



**WELCOME**  
**Wellness Where You Are**  
**Online Summer Series**

# BACHAC

- A grass roots community health organization
- Address health disparities in diverse communities across generations
- Through awareness, education, access to resources, advocacy
- In partnership/collaboration with a diverse groups
- Supporting a culture of Innovation and inclusion

# Session Purpose

- Support community with relevant information, resources & tools during this challenging time
- Address unique needs of the community
- Provide forum to address questions
- Increase awareness not a substitute for professional advice for specific situations

# Housekeeping

- Appreciate your patience and flexibility as BACHAC launches into the virtual world
- BACHAC's steps to protect privacy
- Everyone is on mute
- Write Questions to Q and A Section
- Session is being recorded
- Recording to be posted on BACHAC website

# Meeting Agreements

- Be engaged
- Be curious and open
- Challenge ideas, not the person
- Seek to understand
- Stretch yourself
- Help us....Help you



# Heart Smart Tips for Working @ Home (Part 1)

**Sheree Williams, Publisher, Cuisine Noir Magazine  
and  
Cheryl Davis, Nutrition**

**May 27, 2020**



# Nutrition for a Healthy Heart

Presenter: Cheryl Davis



# Why Talk About Heart Disease?

Prevalence

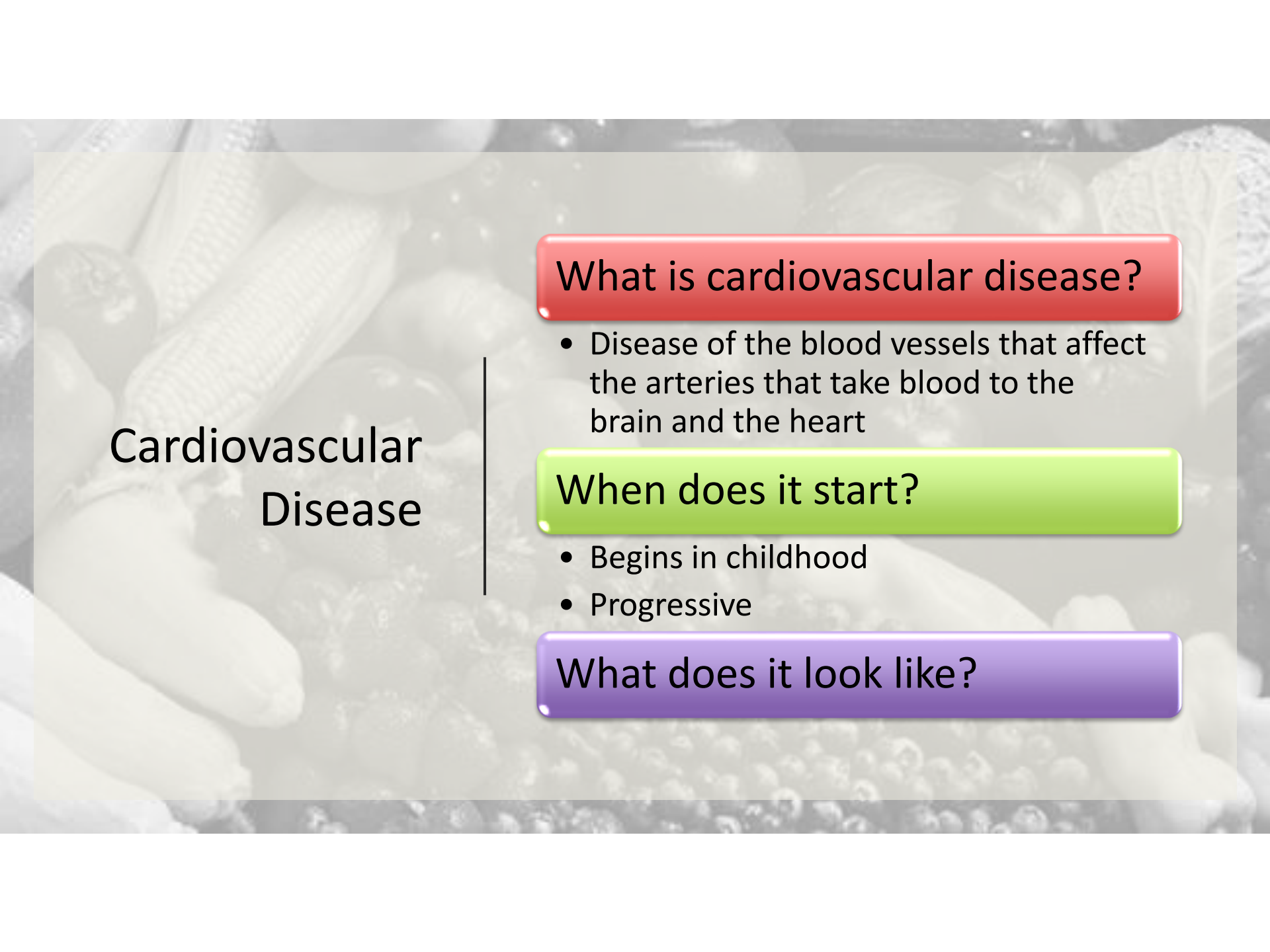
COVID-19

Preventable

heart disease =  
greater  
susceptibility

heart disease =  
higher risk of  
complications





# Cardiovascular Disease

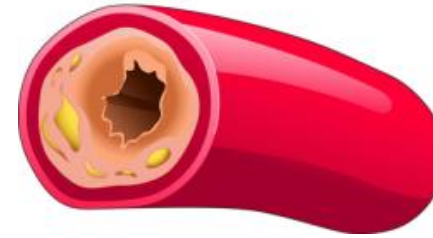
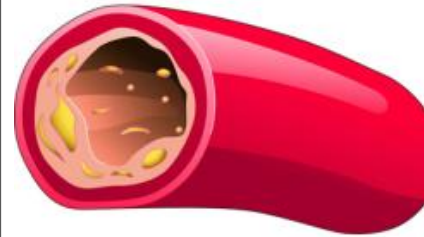
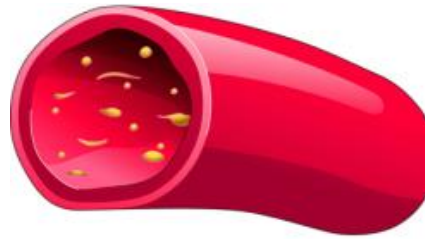
## What is cardiovascular disease?

- Disease of the blood vessels that affect the arteries that take blood to the brain and the heart

