

Prescription for a Healthier You

“Walk and Talk” Toolkit



Every Woman Matters



Women’s and Men’s Health Programs
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NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Contents

Introduction

| | |
|------------------------------------|---|
| Why Walk and Talk? | 3 |
| How to prepare for your group walk | 3 |
| Evaluating your Program | 4 |
| Toolkit contents | 5 |

WEEK 1: Setting Goals

WEEK 2: Walking and Physical Activity

WEEK 3: Preventive Health Screenings and Tests

WEEK 4: Lifestyle Change

WEEK 5: Healthy Eating

WEEK 6: Healthy Weight

WEEK 7: Alcohol and Tobacco

WEEK 8: Mental Health

WEEK 9: Staying Connected

WEEK 10: Stress and Sleep

*A special thanks to Public Health Solutions District Health Department for allowing DHHS Women's & Men's Health Programs to adapt this tool kit to meet the needs of our target audience.

DHHS Resources

Evaluation Form

Health Tracker



Introduction

The primary responsibilities of any health program, Health Coach (HC), Lay Leader or Community Health Worker (CHW) are to build trusting relationships with clients and to connect those clients to care, eliminating barriers and advocating for systemic changes along the way.

Through the “Walk & Talk” programming you have the ability to schedule an in person “meet and engage” with clients by having a 20-minute walk and talk session to provide support and guidance on living a healthier lifestyle. It is all about establishing a personal connection with those you serve in your community.

The materials in this toolkit aim to:

- Provide information and resources to assist community members in finding healthier food options in grocery stores or pantries.
- Provide education on the importance of physical activity, maintaining a healthy weight and controlling blood pressure.
- Provide resources to understand benefits of preventive screening, when and how often to get them.
- Furnish resources on the importance of medication adherence, limiting alcohol and tobacco use, stress management, and mental health.
- **Motivate your participants to start their own walking group.** The long-term goal of this program is to use the weekly sessions as a jumping-off point for participants to become connected and continue a walking group of their own..the clients are already there! Connecting clients and walking in small groups can motivate and inspire each other to stick with it, increasing long-term physical outcomes and healthy behaviors.

Why Walk & Talk?

There are many ways to be active, but walking is one of the easiest! For most people, it is safe, easy to stick with, and low- or no-cost. It does not require any special skills or equipment. Just a good pair of supportive tennis shoes. For such a simple activity, it has so many benefits.

According to the **American Heart Association**, for every hour of brisk walking, life expectancy can increase by two hours. Research has shown that **walking at least 150 minutes a week** can help reduce the risk of diseases like heart disease, stroke, diabetes and cancer; improve blood pressure, blood sugar and blood cholesterol levels; increase energy and stamina; improve mental and emotional well-being; boost bone strength and reduce the risk of osteoporosis; and prevent weight gain.

If 150 minutes sounds like a lot, remember that **even short 10-minute activity sessions can add up** over the week to reach this goal. It is easy to fit in 10 minutes of walking a few times a day.

How to prepare for your group walk

Walking in a small group gives off positive energy and promotes good feelings. One of the main benefits of group walking is having other people around for accountability, while at the same time making the experience more enjoyable. Other benefits include motivation, safety and socialization. Group walking provides social support, can reduce time spent on

an electronic devices, and increase exposure to the outdoors and fresh air when weather permits.

The most important step for participants of a walking program is the first one—making the commitment to walk. Once a client has committed to walking, part of your job is to provide motivation and support to help them stick with it.

- **Recruit members.** To start a walking group, start by spreading the word. Talk up your walking group among your clients, family members, friends and neighbors.
- **Walk it off.** Before scheduling your walk, decide on a route and map it out. Determine a safe, easy and central route and start with a distance you know for people of all fitness levels.
- **Be consistent.** Determine the frequency of your walks. Set a date and time.
- **Get organized.** Once you have recruited members for your walking group, hold a kickoff meeting. Collect email addresses, phone numbers and other contact details. Discuss details including attire and cancellation notification.
- **Maintain momentum.** The camaraderie you experience in a walking group and the shared fitness success can help you walk your way to better health.

