

Event Update

NCCAA FINAL COMMUNITY HEALTH EVENT



NCCAA Healthy Community Event: Healthy Heart

In honor of February being Heart Health Awareness Month, we hosted a healthy heart event in Enfield, NC. Just as the previous event, we welcomed a speaker, Oliver Jenkins Jr., followed by a food demonstration by Caterrific!.

Oliver Jenkins, Jr. works for the Virginia Department of Health as the Chronic Disease Program Coordinator. In this position he leads all state-level chronic disease prevention, strategies, and activities with a focus on diabetes and cardiovascular disease. Jenkins is pursuing a doctorate degree in the Doctor of Health Science Program at Radford University in Radford, VA.

He spoke about risk factors for cardiovascular disease, which include physical inactivity, being overweight, smoking, and having diabetes. By eliminating or lowering these factors, the risk for developing cardiovascular disease could decrease significantly. Southern states have the highest rate of heart disease, which can be attributed to having fewer resources resulting in populations without proper access to health facilities and providers, healthy food options, and exercise facilities.

Oliver also stressed the importance of knowing your numbers; BMI, resting heart rate, blood pressure, and cholesterol. By knowing your baseline numbers you will be better able to advocate for yourself and speak up when your health seems off.

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For the month of February, Cooked. shifted from including food box ingredients to packaged meals prepared by Chef Craig. The three meals were created to be easily heated in the microwave. To add some freshness to the meal kits, parsley, lemon, mango, and garlic were added to meal kits. Anyone who enjoyed their meal and wanted to recreate it could by following the given recipe cards.

The 3 Prepared Meals for attendees to try at their leisure:

Meal 1

Entrée: Grilled Pork Loin with Peach Mango Glaze
Sides: Roasted Butternut Squash & Sautéed Spinach
Dessert – Fresh Fruit Salad with Ginger Spritzer

Meal 2

Entrée: Spinach & Mushroom Stuffed Breast of Chicken
Sides: Quinoa Medley & Roasted Brussel Sprouts
Salad: Cucumber Salad with Red Onions & Grape Tomatoes

Meal 3

Entrée: Grilled Salmon with Lemon Dill Butter
Sides: Pan Seared Asparagus & Garlic Herb Rice
Beverage: Coco-Aloe Citrus Detox Punch

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