

HEALTHY FAMILIES  
HEALTHY COMMUNITIES

APRIL  
MINORITY HEALTH MONTH!

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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.

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

### 10 Leading Causes of Death for American Indian/Alaska Native Population U.S., 2006 data

|  |                                      |
|--|--------------------------------------|
| 1. Heart disease                       | 6. Stroke                            |
| 2. Cancer                              | 7. Chronic lower respiratory disease |
| 3. Unintentional injuries              | 8. Suicide                           |
| 4. Diabetes                            | 9. Kidney disease                    |
| 5. Chronic liver disease and cirrhosis | 10. Influenza and pneumonia          |

Source: <http://www.cdc.gov/omhd/Populations/AIAN/AIAN.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*

Healthy recipes on back

### Indian Corn Casserole

1 cup dry black beans  
½ cup fat free milk  
1 cup minced onion  
½ cup all-purpose flour  
1 tsp. chili powder  
½ tsp. black pepper  
Nonfat cooking spray, as needed

2 cups frozen corn kernels, divided  
3 cups grated zucchini  
½ cup chopped green chili  
1 tsp. ground cumin  
½ tsp. salt  
About 15 dried cornhusks,

Ahead of time, cook 1 cup of dried beans as directed on package, until they are soft. Set aside. Soften dried cornhusks in simmering water for about 20 minutes. Simmer ½ cup of corn in skim milk for 5 minutes. Remove from heat and let cool. Blend corn and milk mixture in blender or food processor for about 2 minutes, or until creamy. Add to rest of corn and mix well. Set aside. Combine zucchini, onion, and chili in large nonstick skillet. Cover and cook over medium-low heat for 10 minutes, stirring occasionally. While zucchini mixture is cooking, remove corn husks from hot water and pat dry. Line a two-quart baking dish with husks, allowing excess to extend over sides of disk. Spray husks with vegetable spray to prevent mixture from sticking when baking. To zucchini mixture add flour and next ingredients, stir well. Add corn and beans, stir well. Cook, uncovered, over medium heat four minutes, stirring frequently. Spoon mixture into baking dish. Fold free ends of husks toward center of baking dish. Cover top of mixture with any extra husks, overlapping. Bake at 320 degrees for 25 minutes. **6 1-cup servings, 219 calories**

#### 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.**

### Zucchini Medley

3 cups zucchini chunks  
1 small yellow onion, sliced  
1 medium tomato, diced  
½ cup mushroom, chopped  
½ tsp basil, ground  
2 oz (1/4 cup) low fat cheddar cheese

Place all ingredients except the cheese in a microwave-safe 2-quart casserole dish. Microwave on high for 7 to 10 minutes or until vegetables are fork tender. Add the cheese and microwave on high for 30 seconds. Let stand for 2 to 3 minutes before serving.

**4 1-cup servings, 52 calories**

### *Cran-licious Smoothie*

1 cup 100% mixed cranberry juice,  
2 cups frozen strawberries,  
6 ounce low-fat vanilla yogurt  
Place all ingredients in blender. Blend until smooth.  
Serves 2. 1 ½ cups of fruit per serving

### FOOD FACT

Cranberries were crushed for the red juice, which was used by Native American women to dye blankets and rugs.

Sweet potatoes are a Native American plant that was the main source of nourishment for soldiers during the Revolutionary War.