, 2020

HOWARD COUNTY HEALTH DEPARTMENT
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Howard County LHIC
Local Health Improvement Coalition
hchealth.org

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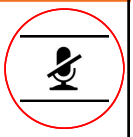
HOUSEKEEPING

Participants will be muted upon entry.

Using the icons on your screen, you can:

- Mute/Unmute your microphone; Mute/Unmute button on phone
  - **Please mute yourself during discussion/questions if not speaking**



Use the "chat" feature to ask questions during the presentation.

- View Participant list on computer– opens a pop-out screen that includes a "Chat" icon that you may use to submit questions
- **Question/ comment can also be added to the chat box throughout the meeting**

This meeting will be recorded…presenters may have cameras on.

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Q & A

Please use the Chat Box to submit questions!

Presentations and recording will be posted at www.hclhic.org

For additional information or questions contact lhic@howardcountymd.gov

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TODAY'S PRESENTERS

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HYPERTENSION IN THE UNITED STATES

- 68 million people (1 in 3 adults) are living with high blood pressure (hypertension)
- 1 in 3 adults are not seeking treatment
- 1 in 2 adults do not have their blood pressure under control
- 28% of Americans are living with pre-hypertension
- Hypertension increases the risk of heart disease and stroke, which are the first and third leading causes of death, respectively
- It is also a major risk factor for congestive heart failure and kidney disease

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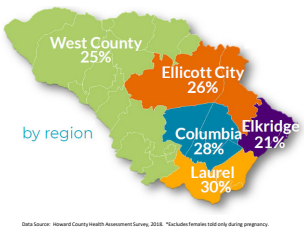
SNAPSHOT: HYPERTENSION IN HOWARD COUNTY

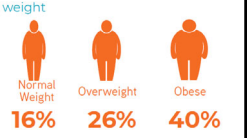
HYPERTENSION: Survey respondents reporting having been told by a doctor, nurse, or other health professional that they have hypertension* [Overall: 27%]



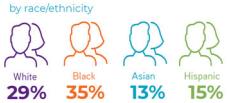
Data Source: Howard County Health Assessment Survey, 2018. *Excludes females told only during pregnancy.

HC Residents told they have HIGH BLOOD PRESSURE

by weight



by race/ethnicity



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HOW BLOOD PRESSURE IS MEASURED

Your blood pressure is written as two numbers. The top number (systolic) number is the pressure when your heart beats. The bottom number (diastolic) is the pressure when the heart rests between beats.

Normal blood pressure	*systolic:* less than 120 mmHg and *diastolic:* less than 80 mmHg
Prehypertension	*systolic:* 120–139 mmHg or *diastolic:* 80–89 mmHg
Hypertension	*systolic:* 140 mmHg or higher or *diastolic:* 90 mmHg or higher

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HOW DO I PREVENT AND CONTROL HYPERTENSION?

- Have your blood pressure checked regularly.
- Maintain a healthy weight body weight (BMI of 18.5–24.9).
- Exercise at least 30 minutes 5 days each week.
- Choose a diet rich in fruits and vegetables and low in sodium.
- Don't smoke.
- If you drink alcohol, do so in moderation (no more than 2 drinks per day for men and no more than 1 drink per day for women).
- If you have high blood pressure and are prescribed medication, take as directed.

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HIGH BLOOD PRESSURE AND YOUR DIET

- A diet high in sodium (salt) increases your risk for higher blood pressure.
- Most people eat more than twice the amount of salt than is recommended by the American Heart Association. About 77% of the sodium Americans consume comes from processed and restaurant foods.
- Current guidelines for Americans recommend that adults in general should consume no more than 2,300 mg of sodium per day. However, if you are in the following population groups, you should consume no more than 1,500 mg of sodium per day:
  - Over 50 years of age
  - African-American
  - Living with:
    - High blood pressure
    - Diabetes
    - Chronic kidney disease

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READING THE NUTRITION FACTS LABEL

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HOW TO READ FOOD LABEL CLAIMS