Evaluating your program

All programs need to be evaluated to reflect effectiveness and show direction for program sustainability in the future. Evaluation is a key component of your program and should be conducted before, during, and after program implementation. You can use evaluation data to plan community-specific programs, to assess the effectiveness of the implemented program in achieving its objectives, and to modify current activities where necessary for program improvement.

Evaluation should be considered early in the planning process. Evaluation can be as simple as recording the number of participants who take part in a program or the number of minutes or hours walked per week. Evaluation can also include a survey where feedback is provided about your program.

At the conclusion of this toolkit on page 34, is an example of an evaluation form that can be used at the conclusion of your program.

Toolkit Contents

This toolkit provides information and resources for your support and reference as you educate community members in Goal Setting, Preventive Screenings and Tests, Healthy Eating, Physical Activity, Stress and Sleep, Lifestyle Change, Medication Adherence, Mental Health, and Alcohol and Tobacco Use.

The toolkit is organized into the following 10 weeks/sections using color-coded tabs:

WEEK 1: Goal Setting

WEEK 2: Walking & Physical Activity

WEEK 3: Preventive Screenings

WEEK 4: Lifestyle Changes

WEEK 5: Healthy Weight

WEEK 6: Healthy Eating

WEEK 7: Alcohol & Tobacco

WEEK 8: Mental Health

WEEK 9: Staying Connected

WEEK 10: Stress & Sleep

WEEK 1: Goal Setting

Before you begin setting goals, it is important to assess your current habits and to brainstorm what you would like to change or add. In regards to health goals, this may look like increasing your physical activity level, water intake, or incorporating more fruits and vegetables into your diet. When it comes to creating a goal, think about the things you enjoy, identify your strengths, and then create a goal associated with your strengths. If your goal includes adding or increasing your level of physical activity, talk to your doctor before you begin as they can suggest activities that are appropriate for your fitness level.

The second step to setting effective goals is to use the SMART acronym of goal setting. The criteria of SMART goals are below:

- **Specific-** Include specifics such as ‘who, where, when, why, and what.’
- **Measurable-** Include a specific number such as ‘how much, how many, how far, how long.’
 - Ex. “Emily will focus on walking after work **2 days a week...**”
- **Achievable-** Set doable goals. Goals are meant to inspire motivation and goals that are too difficult can be discouraging.
- **Realistic-** Set goals that are practical for your daily life, wants, and needs.
- **Time-related-** Set a timeframe and have an endpoint.
 - Ex. “Emily will walk after work **Tuesday and Thursday for 30 minutes, every week until our next meeting on [insert specific date].**”

Support from others and making goals public is another valuable component in creating successful goals. Be vocal about the goals you set for yourself and accept feedback. This will help you to keep moving in the right direction. Friends provide extra encouragement and make goal setting more fun.

Setting Long-term Goals in Your Walking Group

Encourage members to **set goals** for themselves. Setting simple goals is a great way to keep your walking group motivated and on track. You and your group members should:

- **Take some time to think.** Encourage yourself and other group members to think about short-term and long-term goals, taking into consideration time availability and health concerns.
- **Write down goals.** Goals can be as simple as attending every walking meet-up or something bigger, like walking a 5k charity event in a few months. Tell friends and family. Having support from those important to you will make sticking to your goals easier, and more rewarding.
- **Track progress.** Group members should write down when they walked, how long, and the number of steps displayed on their pedometer (if they have one). This will bring their progress to life and help determine what’s working for them and what isn’t and make adjustments to reach their goals.

Goal Setting Resources

Why is goal setting for teens so important?