## When does it start?

- Begins in childhood
- Progressive

## What does it look like?

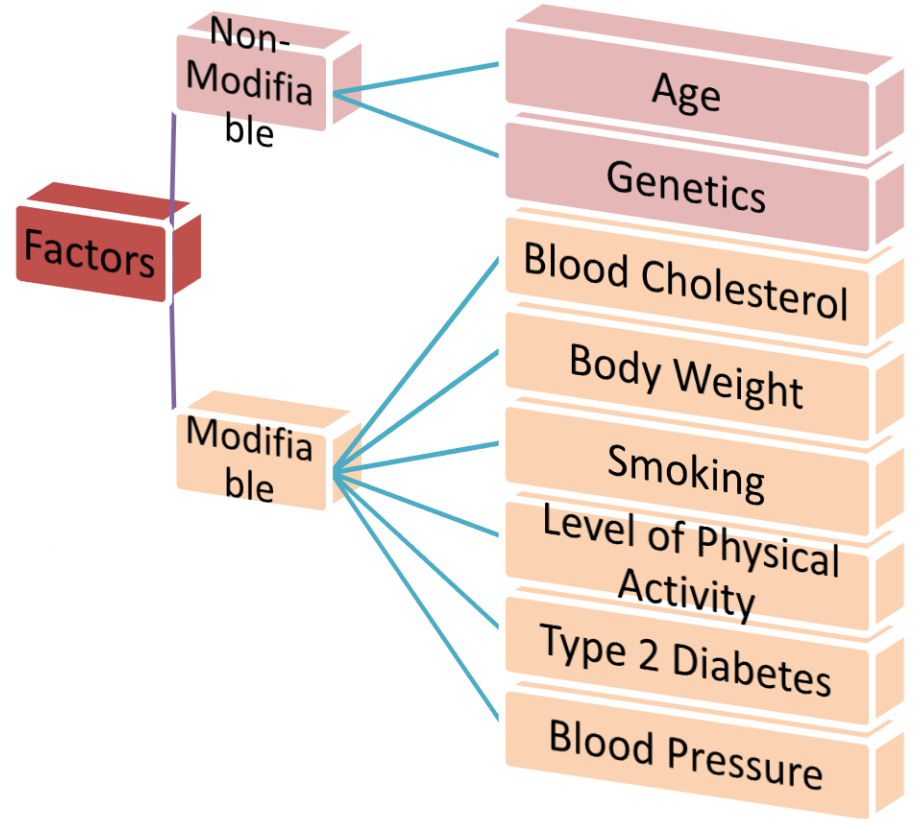


Cardiovascular Disease

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# Risk Factors



# Factors Related to Diet



Blood  
Cholesterol

