



WEAVE NM Heart Health and Nutrition for Life (HHNL)

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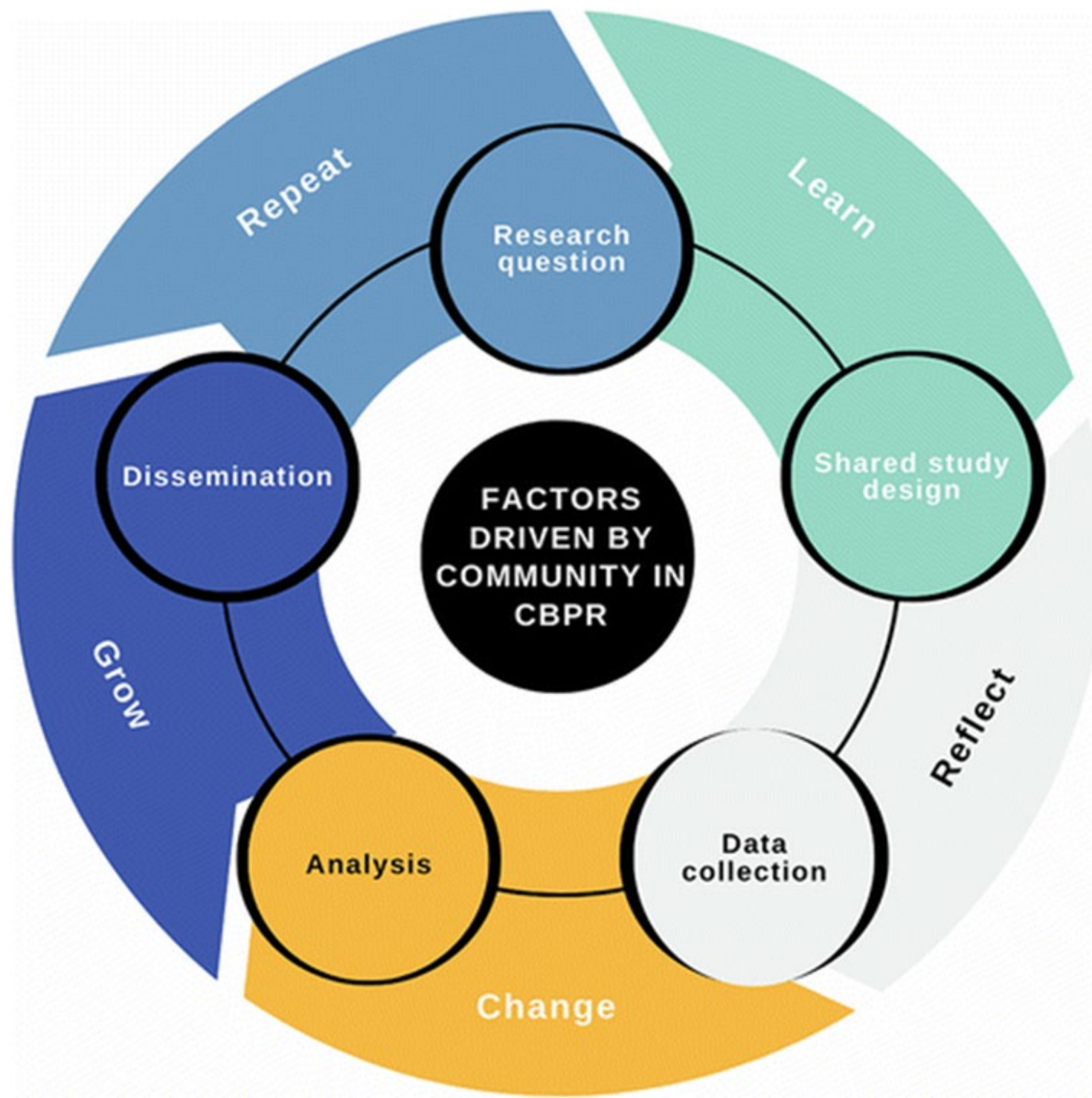
Financial Disclosure

Erik Kakuska does not have any financial relationships with any commercial interests that create a conflict of interest affecting the content of this presentation regarding products of services.

SanJuana Garcia does not have any financial relationships with any commercial interests that create a conflict of interest affecting the content of this presentation regarding products of services.

After completion of this presentation, participants will be able to:

- Critically refer and evaluate the suitability of persons living with or at risk for diabetes for participation in the WEAVE NM: Heart Health and Nutrition for Life project.
- Apply insights from innovative research partnering practices and aims in WEAVE NM to build trust and capacity, supporting resilience with persons and communities impacted by lowered health outcomes.
- Incorporate concrete strategies for eating heart healthy when time or money are tight into community-based education practices.
- Employ food resource review strategies, including digital mapping and grocery shopping tips, to navigate persons living with or at risk of diabetes toward healthier choices within the built food environment in Albuquerque, NM.



Our Approach and Methodology

At **CNAH**, we prioritize research that centers the voices and experiences of marginalized communities, grounded in data justice.

Tenets of Data Justice

- Data are not neutral
- Data is a social justice issue
- Each group must decide for themselves what data justice looks like

Rationale for the WHY

Challenge 1

- Increase prevalence rates of hypertension in New Mexican Latinx, American Indian/Alaska Natives, and African American communities

Challenge 2

- Albuquerque food and medical deserts that contribute to prevalence of hypertension

Challenge 3

- Addressing gaps in effective hypertension interventions in Latinx, American Indian/Alaska Native, and African American communities

Preliminary Data

Multi-method community-driven research and intervention efforts in Years 1-3

- Urgent and intersecting nature of chronic conditions
- Impacts of structural racism and other social determinants of health, and
- Mental and behavioral health in New Mexico

Food justice

- Persons with lower food security are at greater risk of developing chronic diseases such as cardiovascular disease and high blood pressure and have been found to have higher BMIs.¹
- In New Mexico, approximately 64% of the population identifies with a race and ethnicity other than Non-Hispanic White, with 50% identifying as Hispanic or Latinx.³
- Since January 2020, the cost of food from grocery stores has risen a total of 24% percent.⁴
- Food insecurities also affect medication adherence^{5,6} and increase the cost of care⁷
- Food security interventions generally fall along two approaches: 1) micro-level, addressing immediate needs and connecting individuals to resources, and 2) macro-level, tackling long-term solutions which include policy and food justice. Policy has long been identified as an important avenue for addressing food insecurity and its associated consequences.⁸⁻¹⁰

Center for Native American Health

WEAVE HHNL Improving hypertension control through patient education while advancing food justice

AIM 1:

Build trust and partnerships with stakeholders

AIM 2:

Community Health Worker led intervention & self-monitored blood pressure

AIM 3:

Connect food justice, health care access, and equity policy efforts

AIM 4:

Share study findings with stakeholders and communities



AIM 1: Community Engagement

Purpose: Build trust and partnerships with stakeholders.

