

The “Silent Killer”

| BLOOD PRESSURE CATEGORY | SYSTOLIC mm Hg (upper number) | | DIASTOLIC mm Hg (lower number) |
|---|-------------------------------|--------|--------------------------------|
| NORMAL | LESS THAN 120 | and | LESS THAN 80 |
| ELEVATED | 120 – 129 | and | LESS THAN 80 |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1 | 130 – 139 | or | 80 – 89 |
| HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2 | 140 OR HIGHER | or | 90 OR HIGHER |
| HYPERTENSIVE CRISIS (consult your doctor immediately) | HIGHER THAN 180 | and/or | HIGHER THAN 120 |

Left undiagnosed, high blood pressure can lead to heart attack and stroke. But you have the power to lower and manage your blood pressure.

[Resources - HBP - The Silent Killer](#)



MAKE YOUR HEALTH AND WELL-BEING A PRIORITY

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in both adults and children. Public health guidelines, such as physical distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely. Globally there is an increase in stress and anxiety. Learning to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient.

Improving your ability to deal with, and reduce anxiety, may feel overwhelming. Below is a link to some organizations, articles, and websites for more information and support. Additional resources are listed on the AEAP website. For individual support, please contact the AEAP at ext. 8720.

[See Resource](#)

Healthy Chicken Lettuce Wraps



Ingredients

To make teriyaki chicken lettuce wraps you need simple ingredients.

- Chicken breasts or thighs, or ground chicken or ground turkey
- Cashews
- 1 head of lettuce
- Firm veggies like zucchini and bell pepper
- Onion, garlic, ginger and green onion
- Soy sauce, maple syrup, vinegar and cornstarch

Instructions

- 1- Make sure all ingredients are ready before cooking. It is kind of like stir fry situation.
- 2- Toast cashews first and set aside.
- 3- Cook onion, garlic and ginger for 1 minute. Then add chicken and cook for 10 minutes.
- 4- Whisk sauce ingredients in a bowl and to the skillet with chicken. Also add zucchini and bell pepper at same time. Cook for 1 minute.

To assemble chicken lettuce wraps, use 2-3 stacked lettuce leaves and spoon desired amount of filling on top

Serve chicken lettuce wraps immediately. To assemble, use 2-3 stacked lettuce leaves (depending on its thickness) and spoon desired amount of filling on top. If someone is very hungry, serve over a bed of [brown rice](#) or [quinoa](#).

Servings: 8
Preparation Time: 20 minutes
Cooking Time: 30 minutes
Level of Difficulty: Easy