Diet-  
Related  
Risk  
Factors

Blood  
Pressure



# A Little About Cholesterol

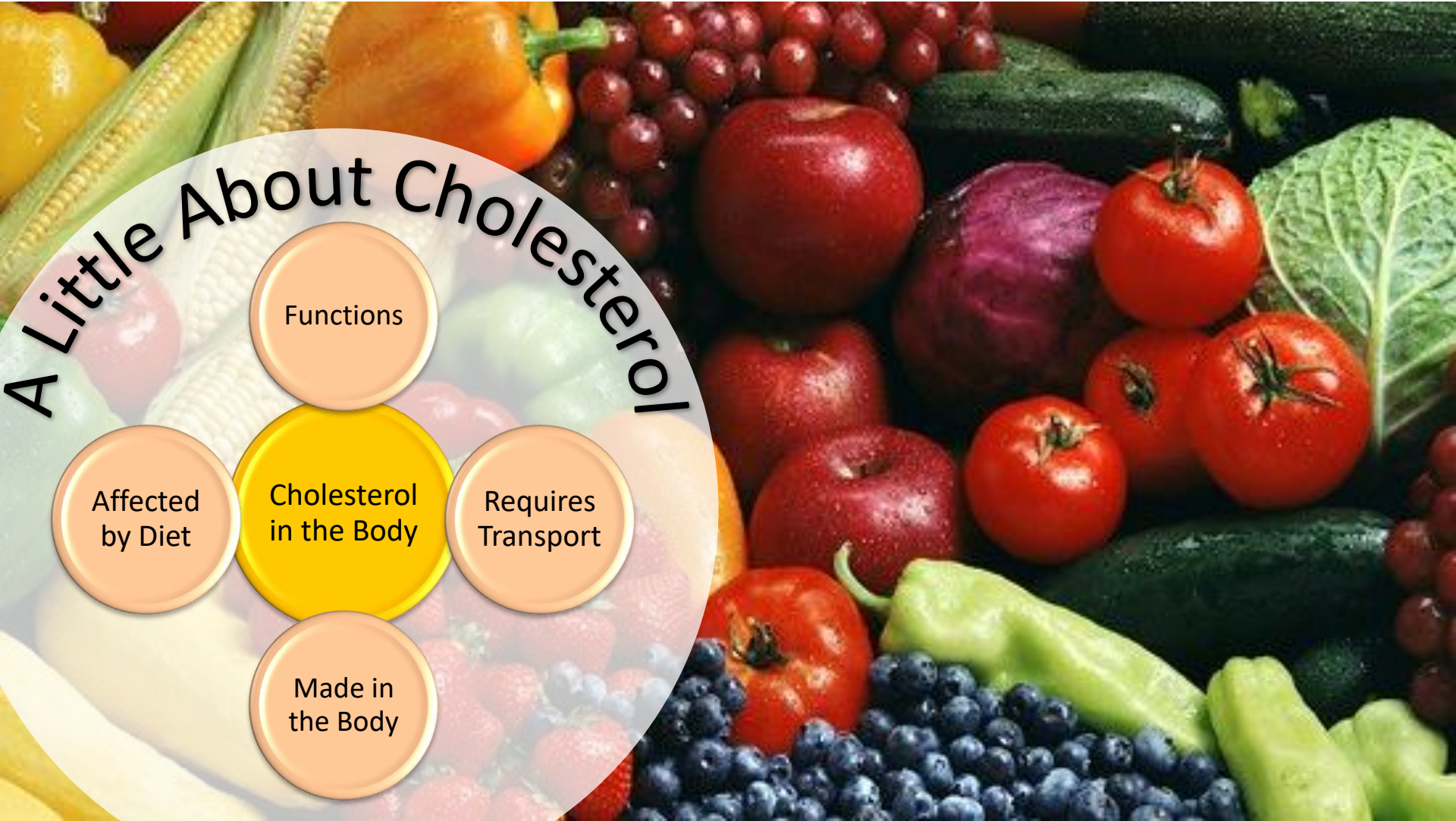
Functions

Affected  
by Diet

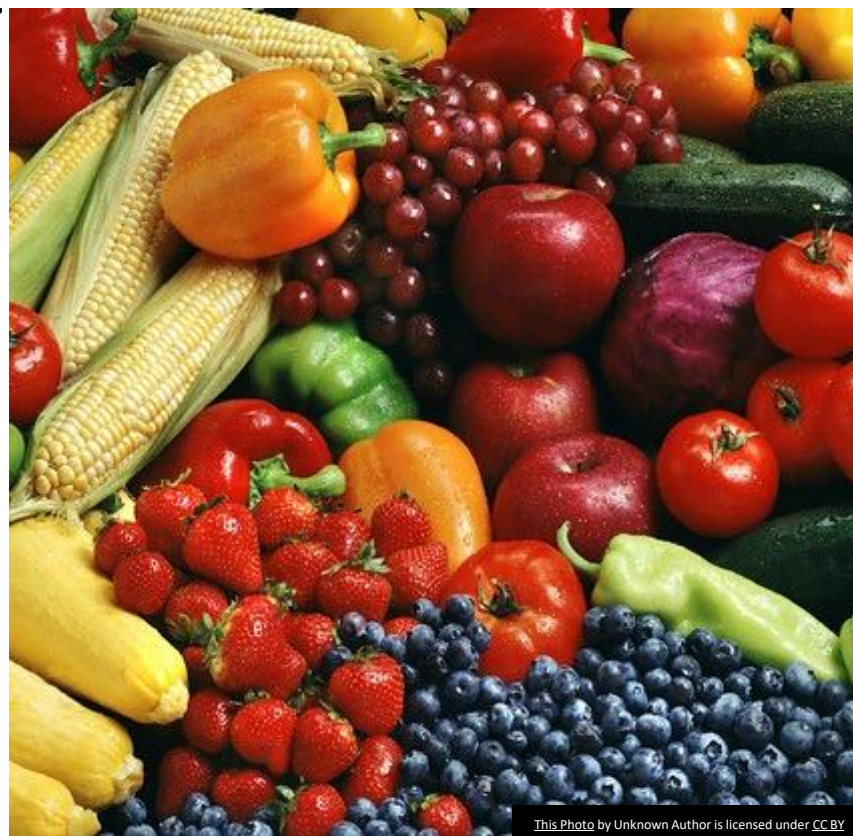
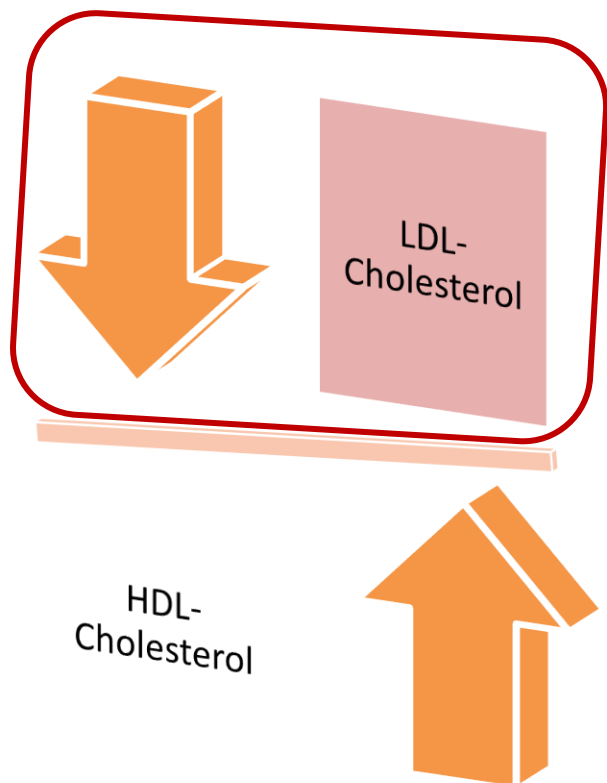
Cholesterol  
in the Body

