

Matters of the Heart

Important Numbers

Hot Line,
(704) 432-2010
(voicemail after 5:00 p.m.)

Project Director
(704) 446-1539

Nutrition
(704) 432-3468

Diabetes
(704) 350-1107

Smoking Cessation
(704) 336-3317

Physical Activity
(704) 716-6500

Lay Health Advisor
(704) 432-0939

www.reach2010charlottenc.org

Reach Week!

The week of June 19-24 has been declared REACH Week. Listen to Q92.7 throughout each day to learn how to participate in Charlotte REACH 2010 activities and ways to decrease heart disease and diabetes.

Then join us June 24 at the Bette Rae Thomas Recreation Center for a Family Fun Day. There will be fun activities for the family and information about healthy lifestyles. Come join the fun!

Reflections



dents, the Neighborhood Farmers' Market, sponsored by the University Park Neighborhood Association and Charlotte REACH 2010, was started to provide residents in the Northwest Corridor convenient access to fresh fruits and vegetables.

The market is also an invaluable neighborhood resource for healthy lifestyle information that promotes the prevention of cardiovascular disease and diabetes. In addition to this information, healthy cooking demonstrations and health screenings are provided throughout the season.

One of the most important aspects of good health is eating foods that are healthy. In response to a request from neighborhood resi-

Vision:

- ❖ A community effort that seeks to educate and enhance the health and wellness of our residents in a warm, caring and sharing, culturally sensitive atmosphere.

Mission:

- ❖ Health and wellness of neighborhood residents by providing a variety of fruits and vegetables and access to healthy lifestyle choices.

Goals:

- ❖ To educate and promote healthy lifestyle choices.

Objectives:

- ❖ Access to fresh and affordable fruits and vegetables.
- ❖ Provide education regarding cardiovascular disease and diabetes, tobacco prevention, exercise, healthy eating recipes and other aspects of preventive health.

The market is held on the campus of the Northwest Health Department, located at 2845 Beatties Ford Road. If you would like more information about the market or how to participate as a vendor, call (980) 253-8419.

Taking Your Spiritual Pulse

Submitted by Joanne Stevenson Jenkins

Spring is that time of the year when all things are new. The windows are flung open, and the house aired out. Yard sales sprout up like daffodils all over the city. People are anxious to turn their unwanted clutter into some cash so they can buy new clutter. There is excitement in the air!

Take time to do some spiritual spring cleaning. Your body is filled with many “rooms” that need to be aired out. Cobwebs in the mind, dust in the soul, emotions full of clutter can and

will drain your energy, cloud your focus and, ultimately, affect your health in negative ways.

At the end of your spiritual spring cleaning, you may not have earned any money on the old stuff, but you will have earned some well-deserved peace of mind.

Enjoy spring, my friends. Relax; take time to listen to the birds; stop and smell the flowers. The Master Gardener has given all of it to you.

Getting Educated

Submitted by Pat Swaby, RN, BSN, Diabetes Educator

Do You Have Diabetes?

Is your diabetes under control, or are you walking around with hyperglycemia (high blood sugar)? Do you believe that having blood sugar levels in the 200s, 300s and even 400s or more is OK? It's not OK! High blood sugar can be a serious problem if you don't treat it, as it's a major cause of many of the complications that happen to diabetics. Diabetes doesn't go away. You can try to control it or, if not, it will eventually control you. Your best bet is to practice good diabetes self-management. See your doctor and get educated about diabetes.

Knowledge is Power; Health is Priceless

The more you know about diabetes, the more you can manage your health. Make it a priority to take good care of your body. The time you spend now on eye care, foot care, skin care, oral care and cardiovascular care could delay or prevent the onset of dangerous diabetes complications later in life. Get educated!

— Information from the American Diabetes Association

Five Keys to Quitting Smoking

Submitted by Willie Adams, Health Educator/Smoking Cessation

Get Ready

Pick a quit date and put it on your calendar. Remove all smoking-related items such as cigarettes, ashtrays, matches and/or lighters from your home; don't forget about your car and office. Make a list of all the reasons why you want to quit. Keep your list handy and, when you have the urge to smoke, read your list.