Activities:

Host and attend advisory boards.
Collaborate with community members to co-design the study and ensure cultural relevance.

National Latino Behavioral Health Association **NLBHA**



NEW MEXICO
BLACK LEADERSHIP
COUNCIL

A&M WELLNESS

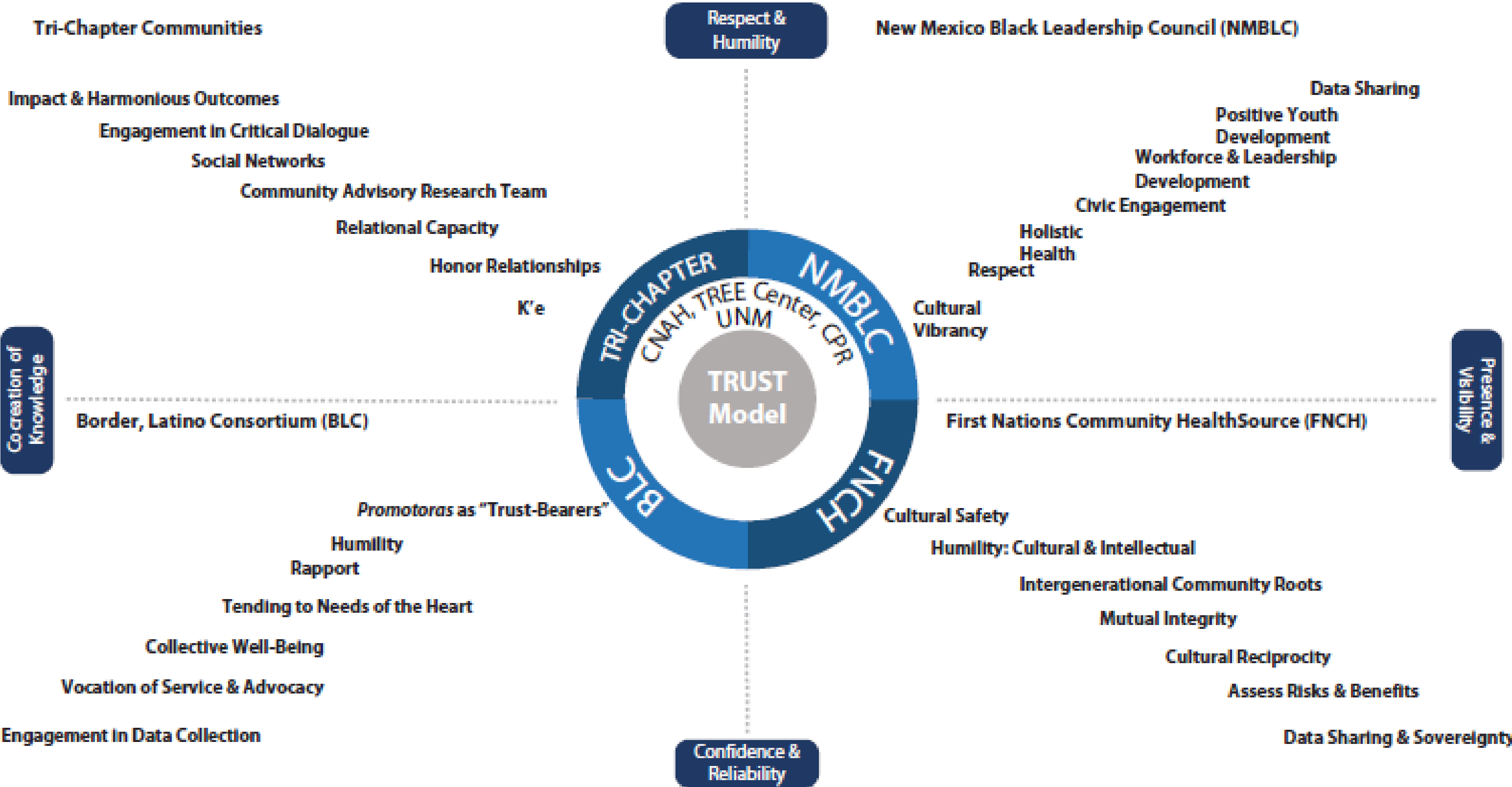
Infinite
Consulting

NIH **CEAL**
Community Engagement Alliance



Navajo Nation
TRI-CHAPTER AREA

AIM 1: Trust Building



Community-Based Participatory Research

Academic and Community Partners

Key Stakeholders

- Identified through community engaged processes

Community Advisory Council (CAC)

- 10 members to ensure community involvement
- Mix of community stakeholders, patients diagnosed with hypertension, and providers

