

# WEST CAPITOL COURTYARDS HEALTHY EATING AND ACTIVE LIVING

A COMMUNITY NEWSLETTER BROUGHT BY HEALTH EDUCATION COUNCIL



## NEW UPDATES AND CURRENT EVENTS

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## NATIONAL CHOLESTEROL EDUCATION MONTH

### Preventing high cholesterol related diseases

Anyone at any age can have high cholesterol. Severe heart diseases and stroke are one of the leading causes of death in America, in which high cholesterol is a contributing risk factor.

September is dedicated to national cholesterol education month. It is important for you and your family to know about cholesterol and have your cholesterol level in check. Lifestyle and eating habit changes are crucial in lowering your cholesterol and keep your heart healthy







# HOW TO KEEP YOUR CHOLESTEROL LEVEL IN CHECK?

SOURCE: CENTER FOR DISEASE AND CONTROL

## What is cholesterol?

Cholesterol is a waxy fat substance in your blood that are produced from your liver and from the food that you consume. Your body needs cholesterol to produce hormones, vitamin and many other necessary substances. However, too much cholesterol in your blood could hold significant risks for your health. High cholesterol could increase your risk for heart diseases, cancers and stroke.

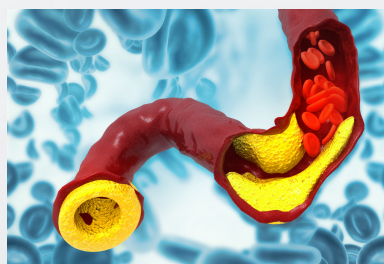
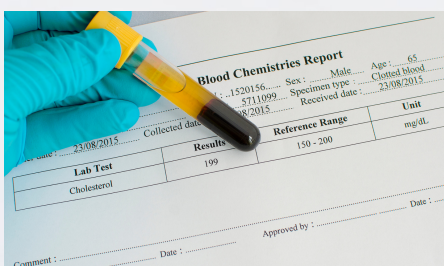
## How high is too high?

For adults 20 years or older, cholesterol level of 200mg/dL are considered to be above the healthy range. Cholesterol level of 240mg/dL and higher could increase your risk for heart diseases.

## Symptoms of high cholesterol?

High cholesterol usually does not show any symptoms. It is important to know your cholesterol every 5 years to prevent any complications from high cholesterol. Your healthcare providers would perform a simple blood test to determine your cholesterol level.

**The National Cholesterol Education Program (NCEP) External suggests that adults check their cholesterol level every 5 years.**

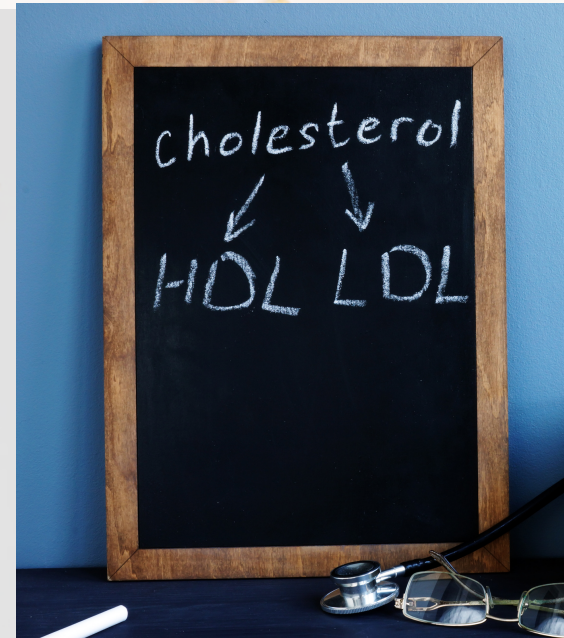


# HIGH CHOLESTEROL PREVENTION

Source: <https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/symptoms-causes/syc-20350800>

## TYPES OF CHOLESTEROL

There are two types of cholesterol in your body, High-density lipoprotein (HDL) and Low-density lipoprotein (LDL). High-density lipoprotein is considered a “good” cholesterol because it picks up unnecessary cholesterol and transport them back to the liver for processing. Meanwhile, low-density lipoprotein is “bad” cholesterol because it transports other cholesterol around your body, leading to blood vessels and arteries blockage. When looking at nutrient label on food packaging, keep in mind the ratio of HDL and LDL in the food you consume.



## KNOW YOUR RISK FACTORS

In order to prevent high cholesterol related diseases, it is important to know the risk factors that increase your “bad” cholesterol level. Lack of exercise, smoking, poor diet, obesity, diabetes and ages are factors that could affect your cholesterol level and complications from high cholesterol. To prevent high cholesterol, individuals with high risk should consider lifestyle change. A low fat, low salt, more vegetables and fruits diet should be considered in your everyday meals. Exercise is also crucial because it helps your body lose excess fat, which contain triglycerides and cholesterol. It is recommended that adults 20 years or older should exercise for 30 minutes a day. Individuals should also quit smoking because smoking tobacco can cause many complications from high cholesterol and heart diseases. Stress could cause change in fat metabolism, therefore managing stress should be considered if you want to lower your cholesterol level.