We've all set goals for different things in our lives... probably with different levels of success. Maybe we achieve some goals, but not others. And we probably don't know exactly why we succeeded sometimes and not others. Most people are never taught to set SMART goals. It is definitely not something taught in schools, or even at work. But we're all expected to set and achieve goals as we study to get an A in a test, work and finish a science project, train to try out for a sports team, or audition for a role in the school play.

| Specific | Measurable | Achievable | Relevant | Time-bound |
|--------------------------------------|---|--|---|--|
| What exactly do you want to achieve? | How will you know when you've achieved it? | How can the goal be accomplished? | Why is this goal important to you? | When do you want to achieve this goal? |
| Good goals are clear and defined. | You will need to be able to track daily progress. | List the specific tasks you will need to complete. | Does this goal help add to your plans for the future? | Set your target date so you can give your work toward a successful completion. |

The easiest way to make a goal achievable is to define it clearly, make it easy to understand, and to define it with enough information so you know exactly when it's been completed. Using SMART goals will:

- give you clarity about what you want to accomplish
- make you think about why you're trying to achieve each goal
- make you define the activities you need to complete
- keep you motivated by focusing on the end result
- make you work toward a specific deadline

<https://www.teensmartgoals.com/goal-setting-for-teens>

The screenshot shows the top navigation of the Verywell Family website, including links for Getting Pregnant, Pregnancy, Ages & Stages, Parenting, Healthy Kids, News, Tools, and About Us. The main article title is 'How to Help a Teen Set and Reach Goals' by Denise Wilmer, dated March 11, 2020. Below the title is a video thumbnail showing a young woman writing in a notebook.

<https://www.verywellfamily.com/printable-goals-setting-worksheet-for-teens-2608797>

The screenshot shows a blog post from the YMCA website. The title is 'How Setting Goals Helps Teens Succeed' by The YMCA, dated Monday, March 15, 2021. Below the title is a video thumbnail showing three young people smiling together.

<https://www.ymca.org/blog/articles/teen-goal-setting-success>

The screenshot shows the MindTools website interface. The main article is 'Personal Goal Setting: Planning to Live Your Life Your Way' by the Mind Tools Content Team. It is a 14-minute read. The article text includes: 'Many people feel as if they're adrift in the world. They work hard, but they don't seem to get anywhere worthwhile. A key reason that they feel this way is that they haven't spent enough time thinking about what they want from life, and haven't set themselves formal goals. After all, would you set out on a major journey with no real idea of your destination? Probably not.' Below the text is a video thumbnail with the text 'Specific Measurable Attainable'.

<https://www.mindtools.com/page6.html>

Adult Learner Goals Toolkit

Instruments for:

- **Setting** goals
- **Exploring feelings** about goal work
- **Revisiting** goals
- **Celebrating** goal achievement

Prepared for the CDE/AEFLA 2004 Regional Trainings

<http://www.utelearning.org/images/resources/2004%20Setting%20GoalsToolkit.CDE.pdf>

The screenshot shows a video player from Exploring.org. The video title is 'SETTING SMART GOALS ACTIVITY'. The video content shows a group of people in a classroom setting, with one person standing on a box. A text overlay on the video says: 'Getting things done involves setting goals. Making a goal "SMART" is the first step in meeting it.' The video player interface includes a search bar, navigation buttons, and a category list at the bottom.

<https://www.exploring.org/activity/setting-smart-goals-activity/>

WEEK 2: Walking and Physical Activity

The *Physical Activity Guidelines for Americans* recommend that adults get at least 150 minutes of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity, or an equivalent combination each week. Regular physical activity helps improve your overall health and fitness. Physical activity is anything that gets your body moving. It is important to be physically active every day.

How much physical activity should I get?

- Adults should get 150 minutes of moderate-intensity activity each week or 75 minutes of vigorous-intensity activity AND light muscle strengthening activities on at least 2 days a week.
- Moderate-intensity activities are anything that gets your heart beating faster such as brisk walking, bicycle riding, or raking the yard.
- Vigorous-intensity physical activity examples include walking up the stairs, swimming, or running.
- Muscle-strengthening activities are activities that make your muscles work harder than usual such as lifting weights or working with resistance bands.