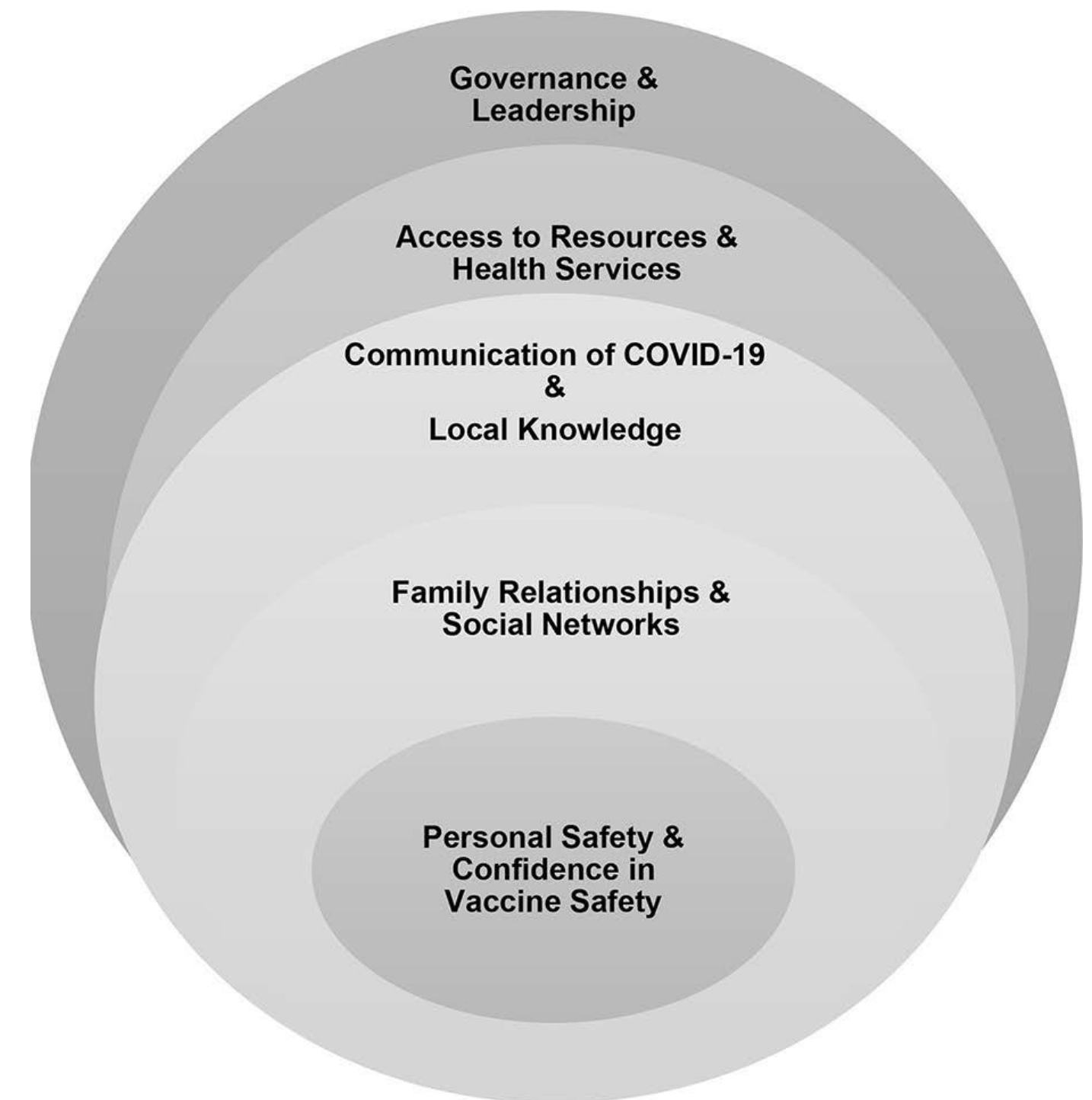


Figure 1. Social Ecology of Community Resilience as It Relates to COVID-19 Vaccine Equity.

AIM 2: Clinical Trial Intervention Component

Arm 1 (early intervention):

Community Health Worker led intervention in first 6 months. Standard hypertension care + self-monitored blood pressure for 12 months.

Arm 2 (later intervention):

Community Health Worker led intervention in second 6 months. Standard hypertension care + self-monitored blood pressure for 12 months.

Anticipated Outcomes:

Better blood pressure control

Increased confidence and awareness about hypertension

Improved medication adherence

Secondary outcomes also include: A1c, Cholesterol levels, Self-Management practices

Data Collection:

Surveys – Observation or CHW's

Blood pressure readings (clinic + self-measured)

Focus Groups

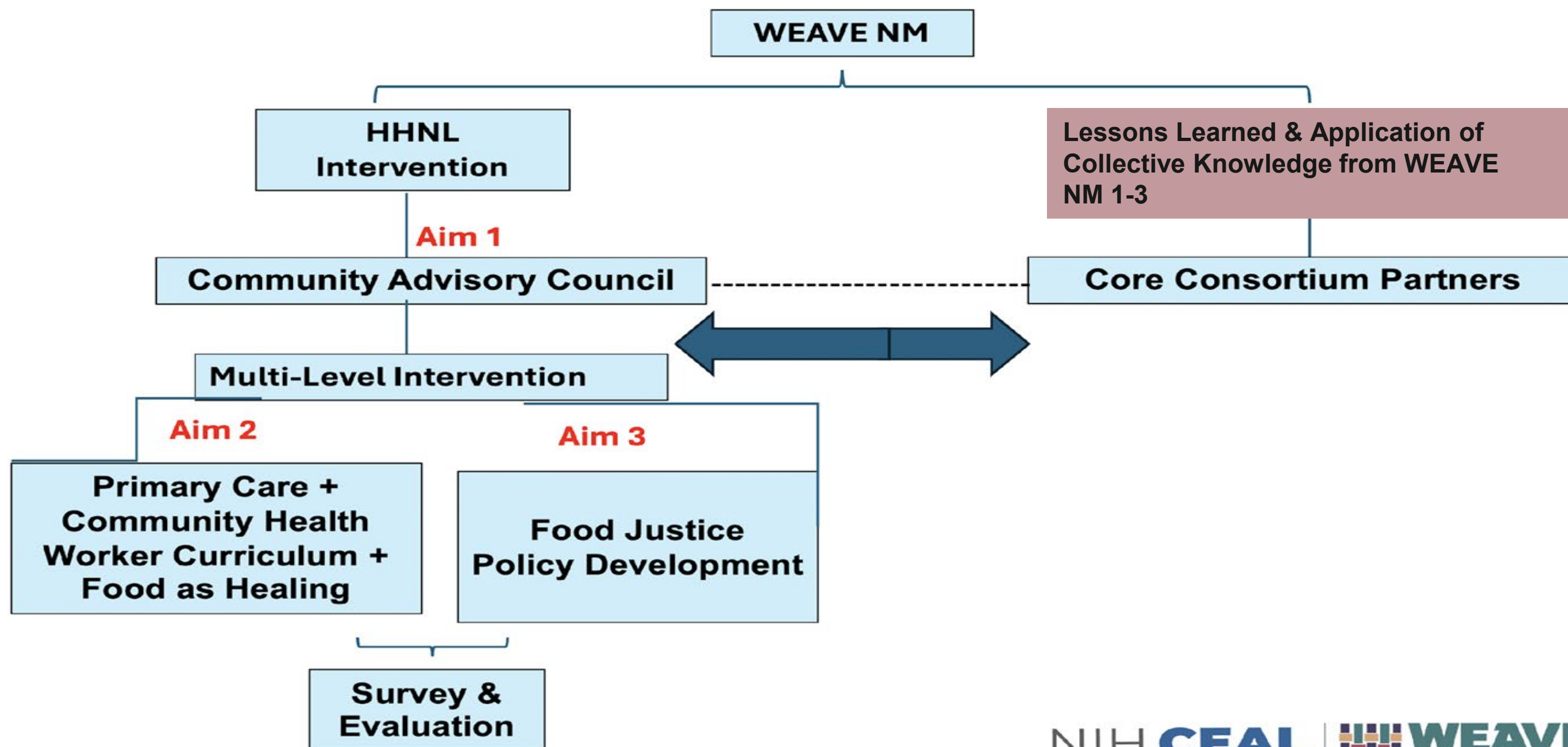
AIM 2: Clinical Trial Intervention Component

Inclusion Criteria – 240 participants – 120 already enrolled

- Adults (18-84 years old)
- Currently a FNCH patient or are willing and able to become a FNCH patient
- Have a current diagnosis of hypertension with onset not due to pregnancy
- Able to speak and read English or Spanish
- Cognitively and physically able to independently understand and complete study procedures and provide written informed consent.
- Self-report at least one systolic blood pressure measurement of 130 or greater in the last six months OR measurement of a systolic blood pressure reading of 130 or greater at baseline screening. Systolic blood pressure is the first number in the blood pressure measurement. For example, if the blood pressure measurement is 132/79, or 132 over 79, 132 is the systolic blood pressure.
- Live in and receive mail in Albuquerque, New Mexico
- Incentives!
CGM and \$50 merchandise card

WEAVE NM Design

*HHNL Aims 2 and 3 form part of one, singular, multi-level intervention, innovative in both scope and implementation