Requires  
Transport

Made in  
the Body



# Changing Your Lipid Profile





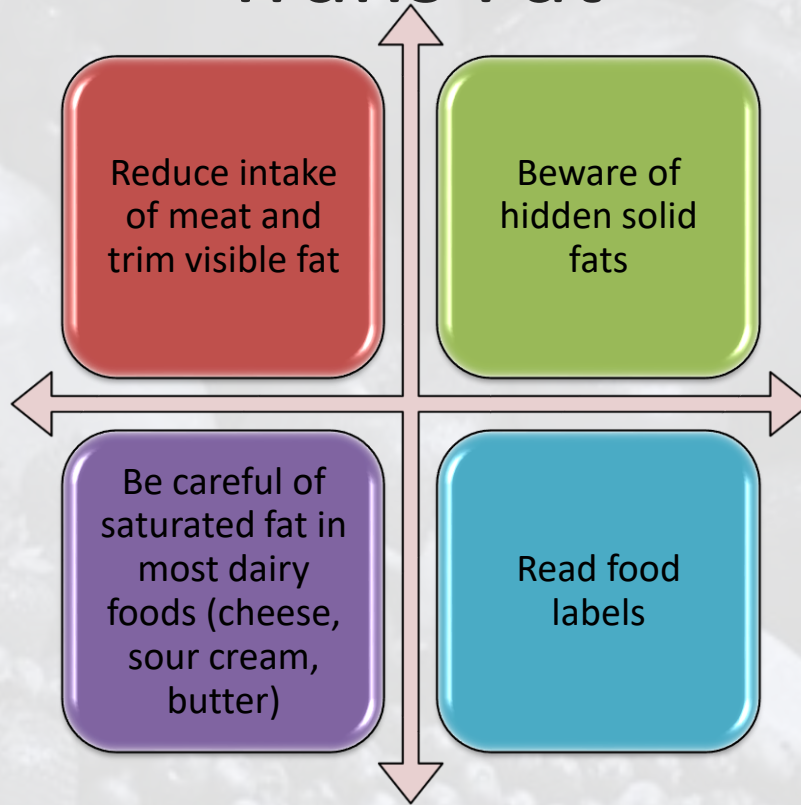
decrease saturated and trans  
fat

increase unsaturated fat

# Lowering LDL-Cholesterol



# Decreasing Saturated & Trans Fat





# Increasing Unsaturated Fats

Monounsaturated Fats

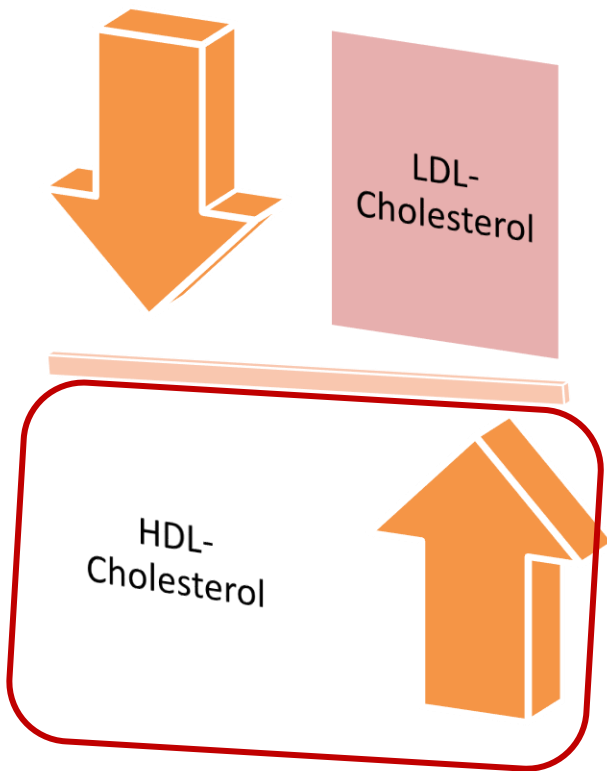
olive oil, avocados, peanut butter

Omega-6: vegetable oils, nuts, seeds

Polyunsaturated Fats

walnuts, flaxseed, fatty fish (salmon, tuna)