Get Help

People who use quit line services improve their chances of quitting: 1-800-QUIT-NOW (1-800-784-8669) is the North Carolina Tobacco Use Quit Line and has counselors who will assist you. Enrolling in a support group may also be beneficial. Call (704) 336-3317 to learn about local meetings and times.

Talk to Your Doctor About Medications That Can Help

Nicotine replacement products can greatly reduce your urge to smoke. There are products available over the counter,

and others your doctor can prescribe. Your physician can help you decide if any of these products will help you.

Forgive Yourself if You Slip Up

Most quitters try several times before they finally succeed. Relapses most often occur during the first three months. The key is not to get discouraged and keep trying.

Learn New Ways to Deal With Stress and Withdrawal

Many of the withdrawal symptoms associated with quitting will go away within a few weeks. Learning to change your focus will help you better handle withdrawal. Exercise — such as walking — is a great way to do this.

— Adapted from Take Heart: Mind, Body and Spirit Newsletter

Calendar of Events

First Monday of Each Month

Living Better Diabetes Support Group
McCrorey Family YMCA
1:00 p.m.
Call (704) 350-1107 for more information.

Second Monday of Each Month

Smoking Cessation Support Group
Bette Rae Thomas Recreation Center
2921 Tuckaseegee Road
5:30 p.m. - 6:30 p.m.
"Maintenance Support" and "Quit Support" groups are available.

Second Friday of Each Month

Charlotte REACH 2010 Coalition Meeting
Northwest Health Department
2845 Beatties Ford Road
1:00 p.m.
For additional information and to reserve lunch, call Hattie Anthony at (980) 253-8419.

Health Extravaganza!

June 24, 2006
11:00 a.m. - 2:00 p.m.
Beatte Rae Thomas Center
2921 Tuckaseegee Road

Third Thursday of Each Month

Weight Loss Class
Grace Medical Clinic
2401 Tuckaseegee Road
4:00 p.m. - 5:00 p.m.
Call (704) 409-3000 for more information.

University Park Neighborhood Farmers' Market

Every Saturday 8:00 a.m. - 3:00 p.m.
Q-92.7 Live Remote every 2nd Saturday!

McCrorey Family YMCA Health and Wellness Department

Submitted by Joseph Major III, Health & Wellness Director, McCrorey Family YMCA

In my previous REACH 2010 article, I discussed those who make New Year's resolutions. Every year, people say they're going to get serious about their health. They join a gym so they can start a workout regimen and lose weight. There are some people who take their New Year's resolutions seriously and stay focused. And then there are those people who get started and lose focus.

Here we go again! It's not a new year, but summer is right around the corner. Now people are talking about getting in shape, losing weight and looking good for the beach. I pose these questions: When will people really get serious about their health? Will it be when they receive the bad news from their doctor? There are a lot of folks who don't get serious, even then. My advice to you is to take charge of your health before you receive that bad news. Remember the tips from my previous article:

- ❖ Always consult with your physician before beginning a fitness regimen.
- ❖ It's important to drink water before, while and after exercising.
- ❖ Eat more fruits and vegetables.

NEW Lay Health Advisor



Linda Henderson has joined the REACH 2010 team as Lay Health Advisor (LHA) for the Biddleville/Smallwood Community. Linda's involvement in her community makes her a natural fit to serve as the community's link to health information and resources. When asked why she wants to be an LHA, she replies, "This was an opportunity to get a better understanding of what it means to have good health and, in turn, share this information with others." With this kind of motivation, Linda will certainly succeed in her additional service to her community as its LHA.

Turning Over a New Leaf

Submitted by Kristin Davis, Prevention Education Coordinator



Each day, we are faced with images in the media that depict the consequences of smoking. We often hear worst-case scenarios of what smoking can do to your health. Yet rarely are we made aware of the number of people who are trying to quit.