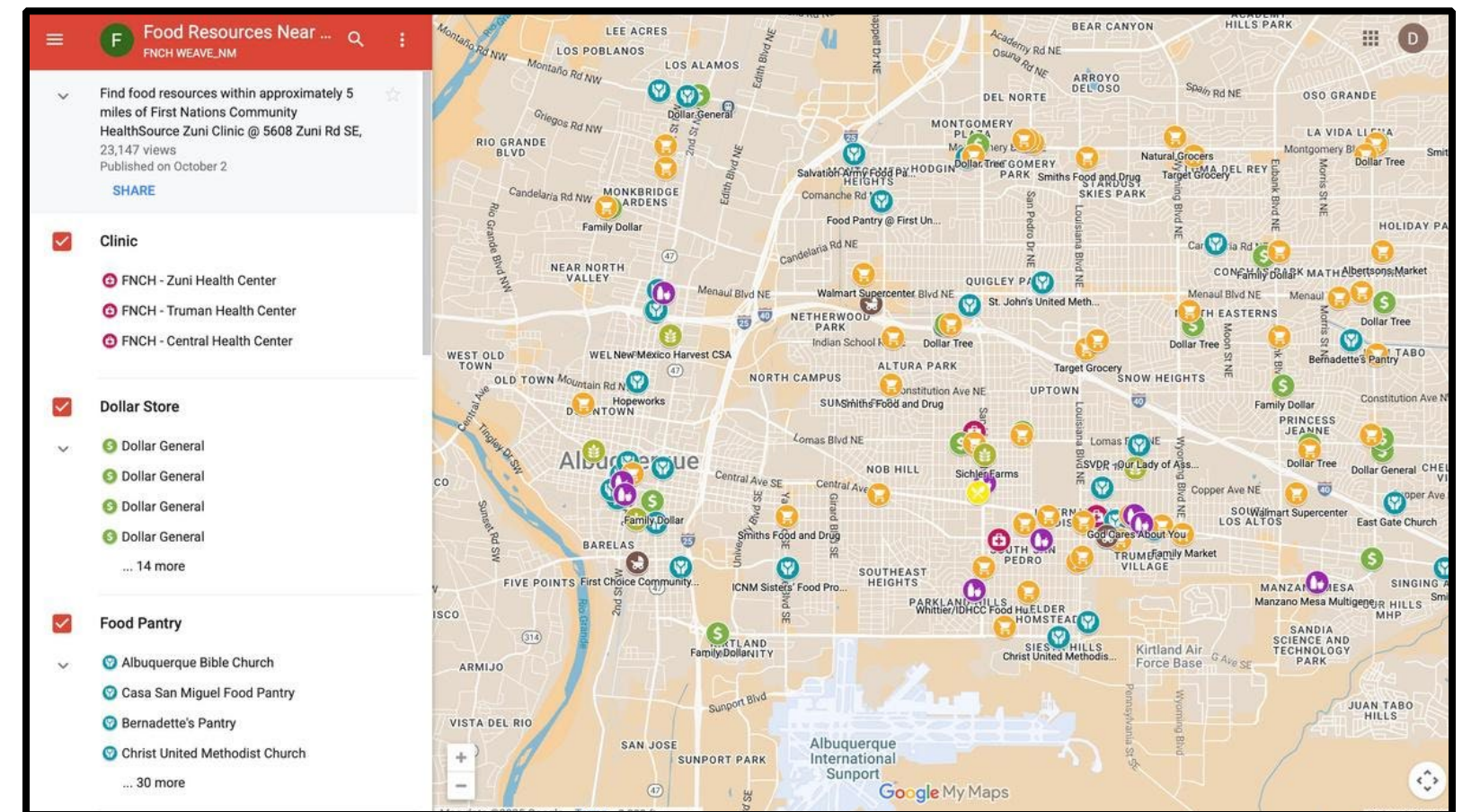
AIM 3: Food Justice

Purpose: Connect food justice, health care access, and equity policy efforts.

Goals:

Support WEAVE NM HHNL by reducing chronic disease risks and boosting protective factors.

- Environmental Scan to assess existing program and resources
- Power mapping activity and report
- Key stakeholder interviews
- Focus groups
- Community-driven food justice policy development



26,996 views online, to date!

AIM 4: Dissemination

Purpose: Share study findings with stakeholders and communities.

Methods:

Develop tailored materials (e.g., reports).

All dissemination activities will be aligned with the goals of the study and will align with local/University IRB and community/cultural approaches regarding ethical research practices, data justice, and data sovereignty.

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Your Heart, Your Life

SanJuana Garcia, CHW

First Nations Community HealthSource



Educational Intervention

Participants are randomized into one of two arms:

Early Intervention – Receive the curriculum before the 6 months Visit

Late Intervention – Receive the curriculum after the 6 months Visit

Attending a 2-hour class once a week for 6 weeks, where participants learn from 11 Heart Health topics plus a Review and Graduation.



HEART HEALTH AND NUTRITION FOR LIFE

WEAVE NEW MEXICO

Do you want to learn more about heart healthy lifestyle? First Nations Community HealthSource is looking for volunteers for a research study for educational classes that may improve heart health.

If you join, you could get a \$50 merchandise card for each session and baseline survey, and \$50 for other surveys.

You might be able to join if you:

- 1 HAVE HIGH BLOOD PRESSURE**
- 2 ARE BETWEEN AGES OF 18-84**
- 3 MEET OTHER REQUIREMENTS FOR THE STUDY.**

If you want to learn more, please give us a call or send us an email!

 (505)705-3349  Nichole.Tsosie@fnch.org  <https://www.weavenm.org/>



HOW LONG IS THE STUDY?

- These will last one year.
- Study visits will occur every few weeks for a few hours per visit.



HOW MUCH WILL I BE GIVEN?

- \$50 for each educational session
- \$50 for the baseline survey
- \$50 for each additional survey



WHERE IS THE STUDY?

- First Nations Community HealthSource

UNM HRRRC #24-390 

Weekly Modules

- Each class is 2 hrs. CHW's review 2 topics a week. About 55 min per topic.
- Allow for 10-minute break after the 1st topic. We have a 2-3 minute mindfulness activity, transition to 2nd topic.
- Provide snacks which includes water, sparkling water, zero sugar drinks, coffee, healthy processed snacks, and a fresh food snack.
 - Fresh food snack:
 - Grapes
 - Carrots & Hummus
 - Cheese cubes & Turkey meat stick
 - Yogurt with Granola
 - Celery & Peanut Butter
 - Low calorie Dessert

Module 1-6 – 11 Topics

Module 1:

1. Knowledge is Power: Know Your Risk for Heart Disease
 - a. Introduction to Course: Getting to know the heart, how the heart works, and the heart's structure.
2. React in Time to Heart Attack Signs
 - a. Facts about heart attack. What is a heart attack. Why rapid treatment is important. Warning signs. The role of emergency medical services.