What are the benefits of physical activity?

- Physical activity can help reduce your risk of developing heart disease, type 2 diabetes, high blood pressure, and all-cause mortality.
- Physical activity can help treat pre-existing conditions such as: decrease pain for those with osteoarthritis, reduce disease progression for hypertension and type 2 diabetes, reduce symptoms of anxiety and depression, and improve cognition for those with dementia, multiple sclerosis, attention deficit hyperactivity disorder (ADHD), and Parkinson's disease.
- For adults, physical activity can help prevent 8 types of cancer (bladder, breast, colon, endometrium, esophagus, kidney, stomach, and lung) and reduce the risk of dementia (including Alzheimer's disease).
- Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age.
- Immediate benefits of exercise include reducing anxiety and blood pressure and improving quality of sleep and insulin sensitivity.
- For older adults, physical activity helps lower the risk of falls and injuries from falls.
- For pregnant women, physical activity reduces the risk of postpartum depression.
- For all groups, physical activity reduces the risk of excessive weight gain and helps people maintain a healthy weight.

How can I be more physically active?

- Move more and sit less.
- Any minute of physical activity counts.
- Find a type of physical activity that is enjoyable to you.
- Some examples of physical activity include: riding a bike, walking your dog, gardening, taking a local fitness class, swimming, yoga, raking the yard, and more.
- Gather support from others- adults are more likely to participate in physical activity when they are supported by others.

Walking is a great way to get the physical activity needed to obtain health benefits. Walking does not require any special skills. It also does not require a gym membership or expensive

equipment. For example, parking further from the grocery store can be beneficial for your health.

The average American walks 3,000 to 4,000 steps a day or roughly 1.5 to 2 miles. It is a good idea to find out how many steps a day you currently walk to identify your baseline. There are some great tools available (i.e., pedometer, Fitbit, fitness watch) to help you track your daily steps. Then work up toward the goal of 10,000 steps by aiming to add 1,000 extra steps a day every two weeks. (Mayo.clinic.org)

PHYSICAL ACTIVITY/WALKING RESOURCES

The American Heart Association Recommendations for Physical Activity in Adults

For Overall Cardiovascular Health:

- At least **30** minutes of moderate-intensity aerobic activity **5** days per week for at least **150** minutes
- OR
- At least **25** minutes of vigorous aerobic activity **3** days per week for at least **75** minutes
- or a combination of the two

AND

Moderate **HIGH INTENSITY** muscle-strengthening activity **2** days per week for additional health benefits

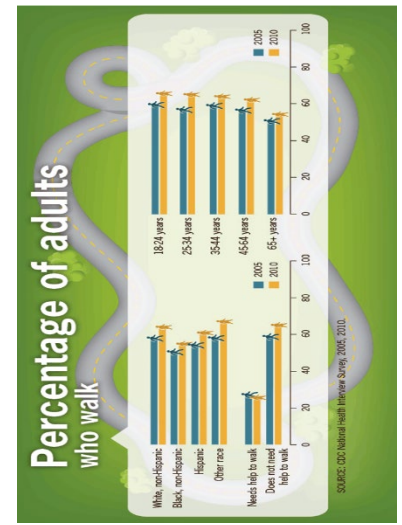
For Lowering Blood Pressure and Cholesterol:

- An average of **40** minutes of moderate-to-vigorous-intensity aerobic activity **3-4** days per week

http://www.heart.org/icc/groups/heart-public/@wcm/@fc/documents/downloadable/ucm_469557.pdf



www.cdc.gov/vitalsigns/walking/infographic.html



www.cdc.gov/vitalsigns/walking/infographic.html

The Community Preventive Services Task Force's Built Environment Recommendation to Increase Physical Activity

REAL-WORLD EXAMPLES

What is the recommendation from the Community Preventive Services Task Force?

What are combined built environment and intervention approaches?

