

HEALTHY LIVING

Spring 2014

MAY IS STROKE AWARENESS MONTH

A stroke occurs when a clot blocks blood from reaching the brain, or when a vessel in the brain bursts.

Did you know that about 800,000 Americans experience a stroke each year? Every 40 seconds someone in the United States has a stroke, while every 4 minutes someone dies from a stroke. North Carolina ranks among the highest states of stroke rates.

Do you know the signs of a stroke?

- Sudden numbness in face, arm, or leg

- Confusion, trouble speaking
- Trouble seeing out of one or both eyes
- Trouble walking, dizziness, loss of balance
- Severe headache with no known cause



If you think someone may be having a stroke, complete this simple F.A.S.T. test.

- FACE-Ask the person to smile. Does one side droop?
- ARM-Ask the person to raise both arms. Does one side drift downward?
- SPEECH-Ask the person to repeat a simple phrase. Is their speech slurred?
- TIME-If they have any of these symptoms, call 9-1-1

You can prevent having a stroke by maintaining a healthy weight, consuming a healthy diet, and exercising.

COMMUNITY RESOURCES

- Are you or someone you know in need of primary or specialty medical care.

Albemarle Project Access can help.

Call 384-377 for more information.

- Free Eye Screening May 8th and July 10th at

Albemarle Regional Health Services

Call 338-4370 to see if you qualify.

Officers

Chair

Amy Underhill

Coordinator

Amanda Betts

HCOTA

Priority Areas

Fitness

Nutrition

Chronic Disease

Check Out These Great Websites ...

www.eatright.org

www.choosemyplate.gov

www.sparkpeople.com

www.myfitnesspal.com

www.hhs.gov

Contact Information

711 Roanoke Avenue

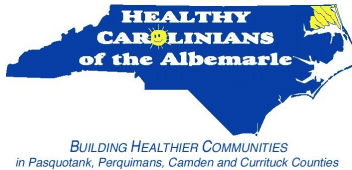
PO Box 189

Elizabeth City, 27909

Phone: 252-338-4440

Email: amanda.betts@arhs-nc.org

Web: <http://www.arhs-nc.org/services/health/promotion/carolinians/hcota/>



Check us out
on Facebook!

WHAT IS HEALTHY CAROLINIANS?

Healthy Carolinians of the Albemarle is a community-based network of agencies and citizens dedicated to improving the quality of life through health and wellness in Pasquotank, Perquimans, Camden, and Currituck counties.

Members include diverse groups of people from schools, churches, health care organizations, local government, senior citizens, youth groups, families, and health care providers. The most important member of Healthy Carolinians is YOU, the community member.

Meetings are held the 3rd Friday of every other month at 12:00 pm. Location alternates between counties.

Nutrition Tips

- Get a personalized eating plan at www.ChooseMyPlate.org
- Know appropriate portion size
- Shop locally at farmers markets and stands. Find a list of local farmers market at www.healthync.org
- Eat a colorful plate

RECIPE CORNER

TUNA BURGER

Servings: 6 • Size: 1 patty
Calories: 280 • Fat: 9g • Protein: 23g • Carb: 24g • Fiber: 1g

Ingredients:

- 1 (12 oz) can light tuna packed in water
- 1 1/4 cup bread crumbs, divided
- 1 cup cheddar cheese, shredded
- 1 egg, lightly beaten
- 1/2 cup non-fat ranch salad dressing
- 1/4 cup finely chopped onion
- Non-stick cooking spray

Directions:

Drain tuna, separate into flakes using a fork. In a medium bowl, combine tuna, 3/4 cup bread crumbs, cheese, egg, salad dressing, and onion. Form six patties; coat each side with remaining 1/2 cup bread crumbs. Spray non-stick skillet with cooking spray; heat to medium heat. Cook patties 3-5 minutes on each side until golden brown.



TIPS EVERYONE SHOULD KNOW ABOUT EXERCISE

The weather is finally getting warm, so now is the time to GET OUT! Here are some tips on how to get some exercise:

- Go walking or biking with family or friends
- Build a flower or vegetable garden
- Spring clean your house!
- Mow the lawn with a push mower
- Play a game of tennis or softball
- Go kayaking or canoeing
- Join a gym
- Go swimming!