# Changing Your Lipid Profile (2)





stop smoking

physical  
activity

lose weight

Raising HDL-Cholesterol



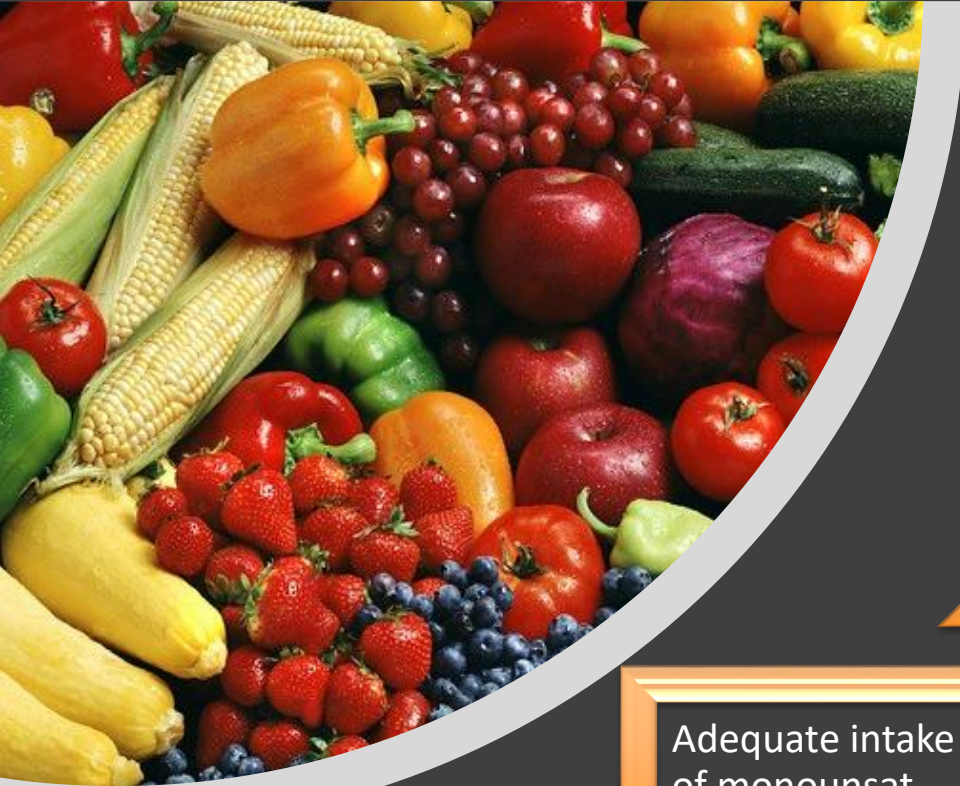


# Blood Pressure

High blood pressure: the “silent killer”

What you don't know may hurt your

Know your numbers



# Lowering Blood Pressure

Adequate intake  
of monounsat.  
oils (olive oil)