Activity-Friendly Routes

- An activity-friendly route is one that is direct and convenient for pedestrians and bicyclists, offering physical protection from cars, and making it easy to access the route.
- Components to consider for interventions include:
 - Street pattern design and connectivity
 - Pedestrian infrastructure
 - Bicycle infrastructure
 - Public transit infrastructure and access

Everyday Destinations

- Everyday destinations are places people can go to for their daily needs, such as grocery stores, schools, workplaces, libraries, parks, recreation, cultural and natural landmarks, or neighborhood facilities. They are often accessible, useful, and attractive.
- Components to consider for interventions include:
 - Mixed land use
 - Increased residential density
 - Community or neighborhood planning
 - Parks and recreational facility access

How do you combine these two categories?

Why were these examples selected?

How much change in the built environment is enough to increase physical activity?

<https://www.cdc.gov/nccdphp/dnpao/features/walk-friendly-communities/index.html>
**Click on DOWNLOAD on the left side of the page

Health Benefits of Physical Activity for Adults

IMMEDIATE

- A single bout of moderate-intensity vigorous exercise improves a number of key health outcomes.
- Sleep improves every night.
- Less Anxiety
- Blood Pressure

LONG-TERM

- Long-term regular physical activity provides long-term health benefits for chronic disease prevention.
- Brain Health
- Heart Health
- Cancer Prevention
- Healthy Weight
- Bone Strength
- Balance and Coordination

<https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html>

Physical Activity Guidelines for Americans
2nd edition

https://health.gov/sites/default/files/2019-09/Physical_Activity_Guidelines_2nd_edition.pdf

PHYSICAL ACTIVITY RESOURCES

http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_471534.pdf

www.cdc.gov/vitalsigns/pdf/2010-08-vitalsigns.pdf

www.cdc.gov/physicalactivity/download/healthy-strong-america.pdf

www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300470.pdf

2008 Physical Activity Guidelines for Americans Fact Sheet for Health Professionals on Physical Activity Guidelines for Adults

How much physical activity do adults need for health benefits? Adults who are active are healthier, are less likely to develop many chronic diseases, and have better mental health than adults who are inactive. Adults need to do two types of physical activity each week to improve health – aerobic and muscle-strengthening activities.

https://www.cdc.gov/physicalactivity/downloads/PA_Fact_Sheet_Adults.pdf

Fit In Walking Morning, Noon, or Night

<https://www.heart.org/en/healthy-living/fitness/walking/fit-in-walking-morning-noon-or-night>

https://www.heart.org/-/media/Healthy-Living-Files/Infographics/Home_circuit_workout_infographic_English.pdf

Post-Care Stress and Time Management

Strategies for Saving Time with Physical Activity

www.cdc.gov/diabetes/prevention/pdf/posthandout_session12.pdf

WEEK 3: Preventive Health Screenings and Tests

Adult Preventive Screenings

The Women's & Men's Health Programs follows the U.S. Preventive Services Task Force (USPSTF) guidelines regarding screening intervals/recommendations. USPSTF information can be found at:

<https://www.uspreventiveservicestaskforce.org/Page/Name/recommendations>

USPSTF Screening Guidelines

Cervical Cancer

Women 21-29 **Grade: A**
Screen with cytology (Pap smear) every 3 years.

Women 30-65 **Grade: A**
Screen with cytology every 3 years or co-testing (cytology/HPV testing) every 5 years.

Breast Cancer

Women aged 50 to 74 years **Grade: B**
Biennial screening mammography for women aged 50 to 74 years.

Women aged 40 to 49 years **Grade: C**
The decision to start screening mammography in women prior to age 50 years should be an individual one. Women who place a higher value on the potential benefit than the potential harms may choose to begin biennial screening between the ages of 40 and 49 years.

