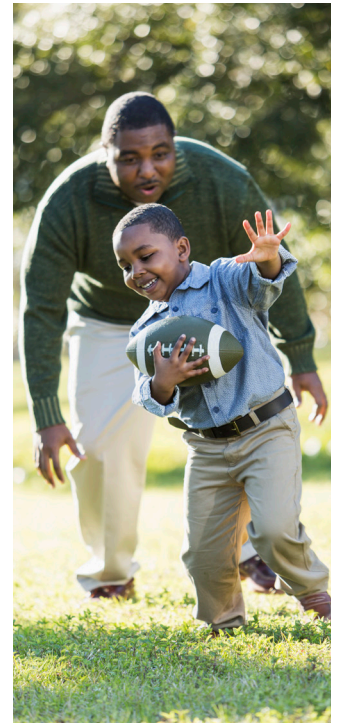


# CREATING HEALTHY AFRICAN AMERICAN LIFESTYLES



# Did you know...

**African American women have the highest rates of being overweight or obese compared to other groups in the U.S.<sup>1</sup>**



**In 2010, African Americans were 30 percent more likely to die from heart disease than non-Hispanic whites.<sup>2</sup>**



1. <https://minorityhealth.hhs.gov> - Obesity and African Americans

2. <https://minorityhealth.hhs.gov> - Heart Disease and African Americans

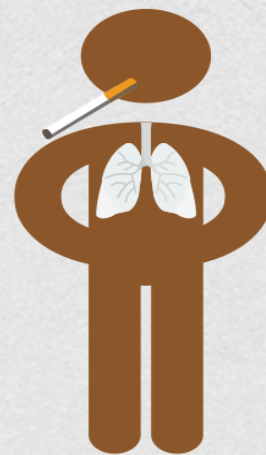
3. <https://minorityhealth.hhs.gov> - Diabetes and African Americans

4. Substance Abuse and Mental Health Services Administration, Center for Behavioral Health Statistics and Quality. (November 18, 2011). The NSDUH Report: Recent Trends in Menthol Cigarette Use. Rockville, MD.

**African Americans are almost twice as likely to be diagnosed with diabetes than non-Hispanic whites.<sup>3</sup>**



**About one in five African Americans smoke menthol cigarettes, almost three times the rate as among non-Hispanic whites.<sup>4</sup>**



## **We can change this.**

This document can help start conversations with your provider about healthy eating, healthy movement and quitting tobacco. Please choose a topic that you would like to discuss during your visit today. You can follow up with your provider about your progress at future visits.

"Creating Healthy African American Lifestyles" was developed by the African American Planning Committee through Saint Paul - Ramsey County Public Health with the help of community input.

# HEALTHY EATING

## DISCUSSION

- What does a healthy diet look like to you? \_\_\_\_\_
- What makes it hard for you to eat healthy? \_\_\_\_\_
- How many meals do you eat a day? \_\_\_\_\_
- Describe what you eat in an average day: \_\_\_\_\_
- How often do you eat out? \_\_\_\_\_
- What do you drink during the day? \_\_\_\_\_

Have **more** of these:



Grilled Meat/Veggies



Fruit



Grilled Chicken



Nuts



Sweet Potatoes



Milk



Vegetables



Water

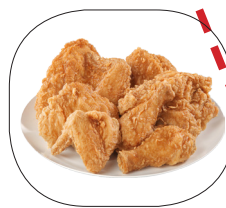
Have **less** of these:



