

# HEALTHY FAMILIES HEALTHY COMMUNITIES MINORITY HEALTH MONTH

# APRIL

The month of April is acknowledged by many states and organizations as National Minority Health Month. In Illinois, during this annual 30-day period, community and faith-based organizations, regional and local health departments and other public and private entities are partnering to promote a variety of activities including health screenings, educational events, and health fairs. Thousands of individuals will learn more about their own personal health, and about diseases that disproportionately affect communities of color such as breast and cervical cancer, prostate cancer, heart disease, diabetes, and HIV/AIDS.

## 10 Leading Causes of Death for African American Population U.S., 2006 data

1. Heart disease	6. Homicide
2. Cancer	7. Kidney disease
3. Stroke	8. Chronic lower respiratory disease
4. Unintentional injuries	9. HIV/AIDS
5. Diabetes	10. Septicemia

Source: <http://www.cdc.gov/omhd/Populations/BAA/BAA.htm>

## to do this month

- *eat healthier*  
*eat more whole grains, fruits and vegetables*
- *exercise regularly*  
*take a walk before or after you eat*
- *get a regular checkup*  
*make it a priority to visit your physician annually*

visit [www.basuah.org](http://www.basuah.org)  
for a list of free health events  
in your area, or text  
event to 36363



**Healthy recipes on back**

### Black Skillet Beef with Greens & Red Potatoes

1 pound beef top round	1-1/2 tablespoon *Hot N Spicy Seasoning
8 red skinned potatoes, halved	3 cups finely chopped onion
2 large garlic cloves, minced	2 large carrots, peeled, cut into thin 2 1/2 inch strips
1 bag turnip greens	Nonstick cooking spray
2 cups beef broth	

#### \*Hot 'n Spicy Seasoning (Makes 1/3 cup)

1/4 cup paprika, tablespoon dried oregano (crushed), 2 teaspoon chili powder, 1 teaspoon garlic powder, 1 teaspoon black pepper, 1/2 teaspoon red pepper (cayenne) 1/2 teaspoon dry mustard. Mix together, store in air-tight container.

Partially freeze beef. Thinly slice across the grain into long strips 1/8 inch thick. Coat strips with Hot 'n Spicy seasoning mix. Spray a large, heavy skillet with nonstick spray. Preheat pan over high heat. Add meat, cook, stirring for 5 minutes. Add potatoes, onion, broth, and garlic. Cook covered over medium heat for 20 minutes. Stir in carrots, lay greens over top and cook, covered until carrots are tender (about 15 minutes). Serve in large serving bowl. **6 servings. 342 calories, 101 mg sodium**

### Health Tip

Reduce your salt intake - only add salt when cooking or at the table but not both; eat more fresh or frozen fruits and veggies.

#### As part of a healthy diet, an adult consuming 2,000 calories daily should aim for:

- Fruits and vegetables: At least 4.5 cups a day
- Fish (preferably oily fish): At least two 3.5-ounce servings a week
- Fiber-rich whole grains: At least three 1-ounce-equivalent servings a day
- Sodium: Less than 1,500 mg a day
- Sugar-sweetened beverages: No more than 450 calories (36 ounces) a week

#### Calculate your calorie goal

Your current weight x 12 = calories per day needed to maintain your current weight. To lose 1 pound per week: Cut 500 calories per day. To lose 2 pounds per week: Cut 1,000 calories per day.

**Don't go under 1,200 calories per day.**

### Southern Coleslaw

8 cups shredded cabbage	1 small carrot grated
1/2 cup finely chopped onion	1/2 cup chopped sweet pickle relish
1/2 cup low-fat mayonnaise	2 Tablespoons sugar
2 Tablespoons white vinegar	1 teaspoon dill seeds
1 teaspoon celery seeds	1/4 teaspoon salt
1/4 teaspoon white pepper.	

Combine cabbage, carrot, onion, and sweet pickle relish in a bowl; set aside. In a separate bowl, mix mayonnaise, sugar, vinegar, dill seeds, celery seeds, salt, and pepper. Pour dressing over cabbage mixture and toss well. Cover and chill at least 2 hours. 10 servings. **68 calories**

### Smothered Greens

3 cups water	1/2 teaspoon thyme
1/4 pound smoked turkey breast, skinless	1 tablespoon hot pepper, freshly chopped
1/4 teaspoon cayenne pepper	1/4 teaspoon cloves, ground
(2) 1 pound bags of mustard greens	1 stalk green onion, chopped
1 teaspoon ginger, ground	1/4 cup onion, chopped
2 cloves garlic, crushed	

Rinse mustard greens. Place all ingredients except greens into large saucepan and bring to a boil. Add greens to turkey stock. Cook 20 to 30 minutes or until tender. 5 servings. **80 calories**

### *Frosty Orangeliciousness Smoothie*

1/2 cup fat-free vanilla ice cream,  
1/2 cup orange juice,  
1 orange, peeled and frozen,  
1 teaspoon orange zest (optional)  
Place all ingredients in blender and enjoy  
Serves 1. 1 cup of fruit per serving