Module 2:

3. Get Energized! Say YES to Physical Activity
 - a. Facts about physical activity: types and benefits. Important things to know when starting physical activity.
4. Control Your Blood Pressure
 - a. Facts about blood pressure and stroke. Understanding blood pressure and stroke, and how to lower. How much sodium do we need. Food label activity.

Module 3:

5. Keep Your Cholesterol in Check
 - a. Facts about cholesterol. What are your numbers? What are triglycerides? Facts about fat
6. Embrace Your Health! Aim for a Healthy Weight
 - a. Facts about being overweight and having obesity. What is a healthy weight activity. The healthy way to lose weight. Serving size activity

Module 1-6 – 11 Topics

Module 4:

7. Protect Your Heart from Diabetes

a. Facts about Diabetes. What is Diabetes? Types of Diabetes. Risk factors and symptoms. Blood glucose levels, Complications of diabetes.

8. Make Traditional Dishes a Heart-Healthy Family Affair

a. Eat a variety of heart healthy. Foods. A heart-healthy eating plan for our families. How to choose heart healthy foods. Teaching children about healthy eating and cooking

Module 5:

9. Eat Heart Healthy: Even When Time or Money is Tight

a. Eating in a heart-healthy way when you're short on time. Quick and easy meal tips. Eating out. Saving money on your food bill: Food Budget. Money-saving tips. Food Advertising.

9a. Local Food Resource Review

a. General shopping tips and navigating the grocery store. Paper map overview. Digital Map introduction

Module 6:

10. Take Control of Your Health: Enjoy Living Tobacco Free

a. Facts about smoking. Smoking harms infants and children. Youth and smoking

11. Review and Graduation

a. Review module topics. Heart Health Bingo. Promise to myself (mailed in 3 months) Course Completion certificate.

- **Suggested tips for busy lives**

- Plan Your Meals
- Use a Shopping List
- Share Meal Preparation Tasks
- Cook in Advance
- Cook Simply
- Use Herbs and Spices
- Keep Quick Snacks on Hand

Session 9 — Handout

Tips for Busy People and Families

Plan Your Meals

- ♥ Plan weekly meals.

Use a Shopping List

- ♥ Save money and time by making fewer trips to the store. Make and use a shopping list.

Share Meal Preparation Tasks

- ♥ Teach your family how to shop for groceries.
- ♥ Get your family to help prepare meals and clean up.
- ♥ Clean as you cook, so you'll have less to do later.
- ♥ Share cooking duties with other family members or neighbors. For example, cook enough food to share with another family.

Cook in Advance

- ♥ Prepare some foods in advance (such as a pot of brown rice). Add chicken, turkey or vegetables to the rice and serve it with beans. Or a pot of spaghetti sauce, add chicken or turkey to the sauce and serve over spaghetti or rice with vegetables.
- ♥ Prepare parts of a meal the night before (for example, marinate chicken in the refrigerator overnight).
- ♥ Pack your lunch the night before.
- ♥ Cut and wash vegetables, and make enough salad for two days. Don't add dressing until serving time.
- ♥ Cook and freeze two or three dishes on your day off. Use those dishes on the days you don't have time to cook.
- ♥ Do some prep the night before by cutting up vegetables or meat that the recipe calls for.
- ♥ Prepare meals in a slow cooker.

Cook Simply

- ♥ Steam vegetables and flavor them with herbs.
- ♥ Use frozen vegetables without sauces.
- ♥ Broil, roast, bake, or grill meats.
- ♥ Make one-pot meals, such as stews and casseroles.
- ♥ Use frozen vegetables (such as carrots, greens, and peas).
- ♥ Learn simple recipes you can make in less than 30 minutes.
- ♥ Use the microwave for cooking (steam in bag) or defrosting, using a microwave safe container. Be sure to check temps if cooking meat and if defrosting, cook the food right away.

Use Herbs and Spices

- ♥ Chop fresh herbs, put them in ice cube trays with water, and freeze. Store the frozen cubes in a plastic bag. Use when you need fresh herbs.
- ♥ Grow oregano, basil, or thyme on a sunny windowsill.
- ♥ Keep dried herbs on hand. One teaspoon of dried herbs is equal to 3 teaspoons of fresh herbs.

Keep Quick Snacks on Hand

- ♥ Try these healthy snacks:
 - Cut-up fresh fruit or vegetables
 - Whole grain, ready-to-eat dry cereal
 - Fat-free and low-fat yogurt
 - Low-fat cheese
 - Whole grain breads
 - Unsalted nuts, seeds, and crackers;

-

- # Eating Out the Heart-Healthy Way

- Sandwiches
- Main Dishes
- Side Dishes
- Beverages
- Desserts

Session 9 — Handout

Tips for Eating Out the Heart-Healthy Way

You don't have to give up eating out to eat right.

Here are some tips for making heart-healthy choices at restaurants.

Sandwiches

- ♥ Order sandwiches without mayonnaise, tartar sauce, or special sauces. Try mustard or low-fat mayonnaise. Ask for vegetables on your sandwich.
- ♥ Order small, plain hamburgers instead of “deluxe” ones.
- ♥ Order sandwiches made with lean roast beef or turkey. Chicken salad and tuna salad made with regular mayonnaise are high in fat.
- ♥ Choose grilled instead of breaded chicken or fish sandwiches.

Main dishes

- ♥ Go for rotisserie-style chicken rather than fried. Always remove the skin.
- ♥ Order pizza with vegetable toppings, such as peppers, mushrooms, or onions. Ask for half the usual amount of cheese.
- ♥ Choose grilled, steamed, or baked fish instead of deep-fried.
- ♥ Leave off all butter, gravy, and sauces.
- ♥ Many entrees are big enough to serve two people (sometimes more). Share an entrée with a friend or family member, or cut your meal in half (put it in a box right away) and take the rest home.
- ♥ Consider the appetizer selections. These items are generally smaller portions, and you may request that they be served as your entree item.



Side dishes

- ♥ Ask for any high-fat toppings, including salad dressing, on the side. Use less than the amount they give you.
- ♥ Ask the server not to add salt to your serving.
- ♥ Order a baked potato instead of fries.
 - Try salsa or vegetables as a potato topping.
 - If you really want fries, order the small size to share instead of having a large order by yourself.
- ♥ Use low-calorie, low-fat salad dressing. Bring your own if the restaurant doesn't offer a low-fat dressing. You can buy small packets at some stores.
- ♥ Try to create a balanced meal by making half your meal vegetables, one-quarter a whole grain, and one-quarter a protein.
- ♥ Ask for low-fat cheese and low-fat sour cream.

Beverages

- ♥ Choose water, 100% fruit juice, unsweetened iced tea, or fat-free or low-fat (1%) milk rather than a soft drink or a milkshake.
- ♥ If you really want to have a soft drink, order a small one.

Desserts

- ♥ Buy a small fat-free frozen yogurt, low-fat ice cream, or sherbet instead of cakes or pies.

