

Institutional Resources on the Web ...

American Diabetes Association:

www.diabetes.org

American Heart Association:

www.americanheart.org

Black Women's Health Imperative:

www.blackwomenshealth.org

Body & Soul: www.bodyandsoul.nih.gov/

Centers for Disease Control & Prevention (CDC):

www.cdc.gov

- *Healthy Weight*
- *Nutrition Topics*
- *Office of Minority Health & Health Disparities*
- *Overweight & Obesity*
- *Physical Activity Topics*
- *REACH (Racial & Ethnic Approaches to Com. Health)*

Choose to Move! A Physical Activity Program for Women:

www.choosetomove.org

CT Department of Public Health:

www.ct.gov/dph

CT Quitline: 1-866-END-HABIT

2-1-1 Infoline: www.211infoline.org/

Mayo Clinic: www.mayoclinic.com

Minority Women's Health:

www.4woman.gov/minority/

My Family Health Portrait:

1-888-275-4722

www.hhs.gov/familyhistory/

National Institutes of Health (NIH):

www.nih.gov/icd/index.html

Office of Minority Health:

1-800-444-6473

www.omhrc.gov/

SmallStep.gov:

www.smallstep.gov/



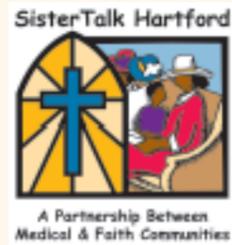
Get Involved! Here are a few ideas:

SisterTalk Hartford Resource Center

(860) 679-6555

sistertalk@uchc.edu

www.sistertalkhartford.org



One example of a faith-based program to support healthy lifestyles is *SisterTalk Hartford*, a weight loss and weight control program. *SisterTalk Hartford* takes a research and faith-based approach, working collaboratively with the community to develop and implement a medically sound, healthy lifestyle program, tailored specifically to the needs of African American and Black women.

"As a lead volunteer at my church... I found SisterTalk Hartford was a great weight management program tied to various scriptures in the Bible. I would highly recommend the program to others who feel weight management is a challenge."

Carol Anderson, SisterTalk Hartford Leader

No Child Left Inside

This is not just another program! *No Child Left Inside* is both a promise and a pledge to help Connecticut's children live more active and healthier lives, with the added bonus of enjoying the beauty of our state parks and forests. *No Child Left Inside*, a program of the Department of Environmental Protection, encourages healthier living for families while promoting environmentally conscious citizens!

www.nochildleftinside.org

Become a NorWalker!

The Norwalk *Healthy Lifestyles* cardiovascular health project has mapped out walking routes in the City of Norwalk to encourage families and residents to incorporate physical activity into their daily lives. Routes include information of historical significance and areas of environmental interest.

<http://norwalkhealth.com/walkingroutes/index.html>

Healthy...
and Right
for You!

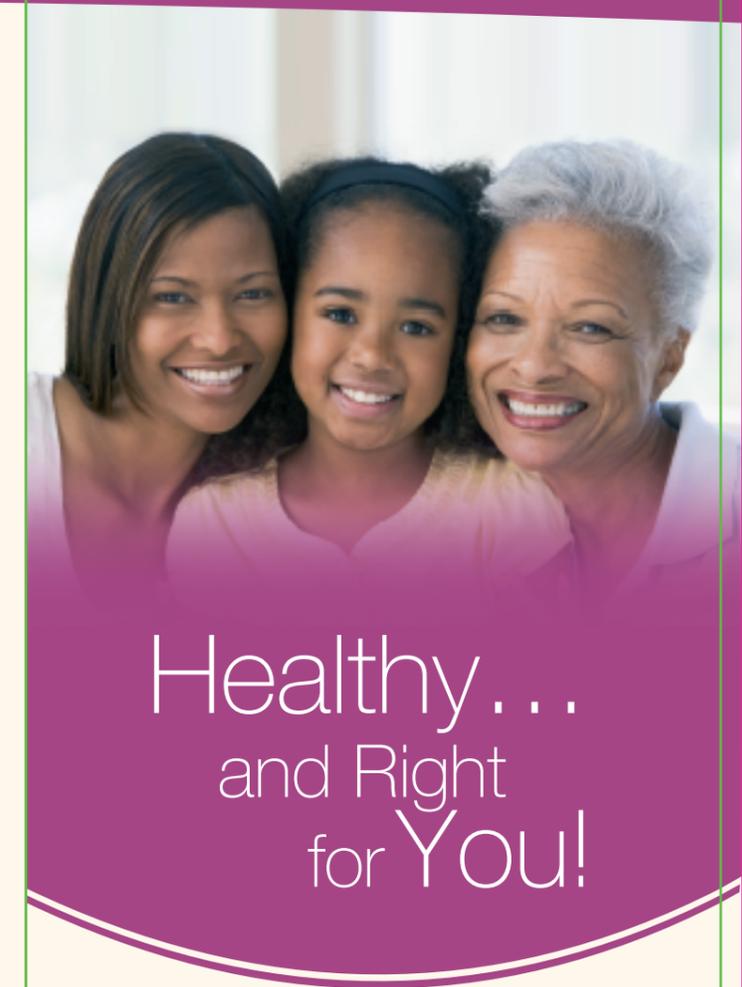


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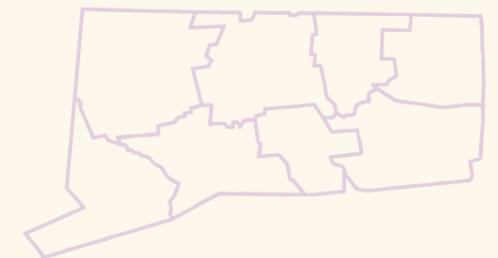
Additional support was provided by:

Connecticut Department of Public Health
www.ct.gov/dph

Ethel Donaghue Center for Translating Research into Practice & Policy (TRIPP Center) at the University of Connecticut Health Center
<http://trippcenter.uchc.edu>



Healthy...
and Right
for You!