Smoking is an addiction, just like any other drug or substance that can become habit-forming. According to the American Heart Association, nicotine — a chemical found in cigarettes and tobacco products — has historically been one of the most addictive drugs. Perhaps this serves as an explanation for why 70 percent of 44.5 million adult smokers said they wanted to quit in 2004. In fact, 40.5 percent of adult smokers made an attempt, reporting that they quit smoking for at least one day during the preceding 12 months (Source: Centers for Disease Control and Prevention).

These statistics are known all too well by two Charlotte REACH 2010 Lay Health Advisors (LHAs). Ella Talley has been an LHA since the inception of the REACH 2010 project and was a smoker for 58 years. “When I was a child, an older lady used to take my and my sister’s lunch money and buy cigarettes with it. She would give us two

or three apiece. That’s how I started,” she says. Valerie McCray began smoking about 11 years ago as a way to fit in with the crowd. She was unaware of the risks and damages that would later occur in her body.

After suffering a heart attack, McCray began to learn about the importance of her health. “I knew that if I continued to smoke, my arteries would clog again, and I would end up in the hospital,” she replies when asked about her biggest reason for quitting. As LHAs, both women were equipped to quit. They were armed with information about the risks, effects and consequences, which is regarded by the American Cancer Society as one of the first steps to quitting. “I made up my mind that I wanted to stop. I said, ‘Lord, it’s time; give me a willing spirit to stop.’ I started by buying a pack instead of a carton. I wanted to save money and knew that if I stopped, I would have more money,” says Talley, pleased with her accomplishment.

McCray attributes her ability to quit to encouragement from Talley. After a phone conversation with Talley regarding her struggles with smoking, McCray made a firm decision to quit for good. “Sometimes it takes an elder speaking to you so you can see for yourself,” McCray says. Though both have had different life experiences, the struggle to quit is an obstacle for which both share a passion. When asked what advice they would give to those trying to quit, both responded that the most important factor is the personal decision to quit. Talley adds that smokers should cut back and see how much money they can save.

Phytochemicals are Helpful in Preventing Disease

Submitted by Allison Mignery, MS, RD, LDN, REACH 2010 Nutritionist

Phyto-what? Phytochemicals are compounds found in plants that protect them from viruses and bacteria. Researchers are looking at how our bodies may be affected by the phytochemicals in the plants we eat. Some varieties of fruits and vegetables contain phytochemicals that are thought to slow the aging process and promote health by reducing the risk of diseases such as cancer and heart disease. In the body, they may serve to enhance immunity, detoxify cancer-causing agents and as antioxidants. Phytochemicals provide many of the colors, aromas and flavors in the foods we eat.

Foods with phytochemicals contain many good vitamins like A, C and E. Eating fruits and vegetables is a good way to get in your 5-A-Day (a government initiative for people to eat at least five fruits or vegetables a day). Visit the www.5aday.gov Web site for more information on increasing your consumption of fruits and vegetables to promote good health and reduce the risk of many cancers. Enjoy more of your favorite fruits and vegetables this summer, and help your body fight the effects of aging and prevent chronic disease. For more information on healthy eating, call Allison Mignery, REACH 2010 Nutritionist, at (704) 432-3468.

Phytochemical	Food	Disease
Lycopene	Tomatoes, Watermelons, Grapefruit	Prostate Cancer, Heart Disease
Anthocyanin	Blueberries, Blackberries, Kiwis,	Cancer, Urinary Tract Infections
Resveratrol	Eggplants, Plums	Heart Disease, Cancer
	Red Grapes, Wine, Peanuts	

REACH 2010 Risk Survey 2006

Submitted by Kristin Davis, Prevention Education Coordinator

REACH 2010 Risk Factor Survey 2006

Submitted by Kim Buck Rouse, MPH, REACH 2010 Evaluator

A special thanks to all who have participated in the REACH 2010 Risk Factor Survey being conducted by Abt Associates Inc. This important telephone survey assists with the overall evaluation of Charlotte REACH 2010 and, thus far, approximately 600 interviews have been completed. At this time, Abt Associates Inc. is still conducting interviews and plans to end data collection in June.