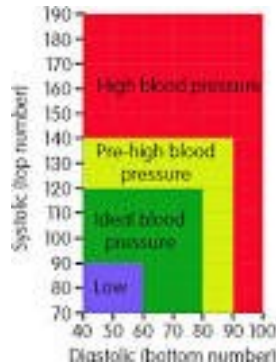


Coming to a work place near you! *Know your Numbers* is a Health Promotion Department campaign. It encourages adults across St Helena to know their health statistics and what they need to do to get healthy.

Blood Pressure



Blood sugar



Height and weight, and waist circumference



If your workplace has not been contacted and you would like us to visit, email one of the addresses below. If you are not able to give us permission for this, please give us the contact details for the person who can.

People with high blood pressure are more prone to strokes and heart attacks. Some ways to maintain a healthy blood pressure are to maintain a healthy weight, eat less salt, and exercise regularly.

<http://www.bloodpressureuk.org/Home>

Recipe of the Month

Quick and easy veggie chilli (Serves 4)

Ingredients

- Small amount of olive oil or spray oil
- 1 onion, diced
- 2 red bell peppers, cored and diced
- 4 cloves garlic, minced
- 1 1/2 teaspoons cumin
- 1/4 teaspoon cayenne pepper
- 1 tablespoon chilli powder
- Freshly ground black pepper
- 1 can (400g) kidney beans, rinsed and drained
- 1 can (400g) black beans (or baked beans if black not available), rinsed and drained
- 3 cans (400g) diced tomatoes
- 1 cup frozen corn

Method



1. In a large pot, heat oil over medium heat. Add onions, peppers, garlic, cumin, cayenne, and chilli powder, and season with pepper. Stir together and cook until soft - 3 to 4 minutes.
2. Mix in beans, tomatoes, and corn. Bring mixture to a boil, then lower heat and simmer for 30 minutes, stirring occasionally. Taste and season with additional pepper, if necessary.

Serve with desired toppings.

Leftovers will keep in the fridge for about a week or in the freezer for a couple of months.

(Adapted from Greatist.com)