Colon Cancer

Men and Women 45-74 **Grade: A**
Screening for Colon Cancer with any of the following tests:

- **FOBT/FIT Annually***
- **Colonoscopy every 10 years ***

Other approved tests by USPSTF:

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/colorectal-cancer-screening#fullrecommendationstart>

CERVICAL Risk Assessment Definitions:

- **Average Risk** should be reported if risk was assessed and determined to be average risk
- **High/Increased Risk** should be reported if risk was assessed and determined to be high risk (*prior DES exposure and immunocompromised patients*)
- **Not Assessed** should be reported if risk was not assessed, family history was not taken, and/or genetic testing was not done.

BREAST Risk Assessment Definitions:

- **Average Risk** should be reported if risk was assessed and determined to be average risk
- **High/Increased Risk** should be reported if risk was assessed and determined to be high risk (*Women with BRCA mutation, a first-degree relative who is a BRCA carrier, a lifetime risk of 20-25% or greater as defined by risk assessment models, radiation treatment to the chest between ages 10-30, or personal or family history of genetic syndromes like Li-Fraumeni syndrome*)
- **Not Assessed** should be reported if risk was not assessed, family history was not taken, and/or genetic testing was not done.

PREVENTIVE HEALTH RESOURCES



United Healthcare

https://www.uhc.com/content/dam/uhcdotcom/en/HealthAndWellness/PDF/2020-Preventative-update-flier-hr-20-262843_EI20262842.0_4.1.pdf

Recommendations for Preventive Pediatric Health Care
Bright Futures/American Academy of Pediatrics

Table with columns for Age Group (Infant, Toddler, Preschool, School Age, Adolescent) and various health services (Immunizations, Vision, Hearing, Dental, etc.) with 'A' or 'B' ratings.

https://downloads.aap.org/AAP/PDF/periodicity_schedule.pdf

HealthCare.gov

Preventive care benefits for children

Most health plans must cover a set of preventive health services for children at no cost. This includes Marketplace and Medicaid coverage.

IMPORTANT
These services are free only when delivered by a doctor or other provider in your plan's network.

Coverage for children's preventive health services

All Marketplace health plans and many other plans must cover the following list of preventive services for children without charging you a copayment or coinsurance. This is true even if you haven't met your yearly deductible.

1. Alcohol, tobacco, and drug use assessments for adolescents
2. Autism screening for children at 18 and 24 months
3. Behavioral assessments for children ages 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years, 15 to 17 years
4. Bilirubin concentration screening or (PDF, 609 KB) for newborns
5. Blood pressure screening for children ages 0 to 11 months, 1 to 4 years, 5 to 10 years, 11 to 14 years

START HERE

- Get 2021 coverage
- Get Medicaid & CHIP info
- Send documents

RELATED CONTENT

- Dental coverage
- Children's Health Insurance Program
- Preventive care benefits for adults

<https://www.healthcare.gov/preventive-care-children/>

HealthCare.gov

Preventive care benefits for adults

All Marketplace health plans and many other plans must cover the following list of preventive services without charging you a copayment or coinsurance. This is true even if you haven't met your yearly deductible.

IMPORTANT
These services are free only when delivered by a doctor or other provider in your plan's network.

1. Abdominal aortic aneurysm one-time screening for men of specified ages who have ever smoked
2. Alcohol misuse screening and counseling
3. Aspirin use to prevent cardiovascular disease and colorectal cancer for adults 50 to 59 years with a high cardiovascular risk
4. Blood pressure screening
5. Cholesterol screening for adults of certain ages or at higher risk
6. Colorectal cancer screening for adults 45 to 75
7. Depression screening
8. Diabetes (Type 2) screening for adults 40 to 70 years who are overweight or obese

START HERE

- Get 2021 coverage
- Get Medicaid & CHIP info
- Send documents

RELATED CONTENT

- Mental health & substance abuse coverage
- Preventive care benefits for women
- Preventive care benefits for children

