

Healthy LIVING while aging!



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Health, is it equal for all?

By Natalie Mazzullo, M. Ed.

Your income level, race or ethnicity, age, sex or gender, or geography should not stop you from being healthy or living a healthy lifestyle. But, in many instances, it does. Health inequities occur in all walks of life, in rural and urban areas, to both men and women, and to the young and the old and exist in nearly every aspect of health.

The National Institutes of Health defines health disparities as “the differences in the incidence, prevalence, mortality, and burden of diseases and other adverse health conditions that exist among specific population groups in the United States.” What does that mean? It means that whole groups of people can face significant obstacles to maintaining good health, often because of specific genetic, social or economic factors. These factors can be based on many of the factors above or others such as disability, sexual orientation, immigration status, religion or mental health conditions.

Nevada has significant health disparities. Some due to the vast geographic distances and population bias between the state’s two urban areas (Clark and Washoe counties) and the remaining 14 counties. This can result in a lack of resources or access to things like health care

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providers, medical facilities, safe places to walk or fresh produce. The Centers for Disease Control published a rural health fact sheet in 2019 that indicated that rural residents often have limited access to healthy foods and fewer opportunities to be physically active compared to their urban counterparts. This limited access can lead to conditions such as obesity and high blood pressure. Nevada is no different.

Nevada’s health disparities can be seen in the number and populations that acquire certain chronic diseases. Chronic disease such as heart disease, stroke, some cancers, respiratory disease, diabetes and liver disease represents five of the top 10 leading causes of death within our state. In Nevada, these health problems are most often found among American Indians, Asian Pacific Islanders and Blacks of non-Hispanic persons. Many of these chronic diseases can be prevented by increased access to healthy foods and fresh produce, an increase in physical activity and movement and more frequent visits to your health professionals for preventative or routine checkups.

For more information about Healthy Aging education or resources, please visit our website: extension.unr.edu and search “Healthy Aging” or contact healthyaging@unr.edu.

♥♥♥♥♥ Heart Healthy Snacks ♥♥♥♥♥

The American Heart Association suggests adding these healthy, nutritious items to your grocery store list.

Munchies that Crunch

- Apples and pears
- Carrot and celery sticks
- Bell pepper slices
- Zucchini or cucumber circles
- Roasted chickpeas
- Broccoli and cauliflower florets
- Air-popped Popcorn
- Rice cakes and whole-grain crackers
- Nuts and seeds

Rethink Your Drink

- Plain or sparkling water (Add some fruit and herbs to it for added flavor)
- Fat-free milk or plain soymilk
- Unsweetened tea or coffee
- 4 oz. 100% fruit juice
- Low-sodium tomato or mixed vegetable juice

Snacks that Satisfy

- Whole-grain toast with peanut or almond butter
- Cherry tomatoes with hummus
- Low-fat or fat-free cheese
- Plain low-fat or fat-free yogurt (pair with fruit)
- Fruit and veggie smoothie
- Whole-grain crackers with canned tuna or salmon

Curb Your Sweet Tooth

- Canned fruit (in natural juice or light syrup)
- Thin slice of angel food cake or homemade banana-nut bread
- Baked apple
- Raisins, dates, figs and other unsweetened dried fruits

- Frozen banana
- Frozen grapes
- Fresh fruit salad

Visit www.heart.org for more information

Don't forget to register for and/or tune in to our live cooking series sponsored by AARP Nevada, *Simply Delicious: Easy, Healthy Meals with Chef Suzy*. February's episode will air on Wed., Feb. 9 at 11 a.m. This episode will feature the dynamic duo of both lentils and quinoa to create a delicious and nutrition lentil and quinoa taco.

Register at: <https://bit.ly/CookingWithChefSuzy>.



Take the AARP Heart-Smart Menu Quiz at <https://bit.ly/3zp4ira>

Easy Pizza

Sun, Feb. 13, to Sat, Feb. 19, celebrates the Great American Pizza Bake! Celebrate this week by baking your own snack pizzas. When you make an easy homemade pizza snack with English Muffins or a slice of bread, you can choose your own healthy ingredients. Pizza can incorporate all food groups by adding fruit, vegetables, lean meat, low-fat cheeses and whole grain crust and decreases the amount of saturated fat and salt. Try using a heart-shaped cookie cutter to make a cute Valentine's Day shape!

Ingredients:

- 1 toasted 100% whole-wheat English muffins (Or a slice of 100% whole wheat bread)
- 2 tablespoons of pizza sauce
- Sprinkle of cheese (About 1 to 2 tablespoons per muffin/piece of bread)
- 1 to 2 tablespoons of your favorite cut veggie topping (Mushrooms, onions, peppers)



Directions: 1) Put pizza sauce on both halves of the English muffin or piece of bread. 2) Sprinkle cheese and your toppings on top of pizza sauce. 3) Microwave for 45 seconds or until cheese is melted. 4) Let the pizza rest for three minutes to allow the ingredients to fully cook.

For complete nutritional facts, visit Michigan State University Extension: <https://www.canr.msu.edu/recipes/easy-pizza>.

Want to take better care of your health?

Enroll in a ten-week nutrition and wellness education program with food demonstrations, recipes, freebies and more!

Open to adults, 60 years and older. We will meet virtually on Wednesdays, 10-11 a.m. starting March 9.

To sign up or for more information, email: HealthyAging@unr.edu.

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