Appendix Part 2 — Activities for Training Promotores de Salud

Activity 3: Nutrition Displays (continued)

3. Making the Best Choice in Fast Food Places

This display shows you how to make healthy choices at fast food restaurants. Most fast food and take-out restaurants list the calories on their company's website, on their menus, or in a brochure in the restaurant.

Here are two sample meals:

(You can make the below “Making the Best Choice” graphic into a table tent sign by gluing the sign to a manila folder.)

Making the Best Choice: How to choose a healthier fast food meal



High-calorie menu choice

86 grams of total fat = 21½ teaspoons of fat

Food	Calories	Total Fat	Saturated Fat
Double meat cheeseburger	585	32 g	11 g
Medium French fries	406	19 g	3 g
Medium chocolate milkshake	789	35 g	21 g
Total	1,780	86 g	35 g



Lower-calorie menu choice

22 grams of total fat = 5½ teaspoons of fat

Food	Calories	Total Fat	Saturated Fat
Grilled chicken sandwich, no mayonnaise	330	7 g	1 g
Garden salad with egg and cheese	116	7 g	3 g
Light dressing	70	6g	1g
Low-fat (1%) milk	110	2 g	2 g
Total	626	22 g	7 g

Eat Heart Healthy: Even when time and money are tight

- **Food Budget**
- **Food Money Log**
 - Step 1: How much to spend
 - Step 2: Food Money Log
 - Step 3: Weekly check-in's

Session 9 — Handout

Your Monthly Food Budget

Food Money Log

Month _____ Monthly Food Budget \$ _____

Week 1	Week 2	Week 3	Week 4
Cost of each item	Cost of each item	Cost of each item	Cost of each item
\$ _____	\$ _____	\$ _____	\$ _____
\$ _____	\$ _____	\$ _____	\$ _____
\$ _____	\$ _____	\$ _____	\$ _____
\$ _____	\$ _____	\$ _____	\$ _____
\$ _____	\$ _____	\$ _____	\$ _____
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\$ _____	\$ _____	\$ _____	\$ _____
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\$ _____	\$ _____	\$ _____	\$ _____
\$ _____	\$ _____	\$ _____	\$ _____
\$ _____	\$ _____	\$ _____	\$ _____
\$ _____	\$ _____	\$ _____	\$ _____
\$ _____	\$ _____	\$ _____	\$ _____
Weekly Total Spent \$ _____	Weekly Total Spent \$ _____	Weekly Total Spent \$ _____	Weekly Total Spent \$ _____
Monthly Budget \$ _____	Remaining Monthly Budget \$ _____	Remaining Monthly Budget \$ _____	Remaining Monthly Budget \$ _____
Subtract amount spent from Week 1 - \$ _____	Subtract amount spent from Week 2 - \$ _____	Subtract amount spent from Week 3 - \$ _____	Subtract amount spent from Week 4 - \$ _____
Remaining = \$ _____	Remaining = \$ _____	Remaining = \$ _____	Remaining = \$ _____

Your Heart, Your Life—A Promotores de Salud Manual on Heart Disease for Hispanics/Latinos **9.25**

- **Money-Saving Tips**

- **Before Going to the Store**

Plan Weekly Meals

Make a shopping list

Find online coupons

- **Choosing a Store**

Find the store with the lowest prices for the items you need

- **At the Store**

Shop Alone When Possible

Watch for Errors While Checking Out

Priciest Items Located at Eye Level

Session 9 — Handout

Money-Saving Tips

You can save money on groceries. Follow these simple suggestions.

Before Going to the Store

- ♥ Plan weekly meals. Your family can help you plan the menu.
- ♥ Make a shopping list based on your meal plan.
- ♥ Look for websites or apps for your phone that help you find sales for items you normally buy.
- ♥ Check for coupons online, in the newspaper, and in store mailings. Ask your children or another family member to help you.
- ♥ Remember — coupons don't save you money if you buy products that you don't need. Always compare the price of the items you have the coupons for with the price of similar items, such as the store brand.
- ♥ Make fresh foods at home instead of using prepared items like salad from a salad bar, prepared foods from a deli, or microwave meals.



At the Store

- Buy what's on your list. You're more likely to buy too much or buy items that you don't need when you don't use a list.
- ♥ Convenience foods cost more. Some examples include:
 - Canned beans
 - Boneless chicken breasts
 - Precut fruit and vegetables
 - ♥ Buy fruits and vegetables that are in season.
 - ♥ Shop alone when possible. Family members or friends may try to get you to buy items you don't need.
 - ♥ Don't shop when you're hungry.
 - ♥ Watch for errors at the cash register. Sometimes sale items don't ring up as being on sale. Some stores give customers free items if they charged the wrong amount.
 - ♥ Look for store brands. They're usually just as nutritious as the more expensive name brands.
 - ♥ Stores often stock the priciest items at eye level, so look at the upper and lower shelves.

Choosing a Store

- ♥ If you can, shop at the store that has the lowest prices for the items you need. That may not be the same store every week.
- ♥ Remember that convenience stores have higher prices and less variety than supermarkets.

Session 9 Handout

Soul Food Makeover: Catfish Stew and Rice

1 medium potato
1 can (14½ ounces) tomatoes (reduced- or low-sodium), sliced
1 cup chopped onion
1 cup clam juice or water
1 cup water
2 cloves garlic, minced
½ head cabbage (coarsely chopped)
1 pound catfish fillets
1½ tablespoons Hot 'N Spicy Seasoning (recipe below)
1 sliced green onion for garnish (optional)
2 cups hot cooked rice (brown or white)

Hot 'N Spicy Seasoning
¼ cup paprika
2 tablespoons dried oregano, crushed
2 teaspoons chili powder
1 teaspoon garlic powder
1 teaspoon black pepper
½ teaspoon red (cayenne) pepper
½ teaspoon dry mustard

Preparation Instructions
Mix together all seasoning ingredients. Store in airtight container. Makes about ½ cup of seasoning.

1. Peel potato, and cut into quarters.
2. In a large pot, combine potato, tomatoes and juice from the can, onion, clam juice, water, and garlic.
3. Bring to a boil. Reduce heat.
4. Cook, covered, over medium-low heat for 10 minutes.
5. Add cabbage. Return to boiling. Reduce heat; cook, covered, over medium-low heat for 5 minutes, stirring occasionally.
6. Meanwhile, cut fillets into 2-inch lengths. Coat fillets with Hot 'N Spicy Seasoning.
7. Add fish to vegetables. Reduce heat; simmer, covered, for 5 minutes or until fish flakes easily with fork.
8. Ladle stew over cooked rice in soup bowls and garnish with green onion.