Fried Fish



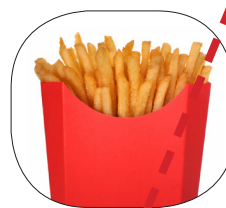
Donuts



Fried Chicken



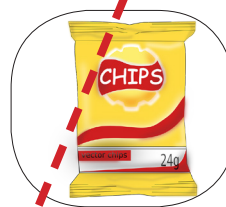
Candy



Fries



Juice



Chips



Pop

## TIPS FOR YOU

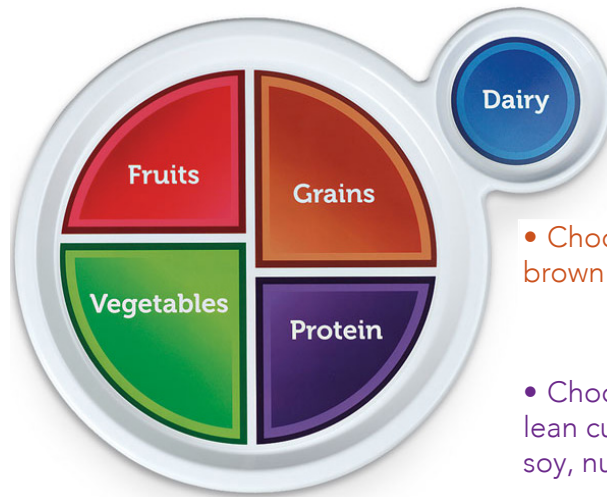
\*Disclaimer: These are general healthy diet tips. If you have a condition that requires a special diet, please consult your provider\*

- Use MyPlate as a guide when preparing meals:  
[www.choosemyplate.gov](http://www.choosemyplate.gov)

- Eat calcium rich foods. Choose skim or 1% milk, yogurt or cheese.

- Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% fruit juice or dried.

- Any vegetable or 100% vegetable juice counts as a member of the vegetable group.



- Choose whole grains like brown rice and wheat bread.

- Choose lean protein like poultry, lean cuts of beef/pork, seafood, eggs, soy, nuts, seeds and beans/peas.

- Eat breakfast (e.g. oatmeal, fruit, eggs, yogurt, etc.).
- Snack on fruits or vegetables in place of chips, cookies and sweets.
- Drink water instead of sugar-sweetened beverages.
- Pay attention to portion and serving sizes. For example, a 20-ounce bottle of pop is actually 2.5 servings!
- Give child size portions to children.
- Limit fast foods.
- Limit fatty foods and fatty meats (e.g. bacon, pork chops, red meat with high fat content, etc.).

## PREPARATION TIPS

- Add fresh fruit and mint or basil to flavor plain water (example: cucumber, lemon, mint). If you like the carbonation of pop, try sparkling water.
- Try using smoked turkey to flavor greens and beans rather than ham hocks, salt pork, or fat back.
- Use less salt and more flavorful seasoning such as garlic powder, onion powder, herbs, red pepper, curry powder, paprika.
- Instead of deep frying, try grilling, baking, or pan-frying in a little bit of canola oil or coconut oil.

## ACTION PLAN

Goal #1: \_\_\_\_\_

\_\_\_\_\_

Goal #2: \_\_\_\_\_

\_\_\_\_\_

# HEALTHY MOVEMENT

## DISCUSSION

- What do you do for exercise? \_\_\_\_\_
- How many times a week do you exercise and how long do you exercise for? \_\_\_\_\_
- What physical activities do you like? \_\_\_\_\_
- What gets in the way of you doing physical activity? \_\_\_\_\_

## TIPS FOR YOU

- Make small changes, like taking stairs, parking farther away and walking after eating.
- Make big changes, like exercising at least 30 minutes 3 times per week.
- Join other people who are exercising, playing, and being active. Workout with a friend or family member and get moving.
- Limit TV, phone and computer screen time.
- Dance! Dancing is a great way to burn calories and break a sweat, all while having fun. It's free, spontaneous and doesn't require any equipment.