What It Says	What It Means
Salt/Sodium-Free	Less than 5 mg of sodium per serving
Very Low Sodium	35 mg of sodium or less per serving
Low Sodium	140 mg of sodium or less per serving
Reduced Sodium	At least 25% less sodium than the regular product
Light in Sodium or Lightly Salted	At least 50% less sodium than the regular product
No-Salt-Added or Unsalted	No salt is added during processing – but these products may not be salt/sodium-free unless stated

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HIDDEN SODIUM IN FOODS

- Most of the sodium in the American diet comes from processed and packaged foods. These include:
  - Frozen dinners
  - Canned or pickled foods
  - Snack foods
  - Deli meat
  - Cheese
  - Condiments, sauces, and dressings
  - Breads and cereals
  - Soda (including diet soda)
- **Checking the label is the only way to know how much sodium is in your food.** Choose foods that are labeled "sodium-free" or "very low sodium."

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THE "SALTY SIX"

The Centers for Disease Control (CDC) lists six popular foods with high sodium content:

- Breads and rolls (each piece can have up to **230 mg** of sodium)
- Pizza (one slice has up to **760 mg** of sodium)
- Cold cuts and cured meats (two slices of bologna has **578 mg** of sodium)
- Poultry (a three ounce portion of chicken nuggets has **600 mg** of sodium)
- Canned soups (one cup of canned chicken noodle soup has up to **940 mg** of sodium)
- Sandwiches (adding up the bread, lunchmeat, processed cheeses, and condiments, can give you up to **1,500 mg** of sodium)

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THE DASH (DIETARY APPROACHES TO STOP HYPERTENSION) DIET

- Research has shown that this diet can lower your blood pressure in as little as 2 weeks, and that over time, your systolic blood pressure can drop by as much as 14 points
- Offers additional health benefits besides lowering blood pressure including prevention of osteoporosis, cancer, heart disease, stroke, and diabetes
- Emphasizes vegetables, fruits and low-fat dairy products
- Includes moderate amounts of whole grains, fish, poultry and nuts

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COMPONENTS OF THE DASH DIET

- Whole grains: 6-8 servings
- Fruit: 4-5 servings
- Vegetables: 4-5 servings
- Low-fat Dairy: 2-3 servings
- Lean poultry and fish: no more than 4-6 ounces
- Nuts, seeds, and legumes: 4-5 servings per week
- Fats and oils: 2-3 servings
- Added sugars and sweets: no more than 5 per week

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DO YOU STILL MISS THE SALT?

- At first, foods may not taste as good without added salt, but you will adjust over time!
- Try low-sodium seasoning alternatives:
  - Salt-free seasoning blends
  - Lemon
  - Ginger
  - Curry
  - Dried herbs (bay leaves, basil, cilantro, oregano, rosemary, etc.)
  - Onion
  - Garlic
  - Dry mustard
  - Salt substitutes (check with your doctor first)

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COOKING DEMONSTRATION WITH STEPHANIE

Link: https://youtu.be/S71TXaKQB-I

Recipe Available: http://www.hclhic.org/images/Teriyaki_Sauce_Recipe_Modified.pdf

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RESOURCES FOR LIVING WITH HYPERTENSION

- Food and Drug Administration (FDA): https://www.fda.gov/food/nutrition-education-resources-materials/sodium-your-diet
- American Heart Association: https://www.heart.org/en/health-topics/high-blood-pressure
- Academy of Nutrition and Dietetics: https://www.eatright.org/health/wellness/preventing-illness/hypertension-understanding-a-silent-killer
- National Institute of Diabetes and Digestive and Kidney Diseases: https://www.niddk.nih.gov/health-information/kidney-disease/chronic-kidney-disease-ckd/eating-nutrition

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CLOSING REMARKS

- Upcoming Webex Calls:
  - COVID-19 – The Impact of Nutrition on Blood Pressure Control Thursday, May 28, 2020 2:00 - 2:45 p.m. Register at: https://bit.ly/2LqPsYY
  - Virtual Full Coalition Meeting - Thursday, 6/11/20 from 8:30 AM – 10:30 AM
  - Save the Date 7/24/2020 9am Quarterly BH Provider Meeting (virtual)
- Presentations, recording, & additional resources will be posted at www.hclhic.org
- For additional information, contact lhic@howardcountymd.gov
- For general questions related to COVID-19, e-mail askhealth@howardcountymd.gov

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