



United Taxi Workers HEALTH BULLETIN

April 2012

No. 2

DO YOU HAVE A HEALTHY HEART?

Stay Informed. Stay Healthy.

GET TESTED!

See a doctor or a community health worker regular – at times a year – to test your blood pressure, cholesterol, blood sugar, and body mass index (healthy weight for your height) **If you don't have insurance, call or come by UTWSD and find out what options are available to you depending on your income.**

ASK QUESTIONS!

Always ask questions. It's your right! What do my test results mean? Am I healthy, am I borderline, should I be concerned? What other tests are there for me to take?

UNDERSTAND YOUR TEST RESULTS!

Here is what doctors consider to be healthy readings. Ask how you compare:

- **Blood Pressure** Target: Less than 130/80mm Hg
- **Blood Sugar** Target: HbA1c less than 7%; or a Fasting Plasma Glucose Test less than 100mg/dL
- **Weight** Target: a body mass index (BMI) of 18.5 – 22.9
- **Cholesterol** Targets: LDL below 100 mg/dL
- HDL above 40 mg/dL for men and above 50 mg/dL for women
- Triglycerides below 150 mg/dL

STAY INFORMED!

Come by the UTWSD office for more information!

Your Health Matters!

Take Steps to a Healthier Heart!

Keep a Healthy Weight!

If you are overweight, even a small loss can lower your blood pressure and cholesterol level, and reduce your risk of diabetes.

Eat Healthy Foods!

Choose foods that are low in fat, cholesterol, and salt. Eat more fruits, vegetables, whole grains, and low-fat dairy products.

Manage Stress!

Practice healthy ways to manage your stress, such as muscle relaxation, deep breathing, and yoga or martial arts.

Get Physical!

Be active for at least 30 minutes each day, and do this at least 5 days each week. Try walking or jogging.

Quit Smoking or Using Tobacco!

Smoking or using tobacco can damage your heart and blood vessels and lead to heart attack.

Get Regular Check-ups!

Regular screenings help you watch over changes in your body due to age, stress, the environment, etc.

UTWSD Health Bulletin is part of a one year partnership with **Foundation for Change** to offer an Immigrant Worker Health Initiative to the under-served taxi driver community.



Foundation for Change