

# HEALTH

## "AFRICAN-AMERICAN ACTION PLAN FOR HEALTHY PEOPLE 2000" IS FOCUS WHEN MORE THAN 10,000 AFRICAN-AMERICAN HEALTH PROFESSIONALS CONVENE IN ST. LOUIS IN JULY, 1992

"Healthy People 2000" will be the general focus of the 4th Quadrennial Conference of the Black Congress on Health, Law and Economics (BCHLE).

Healthy People 2000 is a report which has been described as "a statement of opportunity." It is the product of a national effort which includes almost 100

national organizations, all the State health departments, and the Institute of Medicine of the National Academy of Sciences, together with the U.S. Public Health Service to manage this national effort. More than 10,000 people have been involved in producing the report.

More than 10,000 African-American allied health professionals are expected to be in attendance in St. Louis, Missouri, Friday, July 31, 1992.

Secretary of Health & Human Services Dr. Louis Sullivan will deliver the keynote address at the opening session of the Black Congress on Health, Law and Economics.

The BCHLE is a growing federation of national organizations and provides a forum for African-American professionals to participate in shaping national policy.

Organizations sponsoring the Black Congress on Health, Law and Economics include the National Black Nurses' Association, Inc., the National Bar Association, and the National Pharmaceutical Association.

A Town Hall meeting entitled "Federal Policies Impacting Health Care" has been scheduled for Friday, July 31, 1992 at

2:00 p.m. in the Historic Union Station. Major presidential candidates and various public officials have been invited to participate. Registration is open to the public.

Oheilia Long, Chairperson of the BCHLE, stated, "Violent and abusive behavior is a public health crisis. The focus of this year's Congress is the development of an African-American Action Plan' to meet Healthy People 2000' national health objectives." The role of African-Americans in disease intervention and prevention programs will be discussed. Being a part of the national and international dialogue on national health care reform is key to gaining parity for African-Americans to health care services."

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### Minority Health Update

Facts From the National Heart, Lung, and Blood Institute

Favorite Black and Hispanic foods—high in fats and calories—could be recipes for trouble. Surveys show Blacks and Hispanics are more likely than the general population to be overweight.

For example, about 44 percent of Black women and 42 percent of Hispanic women are overweight, compared with 27 percent of all U.S. women.

Those extra pounds mean an added risk of heart disease, the nation's top killer, and high blood pressure, the chief cause of stroke. High blood pressure is especially common in Blacks.

Shedding that extra weight—and risk—may not be as hard as you think. Be more active. Cut back on calories and consume less fat and saturated fat.

Fortunately, this needn't mean giving up the foods you like. Nutritionists have converted many traditional Black and Hispanic recipes into heart-healthy meals. They suggest: Use beans and grains with small amounts of meat. Choose skinless chicken or turkey to replace neck bones, ham hocks, and fatback. Use a little vegetable oil, instead of lard or butter. Choose fruits for salads, instead of avocados or olives. Use more spices and less salt. Broil, steam,



roast, and grill, instead of frying or basting with fat.

Here's an old favorite, "Picnic Potato Salad," revitalized into a healthy dish of only 92 calories per 1/2 cup serving:

Combine: 1/2 cup plain low fat (1%) yogurt; 1/2 cup mayonnaise-type salad dressing; 1 tbsp vinegar; 1 tsp salt; 1 tsp fresh, chopped parsley; 2 tsps prepared mustard; 1 clove garlic, minced; and a pinch of freshly ground black pepper.

Add: 6 cups peeled, cooked potatoes, diced; 1 cup coarsely chopped celery; 1/2 cup sliced radishes; and 1/4 cup sliced scallions, with tops.

Mix well and refrigerate. You'll get about 16 servings. You may wish to substitute 6 cups of diced, cooked cauliflower for the radishes and potatoes.

Either way, your family can enjoy down-home cooking that's lower in calories and fat, but still rich in taste.

For more nutrition information, write the NHLBI Info Center, PO Box 30105, Bethesda, MD 20824.

### GREAT AMERICAN FOOD FIGHT AGAINST CANCER TIPS FOR GROCERY SHOPPING

- ▶ Don't try to change eating and shopping habits overnight. Think of it as an ongoing process of good health for life. It's just not possible to learn everything about healthier lifestyles at once, so don't set an impossible task for yourself.
- ▶ Try to plan shopping as carefully as possible. Sometimes, shopping has to be done in a hurry, but try to give some thought to it ahead of time in order to minimize or eliminate impulse purchases. Besides, even a few moments of planning saves a lot of time and aggravation at the store. Spend some time in advance thinking about healthy substitutions and additions to make.
- ▶ Don't shop on an empty stomach.
- ▶ You don't have to avoid treats or rewards. Just try to think of healthy foods as special treats.
- ▶ Explore the produce section. Be adventuresome and try a new kind of fruit or vegetable. Try them one at a time, so they won't seem as overwhelming. Think of new ways to try produce, and remember that it is usually low in fat and high in fiber.
- ▶ Look for fresh herbs to season foods, instead of fats, sauces, and gravies.
- ▶ A variety of foods is important to healthy eating and will also keep shopping from seeming so routine.
- ▶ Read labels carefully. Ingredients are listed in order of quantity. Choose products that have no fats or oils, or in which fats are listed last.
- ▶ Beware of so-called "healthy" or "lite" foods. Read the labels carefully for fat, fiber, and vitamin content. Remember that you don't need to buy any special foods to improve your diet.
- ▶ Avoid processed, salt-cured, smoked, and nitrite-cured meats and foods. Always buy fresh when you can.
- ▶ Select low-fat, non-fat, and skim milk dairy products.
- ▶ Buy tuna packed in water, not in oil.
- ▶ Brace yourself for a barrage of impulse items, such as candy bars, at the checkout. Prepare in advance to resist this assault by reading a magazine, balancing your checkbook, or engaging in conversation.
- ▶ Contact your local American Cancer Society for more tips.

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