Makes 4 servings
Serving size: About 2 cups
Calories: 363
Total Fat: 8 g
Saturated Fat: 2 g
Cholesterol: 87 mg
Sodium: 355 mg
Dietary Fiber: 4 g
Protein: 28 g
Total Carbohydrates: 44 g
Potassium: 1,079 mg



9.29

With Every Heartbeat Is Life: A Community Health Worker's Manual on Heart Disease for African Americans

Quick Beef Casserole

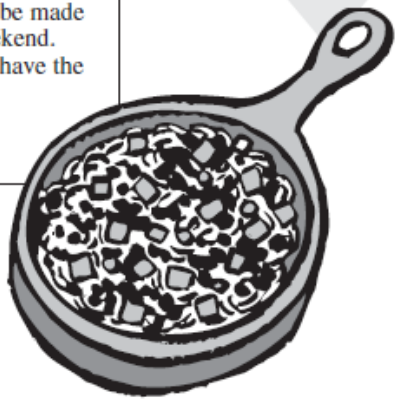
½ pound lean ground beef
1 cup onion, chopped
1 cup celery, chopped
1 cup green pepper, cubed
3½ cups tomatoes, diced
½ tsp salt
2 tsp black pepper
1 tsp paprika
1 cup frozen peas
1 small carrots, diced
1 cup uncooked rice
1 cup water

1. In a skillet, brown the ground beef and drain off the fat.
2. Add the rest of the ingredients. Mix well. Cook over medium heat and cover skillet until boiling. Reduce to low heat and simmer for 35 minutes.
3. Serve hot.

Yield: 8 servings
Serving size: 1 ⅓ cup
Each serving provides:
Calories: 184
Total fat: 3g
Saturated fat: 1g
Cholesterol: 15mg
Protein: 10g
Carbohydrates: 31g
Fiber: 4g
Sodium: 125mg
Calcium: 33mg

Quick Tips

- Drain the meat after cooking to lower the amount of fat and calories.
- This one-dish meal can be made and frozen over the weekend. Reheat when you don't have the time to cook.



HANDOUT—SESSION 8

Vegetable Kare-Kare (Peanut Stew) Recipe

9 ounces (250 grams) gluten or seitan,* cubes
1 onion, medium, sliced
2 cloves garlic, crushed
2 tablespoons corn oil
½ cup ground peanuts
¼ cup ground toasted rice†
¼ teaspoon salt
3.5 ounces (100 grams) string beans, sliced
7 ounces (200 grams) eggplant, sliced
5 ounces (150 grams) banana heart or bud
3.5 ounces (100 grams) bok choy (pechay), sliced

1. Saute gluten cubes in corn oil. Add garlic and onions.
2. Pour enough water to cover gluten, and add ground peanuts and ground rice to thicken.
3. Add *atsuete* for coloring, and season with salt.
4. Add the eggplant, then string beans, then banana, then bok choy (pechay).
5. Place on top of the cooked gluten.

* Gluten is made from protein that is in a variety of grains, such as wheat and rye, and is mixed with water and kneaded. A form of wheat gluten, seitan, goes through the process and is sold as strips or in cans at health food stores and Asian supermarkets.

† To make ground, toasted rice: Place rice, ½ cup at a time, in a frying pan or wok and heat over moderate heat, stirring frequently to keep it from burning and to allow it to develop a uniform, deep golden color—2 to 3 minutes. Then remove it from heat and cool to room temperature. Grind the toasted rice coarsely—not finely grounded—in a blender, or spice or coffee grinder.

Quick Facts
This version of vegetable kare-kare is healthier than the traditional Filipino dish because:

- It does not contain cholesterol because it uses the protein product gluten instead of oxtails or other meat.
- It includes a lot of vegetables and fruit.
- The rich, nutty sauce has only a small amount of sodium.

Yield: 6 servings
Serving size:
Calories 300 kcal
Total Fat 12 g
Saturated Fat 1.5 g
Cholesterol 0 mg
Sodium 125 mg
Total Fiber 4 g
Protein 36 g
Carbohydrates 20 g
Potassium 320 mg

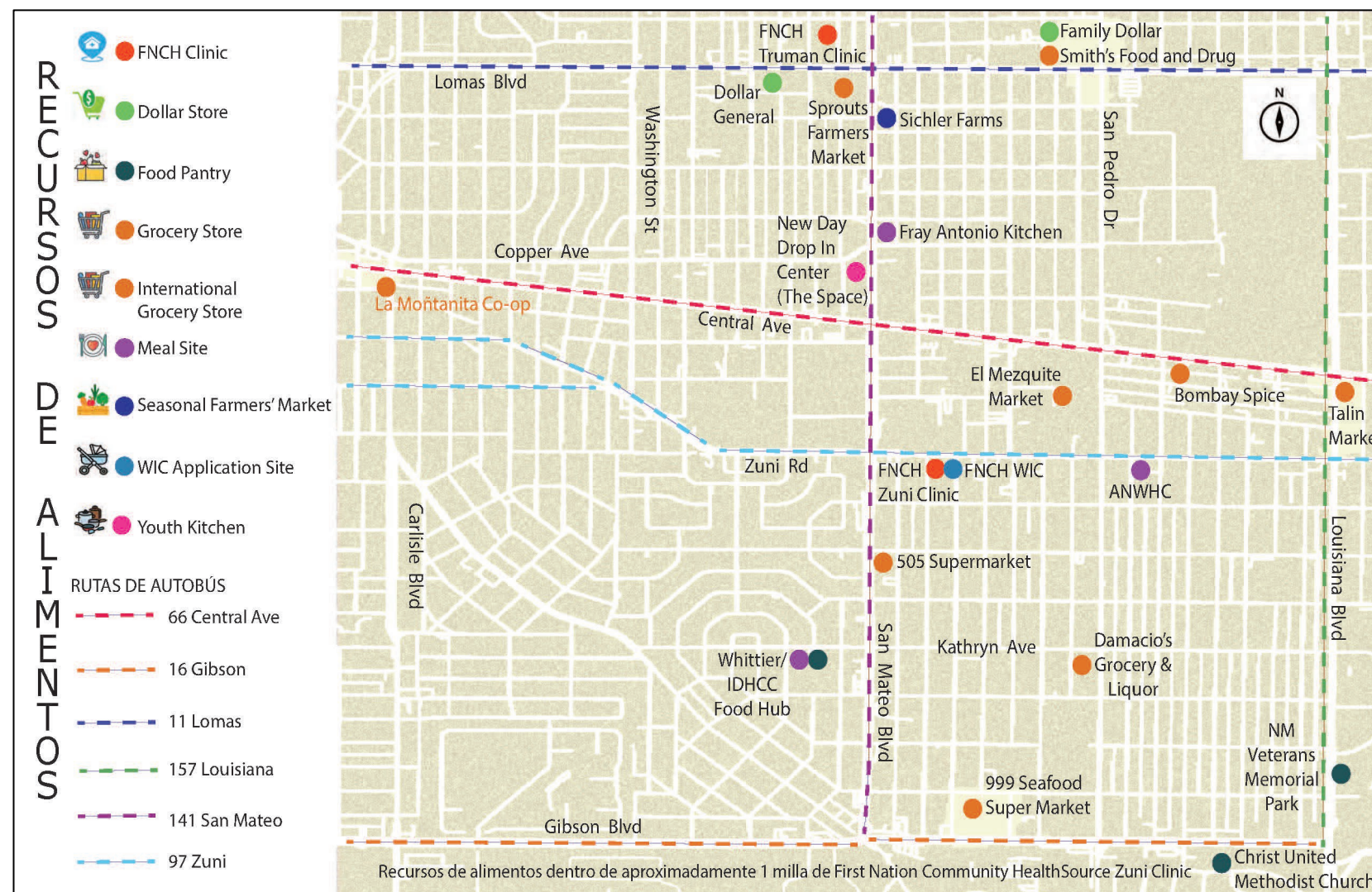
Source: PHC *Alive Diet*, Division of Nutrition and Dietetics, Philippine Heart Center, East Avenue, Quezon City, Philippines, page 91.