Healthy Eating & Active Living for
Black and African American
Women & their Families

3.773" X 9.1"

9.583 X 23.114 cm

3.823" X 9.1"

3.823" X 9.1"

9.709 X 23.114 cm

3.872" X 9.1"

9.835 X 23.114 cm

Healthy ... & Right for You!

Being overweight means that you carry more weight for your height than is healthy for you. The more extra weight you carry the less healthy it is for you.

Why is this important?

Overweight and obesity can lead to heart disease, diabetes, stroke & some cancers – all major causes of death in the U.S.

Only smoking causes more preventable deaths than being overweight or obese.

Invest in your Health

People of color are more likely to be overweight, and to suffer the health consequences:

- More than 2 out of 3 Black and African American adults are overweight.
- And ... 1 out of 3 Black and African American teens is overweight.
- Middle-aged adults are more likely to be overweight than younger or older adults.

Healthy Eating & Active Living

Diet, physical inactivity and other health conditions contribute to being overweight.

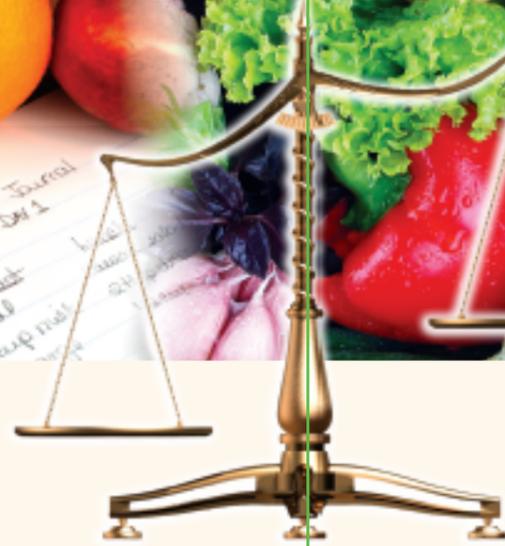
Among Black and African American adults:

- 1 out of 3 does not get enough physical activity.
- 3 out of 4 do not eat enough fruits and vegetables.



Take Control – Change Begins with You!

Here are some practical steps you can take towards better health for you and your family.



Your health is in the balance!

↓ Reduce:

↓ Portion size: Eat less – take smaller servings. Focus on eating healthy foods rather than snack foods. Learn what triggers your own unhealthy eating.

↓ Sugar, salt & fat: Eat fewer processed foods – they usually have added sugars, salt and fat. Learn to read food labels.

↓ Sweetened beverages: Drink fewer sugar-sweetened fruit drinks and sodas.

↓ Sedentary activities: Spend less time in front of the TV and computer screen. Avoid eating in front of the screen.

↓ Eating out: Most people eat more – and less healthy foods – when they eat out. Limit eating “fast foods”.

↑ Increase:

↑ Variety: Eat a variety of foods – try different colors, textures and flavors. Try something new each month. Eat breakfast every day.

↑ Fiber: Foods high in fiber – fruits and vegetables, whole grains and beans - help you feel full and satisfied, and aid in digestion.

↑ Healthy cooking techniques: Try baking, broiling, roasting or steaming instead of frying foods.

↑ Physical activity: Gradually increase your activity level. Choose activities the family enjoys and can do together.

↑ Breastfeeding: Encourage and support breastfeeding to help ensure children’s healthy weight from the start.

↑ Drink more water.

Informational Web Links & Resources:

Are you overweight? Check your body mass index:
 English: www.nhlbisupport.com/bmi
 Spanish: www.nhlbisupport.com/bmi/sp_bmicalc.htm

Assess your risk for chronic disease:
www.dph-ct.us/

Breastfeeding Helpline:
www.4woman.gov/Breastfeeding

Eating Well as You Get Older:
<http://nihseniorhealth.gov/eatingwellasyougetolder/toc.html>

Fast Food Explorer: <http://www.fatcalories.com/>

Fitness on a Budget ~ Low-Cost Ideas:
www.mayoclinic.com/health/fitness/HQ00694_D

Heart-Healthy Recipes:
 • *Delicious Heart-Healthy Latino Recipes:*
www.nhlbi.nih.gov/health/public/heart/other/sp_recip.pdf

• *Heart-Healthy Home Cooking ~ African American:*
www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.pdf

• *Keep the Beat: Heart-Healthy Recipes:*
www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/ktb_recipebk.pdf

• *Recipes & Tips for Healthy, Thrifty Meals:*
www.cnpp.usda.gov/Publications/FoodPlans/MiscPubs/FoodPlansRecipeBook.pdf

How to Start a Walking Group:
www.mayoclinic.com/health/walking/SM00062_D

How to Use the Nutrition Facts Label:
www.cfsan.fda.gov/~dms/foodlab.html

Ideas on Talking with Your Health Care Provider:
www.ahrq.gov/questionsaretheanswer/index.html

Portion Distortion - an interactive quiz:
<http://hp2010.nhlbihin.net/portion/>

Serving Size - a wallet-sized card:
<http://hp2010.nhlbihin.net/portion/servingcard7.pdf>

Stay Healthy at Any Age:
 Men: www.ahrq.gov/ppip/healthymen.pdf
 Women: www.ahrq.gov/ppip/healthywom.pdf

Stretching ~ Focus on Flexibility:
www.mayoclinic.com/health/stretching/HQ01447

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9.1