## ACTION PLAN

Goal #1: \_\_\_\_\_

Goal #2: \_\_\_\_\_



# My Exercise Calendar

Month:

SUN	MON	TUES	WED	THURS	FRI	SAT
Examples:	Worked in garden for 45 minutes		Walked dog to park and back			Went to dance class for 1 hour

# QUITTING TOBACCO

## DISCUSSION

- Do you smoke tobacco, chew tobacco or use e-cigarettes? \_\_\_\_\_  
If so, how much do you use? \_\_\_\_\_
- Are you or your children around someone who smokes (secondhand smoke)? \_\_\_\_\_
- Have you thought about quitting or made any attempts to quit? \_\_\_\_\_
- Would you like to talk about quitting today? \_\_\_\_\_
- If not, would you like to talk about decreasing the amount of tobacco you use? \_\_\_\_\_
- What could you do with the extra money you save from quitting/reducing tobacco? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## TIPS FOR YOU

- By reducing/quitting your tobacco use, you'll lower your risk for cancer, lung/heart disease and COPD.
- A person who smokes a pack of cigarettes a day could save around \$8,500 a year by quitting!
- One large premium cigar may contain as much tobacco as one pack of cigarettes.<sup>1</sup>
- It may be hard to quit tobacco, but it is possible. Many people have quit with the help of their a variety of sources and support services such as QUITPLAN and their medical provider.
- Keep your home, car and workplace smoke-free to limit secondhand smoke.



Cigarettes



Cigars



E-Cigarettes



Hookah



Chewing Tobacco

## ACTION PLAN

Goal #1: \_\_\_\_\_  
\_\_\_\_\_

Goal #2: \_\_\_\_\_  
\_\_\_\_\_



# RESOURCES

\*Disclaimer: This is not an exhaustive list but rather only a few examples of resources. SPRCPH does not endorse any particular phone app, social media account, website, or community program.\*

## PHONE APPS

- **Fooducate:** Take pictures of food at the grocery store and the app will grade it for you based on the nutrition info and ingredients.
- **YouFood:** Take pictures of everything you eat to create a photo diary that helps hold you accountable. Basically, Instagram for food.
- **MySugr:** For diabetes management. Log food to monitor your blood glucose levels and overall nutritional intake.
- **MyFitnessPal:** A calorie counter app with large databases that helps you track your food.
- **Flipp:** Puts all local ads in one place. It can help you locate the best deals on healthy food.
- **C25K:** Couch to 5K provides you with a running plan to train for a 5K (3.1 miles).
- **Simple Workout Log:** A basic app that allows you to keep track of routines, sets, and repetitions. Especially good for weightlifting and crossfit.
- **StrongLifts:** Focuses on 4 classic exercises that help you build strength.
- **DownDog:** Provides yoga workouts and a playlist to go along with them.
- **Zombies, Run!:** For walkers, joggers, & runners: Change your pace according to the story (ie. go faster if zombies are after you!).
- **Get Rich or Die Smoking:** Shows you how much money you save by not buying cigarettes and what you can now buy with the money.

## SOCIAL MEDIA

### Instagram

- **General Health:** @estellearcher, @massyarias, @msjeanettejenkins
- **Nutrition:** @fitmencook
- **Yoga:** @mynameisjessamyn, @yogaracheal
- **Crossfit/Weightlifting:** @eakinwale

## INTERNET

- [www.healthyblackmen.org](http://www.healthyblackmen.org)
- [www.baobabwellness.org](http://www.baobabwellness.org)
- [www.blackweightlosssuccess.com](http://www.blackweightlosssuccess.com)
- [www.mybrotha.com](http://www.mybrotha.com)
- [www.blackdoctor.org](http://www.blackdoctor.org)
- [www.blackfitnesstoday.com](http://www.blackfitnesstoday.com)
- [www.yumyucky.com](http://www.yumyucky.com)
- [www.girltrek.org](http://www.girltrek.org)

## COMMUNITY

- Farmer's Markets, [www.stpaulfarmersmarket.com](http://www.stpaulfarmersmarket.com)
- Second Harvest, [www.2harvest.org](http://www.2harvest.org)
- American Heart Association, [www.heart.org](http://www.heart.org)
- YMCA Silver Sneakers
- \$30/year fitness center membership at St. Paul Parks
- QUITPLAN, [www.quitplan.com](http://www.quitplan.com)