# HUMMUS DIP

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An easy cholesterol free recipe

Source: <https://www.foodnetwork.com/recipes/dave-lieberman/hummus-dip-recipe-1947116>

## Ingredients

**2 (15-ounce) cans chickpeas,**

**1/2 cup extra-virgin olive oil, or  
more as needed, plus more for  
garnish**

**1/2 lemon, juiced**

**2 tablespoons chopped parsley  
leaves**

**2 cloves of garlic**

**1 1/2 teaspoon salt**

**1/2 teaspoon Asian sesame oil**

**1/2 to 1 teaspoon ground cumin**

**15 grinds black pepper**

**1/4 cup water**

**Paprika**

**1**

In a blender mix all the ingredients together. Don't mix parsley and paprika because they are used for garnish. Blend on low speed till you see a smooth texture.

**2**

Pour the hummus onto a plate. Sprinkle the paprika and parsley on top, drizzle with olive oil, scatter some parsley on top. Leave the hummus at room temperature. Refrigerate after serving because hummus is perishable

Calories: 57; Total Fat: 4 grams; Saturated Fat: 0.5 grams; Protein: 1 gram; Total carbohydrates: 5 grams; Sugar: 0 grams; Fiber: 1 gram; Cholesterol: 0 milligrams; Sodium: 96 milligrams



# COVID-19 UPDATES

SOURCE: YOLO COUNTY

County risk level	New cases	Positive tests
<b>WIDESPREAD</b> Many non-essential indoor business operations are closed	<b>More than 7</b> daily new cases (per 100k)	<b>More than 8%</b> Positive tests
<b>SUBSTANTIAL</b> Some non-essential indoor business operations are closed	<b>4 - 7</b> daily new cases (per 100k)	<b>5 - 8%</b> Positive tests
<b>MODERATE</b> Some indoor business operations are open with modifications	<b>1 - 3.9</b> daily new cases (per 100k)	<b>2 - 4.9%</b> Positive tests
<b>MINIMAL</b> Most indoor business operations are open with modifications	<b>Less than 1</b> daily new cases (per 100k)	<b>Less than 2%</b> Positive tests

Starting August 31, 2020, California Department of Public Health, and Yolo County has extended the Public Health Order for indoor operations for certain sectors. They also support the new tier system for counties to reopen businesses.

Yolo County has been in the Purple/tier 1 zone with a positive test rate of more than 5.2 and more than 7 new cases daily per 100k residents. In order for the county to move up the next tier, the county has to meet the requirement for the next tier for 2 consecutive weeks and also stay in the current tier for 3 consecutive weeks.

Yolo County  
Is currently  
in the  
'Widespread'  
tier.  
  
The most  
restrictive tier.

MINIMAL  
MODERATE  
SUBSTANTIAL  
WIDESPREAD



## COVID-19 Testing sites

M,W,F	Sept 21-25	8:00 a.m. – 12:00 p.m.	Elica Health Center Flyer: <a href="#">English</a>   <a href="#">Español</a>   <a href="#">Russian</a>	1276 Halyard Drive, West Sacramento
Tue	Sept 22	4:00 p.m. – 7:00 p.m.	Esparto Boy Scout Cabin Flyer: <a href="#">English</a>   <a href="#">Español</a>	17020 Yolo Avenue, Esparto
Thu	Sept 24	3:00 p.m. – 7:00 p.m.	Woodland County Fair Mall Flyer: <a href="#">English</a>   <a href="#">Español</a>	1264 E. Gibson Road, Woodland (use Southeast entrance)
M & W	Sept 28 & 30	8:00 a.m. – 12:00 p.m.	Elica Health Center Flyer: <a href="#">English</a>   <a href="#">Español</a>   <a href="#">Russian</a>	1276 Halyard Drive, West Sacramento



# LOCAL COMMUNITY UPDATES

SOURCE: YOLO COUNTY, SACRAMENTO COUNTY

For tier 1 zone, the following sectors are allowed to reopen OUTDOOR with limited capacity and follow with proper CDC protocol:

nail salons, body waxing  
Museums, zoos, aquariums  
Places of worship  
Movie theaters  
Fitness centers  
Restaurants  
Wineries  
Family Entertainment Centers  
Cardrooms, satellite wagering

For tier 1 zone, the following sectors are allowed to reopen INDOOR with limited capacity (25%) and follow with proper CDC protocol:

1. Critical infrastructure (<https://covid19.ca.gov/essential-workforce/>)
2. Hair salons and barbershops
3. All retail (25% maximum capacity)
4. Shopping centers (maximum 25% capacity)
5. Professional sports (without live audiences)

Support  
Local  
Business

## NEED HELP QUITTING TOBACCO?

Call 1-800-NoButts (1-800-662-8887) for a free nicotine patch starter kit. Long term consumption of nicotine could cause lung cancer, decrease heart health and other smoking related diseases. It's now the time to quit smoking.

For information on food assistance, mental health, financial and other resources, please contact us at (916) 556-3344.