Module 5 handouts

Eat Heart Healthy: Even when time and money are tight

FNCH Food Resource Map

- English and Spanish versions
- Online interactive map – mobile and desktop



Esta es una lista completa de los recursos de alimentos dentro de aproximadamente 3 millas de First Nations Community HealthSource Zuni Clinic, 5608 Zuni Rd SE. Los recursos enumerados en color están dentro de aproximadamente 1 milla.

¡Compare marcas! Busque marcas de la tienda que sean igual de nutritivas que las marcas más caras.

SUPERMERCADO

505 Supermarket - 816 San Mateo Blvd SE
Carniceria Chihuahua - 7850 Zuni Rd SE
Damacio's Grocery & Liquor - 913 San Pedro Dr SE
El Ranchito - 8319 Central Ave NE
Family Market - 8800 Central Ave SE
La Montanita Co-op - 3500 Central Ave SE
Louisiana Meat Market - 520 Louisiana Blvd SE
Smith's Food and Drug - 6001 Lomas Blvd NE
Smith's Food and Drug - 3701 Constitution Ave NE
Smith's Food and Drug - 320 Yale Blvd SE
Sprouts Farmers Market - 5112 Lomas Blvd NE
Target Grocery - 2120 Louisiana Blvd NE
Trader Joe's - 2200 Uptown Loop Rd NE
Walmart Neighborhood Market - 4700 Cutler Ave NE
Walmart Supercenter - 2266 Wyoming Blvd NE
Walmart Supercenter - 400 Eubank Blvd NE
Whole Foods Market - 2100 Carlisle Blvd NE

SUPERMERCADO INTERNACIONAL

999 Seafood Supermarket - 5315 Gibson Blvd SE
A-Ri-Rang Oriental Market - 1826 Eubank Blvd NE
Bombay Spice - 6514 Central Ave SE
El Mezquite Market - 201 San Pedro Dr SE
G&H Oriental Market - 129 Pennsylvania St NE
Talin Market - 88 Louisiana Blvd SE

MERCADO DE AGRICULTORES DE TEMPORADA

Mesa Verde Community Farmers Market - 7900 Marquette SE
Sichler Farms - 820 San Mateo Blvd NE

DOLLAR STORE

Dollar General - 4910 Lomas Blvd NE, Ste. A
Dollar Tree - 2030 Wyoming Blvd NE
Dollar Tree - 4610 Cutler Ave NE
Dollar Tree - 370 Eubank Blvd NE
Family Dollar - 6001 Lomas Blvd NE
Family Dollar - 1400 Gibson Blvd SE
Family Dollar - 1416 Eubank Blvd NE

¡Compare precios! Si puede, compre en la tienda que tenga los precios más bajos para los artículos que necesite. Puede que no sea la misma tienda todas las semanas.

DESPENSA DE ALIMENTOS

Christ United Methodist Church - 6200 Gibson Blvd SE
Church of God NM - 4923 Prospect Ave NE
God Cares About You - 126 Pennsylvania St SE
God's Warehouse - 8011 Central Ave NE
ICNM Sisters' Food Project - 1100 Yale Blvd SE
International District Library (RRFB) - 7601 Central Ave NE
La Mesa Presbyterian Church - 7401 Copper Ave NE
Ruth M. Adams Health and Social Service Center - 7525 Zuni Rd SE
Sandia Church of the Nazarene - 8216 Central Ave SE
SVDP - Our Lady of Assumption - 811 Guyamas Pl NE
NM Veterans Memorial Park - 1100 Louisiana Blvd SE
Visions Unlimited Ministries - 7701 Zuni Rd SE
Whittier/IDHCC Food Hub (Corner of Kathryn and Truman) - 1110 Quincy St SE

¡Estire su presupuesto! Busque cupones en Internet, en la tienda o en su buzón.

SITIO DE ALIMENTOS

All Nations Wellness and Healing Center (ANWHC) - 6416 Zuni Rd SE
Fray Antonio Kitchen - 404 San Mateo Blvd NE
God Cares About You - 126 Pennsylvania St SE
God's Warehouse - 8011 Central Ave NE
Whittier/IDHCC Food Hub (Corner of Kathryn and Truman) - 1110 Quincy St SE

COCINA JUVENIL

New Day Drop-In Center (The Space) - 142 Truman St NE

¡Añada variedad! Si puedes, elige alimentos coloridos de todos los grupos alimenticios.

OTROS RECURSOS

SITIO DE SOLICITUD DE WIC

Albuquerque Midtown Public Health Office - 2400 Wellesley Dr NE #100
First Choice WIC - 7525 Zuni Rd SE
First Nations Community HealthSource - Central WIC - 7317 Central Ave NE
First Nations Community HealthSource - Zuni WIC - 5608 Zuni Rd SE

ROADRUNNER FOOD BANK

Mapa de Recursos Alimentarios del Distrito Internacional

NIH CEAL
WEAVE
FIRST NATIONS COMMUNITY HEALTHSOURCE

Questions? Comments?

Thank you!

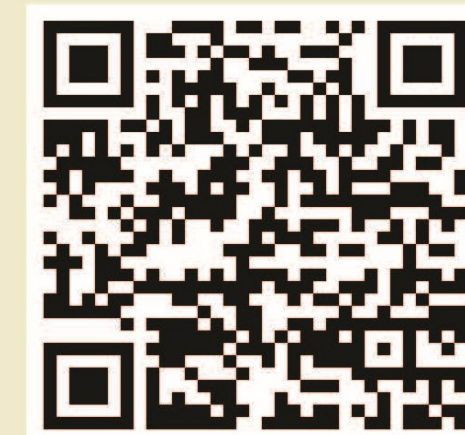
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In partnership with UNM Center for Native American Health (CNAH) & UNM Transdisciplinary Research, Equity and Engagement (TREE) Center, this research was supported by an award from the National Institutes of Health as part of the NIH Community Engagement Alliance (CEAL).

Subaward Number/Title: Westat/CETAC. OT2HL158287, sub-OTA 6922-03-COVID-S014. WEAVE NM (New Mexico Wide Engagement for Assessing Vaccine Equity) Heart Health and Nutrition for Life.



For more information and access to
an interactive map!

Version date: April 2025