<https://www.healthcare.gov/preventive-care-adults/>

U.S. Preventive Services Task Force

Table with columns: Topic, Description, Grade, Release Date of Current Recommendation

| Topic | Description | Grade | Release Date of Current Recommendation |
|---|---|-------|--|
| Abdominal Aortic Aneurysm Screening: men aged 65 to 75 years who have ever smoked | The USPSTF recommends 1-time screening for abdominal aortic aneurysm (AAA) with ultrasonography in men aged 65 to 75 years who have ever smoked. | B | December 2019 * |
| Abnormal Blood Glucose and Type 2 Diabetes Mellitus Screening: adults aged 40 to 70 years who are overweight or obese | The USPSTF recommends screening for abnormal blood glucose as part of cardiovascular risk assessment in adults aged 40 to 70 years who are overweight or obese. Clinicians should offer or refer patients with abnormal blood glucose to intensive behavioral counseling interventions to promote a healthful diet and physical activity. | B | October 2015 * |
| Aspirin Use to Prevent Cardiovascular Disease and Colorectal Cancer | The USPSTF recommends initiating low-dose aspirin use for the primary prevention of cardiovascular disease (CVD) and colorectal cancer (CRC). | | |

<https://www.uspreventiveservicestaskforce.org/uspstf/recommendation-topics/uspstf-and-b-recommendations>

WEEK 4: Lifestyle Change

Are you feeling motivated to eat better, walk more, or drink less soda? Like many, maybe you've tried to make these changes before but without much success? Making a lifestyle change is a challenge, especially if you're trying to change more than one thing at a time. When you're trying to change multiple things, think of it not as a resolution but as an evolution. Something that you can do overtime, little by little.

Here are some helpful ideas to help make lifestyle changes:

Make a plan that you can stick to. Think of your plan as a map that will guide you on your journey. When making your plan, be specific with your goals. Want to walk more? Write down the time of day when you can take walks and how long you'll walk. Write everything down, and ask yourself if you're confident that these activities and goals are realistic for you. If not, start with smaller steps. Post your plan where you'll most often see it as a reminder.

Start small. After you make short-term and long-term goals, break down your goals into smaller steps. If you want to walk be specific about when and how long. Want more sleep, then go to bed 30 minutes earlier. Want to eat healthier then decide to add more fruits and vegetables to your meals and snacks. If drinking more water is a goal, then maybe you drink a glass of water before you have your morning coffee and then before each meal. It will add up and before you know it you'll have reached your goal.

Change one thing at a time. Replacing unhealthy behaviors with healthy ones takes time. Many people run into problems when they try to change too many things at once. So that you are successful try to increase your water first. Once you meet that goal and feel like you can continue, start adding in walking. If you tried to increase water, increase your walking and eat more vegetables, you might not be as successful as you want.

Find Support. Friends, coworkers or family members involved in your lifestyle changes can help keep you motivated. Having someone to walk with you or someone to talk to about the choices you're making can be so helpful.

Making lifestyle changes takes time and commitment, but you can do it. Just remember that no one is perfect and you can't be perfect all the time. Be kind to yourself but overall do not give up and if you make unhealthy choices just decide to get back on track.

Lifestyle changes are behavior **modifications** or habit **changes** that encourage positive **changes** in your life and with your families. Things that you can do with your family to make family changes include the following ideas:

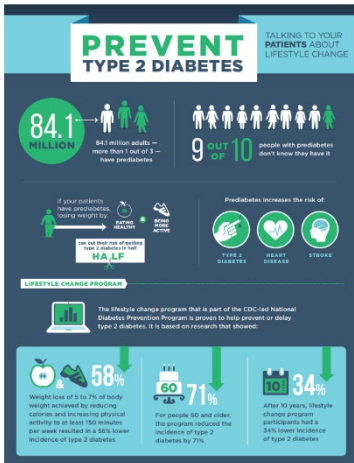
- Eat at least one meal a day as a family.
- Involve your family in making healthy meal choices and involve them in making the meal.
- Get your family involved in activities outside, such as walking, picking up the yard, walking the dog.
- Turn off the technology - this includes phone, iPads, televisions.
- Never use food as a reward for chores or doing well in their activities or with grades.



Taking Your Medication Correctly is an Important Part of Living a Healthy Lifestyle!

