

Hello, GoodNEWS member, Check out the GoodNEWS Flash!

The 18th of May is HIV Vaccine Awareness Month!



People continue to become infected with HIV at an alarming rate. An estimated 2.7 million new HIV infections occurred worldwide in 2007 alone. Here in the United States, about 56,000 new HIV infections occur annu-

ally—a figure that has remained fairly consistent for more than a decade. Although antiretroviral medicines have enabled individuals infected with HIV to live longer, healthier lives, no one with HIV has ever been truly cured of the infection, and people with HIV continue to die of AIDS-related diseases in unacceptably high numbers in rich and poor countries alike.

- *There are about 1 million people infected with HIV in the U.S.*
- *About 250,000 (25%) became infected with HIV when they were teenagers.*
- *About 205,000 are infected with HIV and do not know it.*

- *Of all the teens in the U.S., less than half are African-American or Hispanic, yet 70% of the cases of AIDS among teens are African-American or Hispanic!*
(Source: www.learnitliveit.org)

The rate of AIDS Cases among African-Americans (AA) are:

- 8 times higher for AA males than white males
- 23 times higher for AA women than white females.
- 10 times higher overall for AAs than whites.

There is **NO** preventative HIV vaccine available. More vaccines are being tested than ever before. HIV vaccines do not contain any actual HIV and therefore, cannot cause the HIV infection.

For more information on HIV vaccine research:

www.bethegeneration.org or 1-800-448-0440

Source: *US Department of Health and Human Services; National Institutes of Health; National Institute of Allergy and Infectious Diseases Division of AIDS. June 2006*

Wellness Club Members!

**Last opportunity to be
Re-Measured!**

Remaining Dates:

Sat, April 24

Sat, May 15 (make-ups only)

Time: 7 a.m. to 2 p.m.

(Registration 7—11 am)

Location:

Friendship West Baptist Church
2020 W. Wheatland Rd.
Dallas, TX 75232

Reminders:

- Fast 12 hours before coming.
- Take any prescribed medications. If you have medications that require food, please bring them with you.
- Questions? Contact your Lay Health Promoter or call GoodNEWS at 214-648-3321

Preventing or Lowering Your Blood Pressure with DASH!

What you eat affects your chances of developing high blood pressure (hypertension). Research shows that high blood pressure can be prevented—and lowered—by following the **Dietary Approaches to Stop Hypertension (DASH)** eating plan, which includes eating less salt and sodium. The **DASH** eating plan is rich in fruits, vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, beans, seeds, and nuts. It also contains less salt and sodium; sweets, added sugars, and sugar containing beverages; fats; and red meats than the typical American diet. This heart healthy way of eating is also lower in saturated fat, *trans* fat, and cholesterol and rich in nutrients that are associated with lowering blood pressure—mainly potassium, magnesium, and calcium, protein, and fiber. The **DASH eating plan** requires no special foods and has no hard-to-follow recipes. It simply calls for a certain number of daily servings from various food groups.

Choose and prepare foods with less salt, and don't bring the salt shaker to the table. Be creative—try herbs, spices, lemon, lime, vinegar, wine, and salt-free seasoning blends in cooking and at the table. And, because most of the salt, or sodium, that we eat comes from processed foods, be sure to read food labels to check the amount of sodium in different food products. Aim for foods that contain 5 % or less of the Daily Value of sodium. Foods with 20 % or more Daily Value of sodium are considered high. These include baked goods, certain cereals, soy sauce, some antacids—the range is wide.

Combining **DASH** with a regular physical activity program, such as walking or swimming, will help you shed pounds and stay trim for the long term.

DASH can help you prevent and control high blood pressure. It can also help you lose weight, if you need to. It meets your nutritional needs and has other health benefits for your heart. So get started today and make the **DASH** for a healthy life!

To learn more:

Contact the National Heart, Lung, and Blood Institute (NHLBI) for information on heart disease and heart health.

NHLBI Health Information Center
P.O. Box 30105
Bethesda, MD 20824-0105
Phone: 301-592-8573
TTY: 240-629-3255
Fax: 301-592-8563

Also check out this heart health resource:
NHLBI Web site: www.nhlbi.nih.gov



Check out the GoodNEWS Goodie trivia question for a chance to win a prize!

It is recommended that 2,300 mg (about 1 teaspoon) of sodium be consumed in our diet per day. The average American consumes how much sodium per day?

- A. 3,000 mg B. 4,000 mg C. 5,000 mg D. 6,000 mg

Send us your answer by going to the GoodNEWS website (www.goodnews-trueliving.com), by emailing us at GoodNEWS@utsouthwestern.edu or by calling us at 214-648-3321. The winner will be selected from the correct answers submitted, and will be announced in the next GoodNEWS Flash.

Congratulations to Ellen Martin from Warren United Methodist Church, winner of the GoodNEWS Goodie for Feb-March issue of the GoodNEWS Flash! The question and answer were: Whose heart beats faster? Women or Men. The answer was Women!

Healthy Recipe!



Wild Rice Salad!

Ingredients:

- 1 (6 ounce) package wild rice
- 3/4 cup light mayonnaise
- 1 teaspoon white vinegar
- 1 teaspoon white sugar
- salt and pepper to taste
- 2 cups cooked, cubed turkey meat
- 1/4 cup diced green onion
- 1 cup seedless red grapes
- 6 ounces blanched slivered almonds

Directions:

1. Cook rice according to package directions. Remove from heat and set aside to cool.
2. In a medium bowl, whisk together the mayonnaise, vinegar, sugar, salt and pepper. Stir in rice, turkey, onion and grapes until evenly coated with dressing. Cover and refrigerate for 1 to 2 hours.
3. Before serving, sprinkle slivered almonds over the top of the salad.

Nutrition Information:

Servings Per Recipe: 12

Amount Per Serving

Calories: 221

- **Total Fat:** 13.4g
- **Cholesterol:** 23mg
- **Sodium:** 138mg
- **Total Carbs:** 14.3g
- **Dietary Fiber:** 2.1g
- **Protein:** 11.4g

Source: www.allrecipes.com