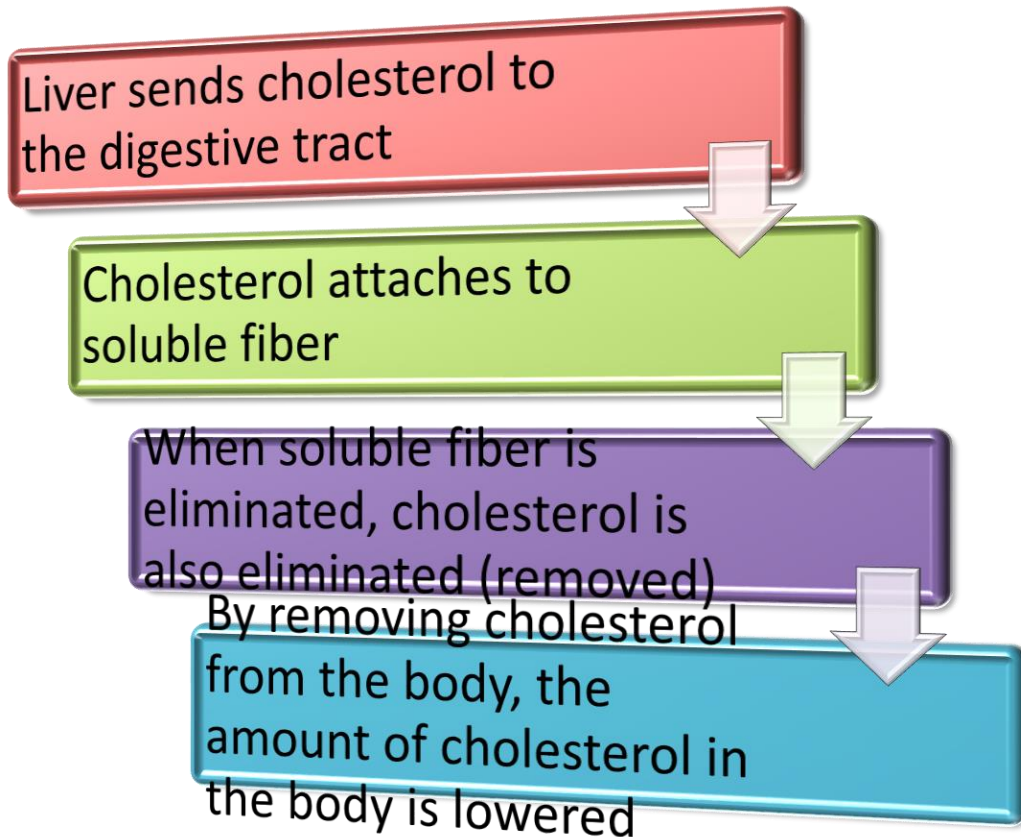
## Decrease Sodium

- Fresh fruits & vegetables
- Limit processed foods
- Read labels

## Reduce Stress

- Cooking at home
- Kneading bread
- Physical activity

# The Fiber Connection





# Soluble Fibers

## Benefits

- Help to lower blood cholesterol
- Help to maintain normal blood glucose after a meal

## Foods

- Whole fruits (citrus, apples)
- Whole grains, such as oatmeal & barley
- Beans



# HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

VEGETABLES

Eat plenty of fruits of all colors.

FRUITS



© Harvard University



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

WATER

WHOLE GRAINS

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

HEALTHY PROTEIN

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

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# In Summation

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# Sheree's Recipes

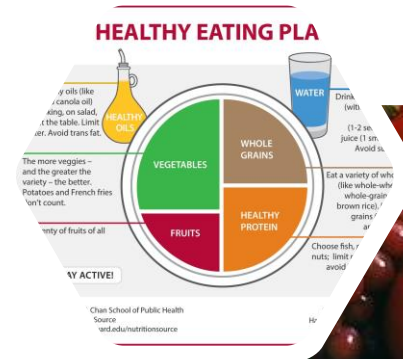
## Smoothie

- fruits (mango, banana, blueberries)
- chia seeds
- flaxseed

## Hummus

- olive oil
- beans
- tahini (sesame seeds)


Be creative & have fun!







**THANK YOU!**  
**Speakers: Sheree Williams & Cheryl  
Davis**  
**BACHAC Volunteers & Members**



**Please complete the survey  
when you receive it.  
Your feedback MATTERS!**



# Faith Leaders, Census & COVID-19

**Panel of Faith Leaders:**

**Rev. Marlyn Bussey, St. James AME Zion Church**

**Rev. Jorge Perry Bautista, Congregational Church of San  
Mateo, United Church of Christ**

**Rev. Henry Toyo Adams, San Mateo Buddhist Temple**

**Mrs. Muna Tau Saulala, St. Timothy's Catholic Church**

**May 28, 2020**

# Mark Your Calendars

- Fri. June 5<sup>th</sup> @ 6pm - Fitness @ Home with Fitness Expert Anita Black-Cowan
- Wed. June 10<sup>th</sup> @ 4pm Sheree & Cheryl return (Part 2)!
- Tues. June 16<sup>th</sup> @ 4pm - Rebuilding Your Financial House with Finance Experts Margaret & Ted Johnson





**THANK YOU!**  
To learn more about BACHAC  
go to [www.bachac.org](http://www.bachac.org)



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