- Be an active partner in your care: ask your health care team questions about your condition so that you understand why your medication is needed; and work with your health care team to devise a medication plan that fits your life.
- Set a routine so that you can remember to take your medications at the same time every day; perhaps around a daily routine activity like eating breakfast or brushing your teeth. If you need an extra nudge, set an alarm or sign up for a reminder service through your pharmacy or online.
- Keep your medications in their original containers so that you can read the label carefully. This will help you take and store your medications properly.
- Report side effects from your medications and any other concerns you may have about your medications to your doctor immediately.
- Do not stop taking any of your medications without talking to your doctor first, even if you start feeling better and do not believe that a/several medication(s) is/are necessary.

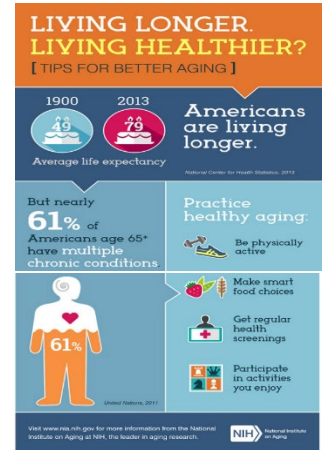
LIFESTYLE CHANGE RESOURCES



<https://www.cdc.gov/diabetes/pdfs/library/socialmedia/HCP-infographic.pdf>



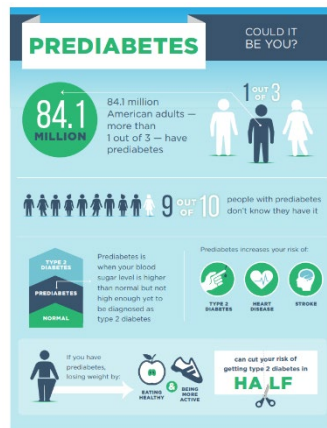
<https://healthyforgoodheart.org/be-well/infographics/be-healthy-for-good-with-lives-simple-7-infographic>



<https://www.nia.nih.gov/health/infographics/living-longer-living-healthier-tips-better-aging-infographic>



<https://www.cdc.gov/diabetes/pdfs/library/socialmedia/diabetes-infographic.pdf>



<https://www.cdc.gov/diabetes/pdfs/library/socialmedia/prediabetes-infographic.pdf>

High Blood Pressure How to Make Control Your Goal



It's up to you to successfully manage and control your blood pressure. But it doesn't have to be a daunting task. You can take small, manageable steps to make blood pressure control **your** goal. Here are some tips to show you how:

Engage your health care team
Blood pressure control is a team effort. Despite all of your health care professionals not just your primary care physician or cardiologist. Your pharmacist, nurse, and other health care specialists can help you control your high blood pressure. Next time you go in for a visit, make a list of questions you need to see your health care professional. For example:

- What is my blood pressure goal?
- What are the best ways to reach my goal?
- Mention when you're already doing to work toward control, including exercising, changing your diet, or taking medications as prescribed.
- Be honest and realistic with yourself and your health care team about what lifestyle changes you're ready to make and how often you're not quite ready for.
- Pick one goal to start working toward. As you achieve success and build confidence, choose another goal to tackle.

Take your medications faithfully
Your health care team has put together a specific medication schedule to help control your blood pressure. You might be told to take your medication every day or maybe once or twice a week, depending on the side effects. Remember that your medication is important to control and maintain your blood pressure.

Here are some tips to help you stick with your medication plan:

- Talk to your doctor about any side effects you experience with your medications. If necessary, discuss other treatment options. **Never stop treatment on your own.**
- Make a schedule and set up a system to remind you to take your medications regularly—use a pillbox for every pill, every day, or use medication reminders. "Pill" reminders.
- If your insurance provides mail-order delivery, set it up and request a 90-day supply of medications.
- If this service is not available, schedule all your refills at the same pharmacy at the same time each month so you can pick them all at once.

Did you know?
Of the 75 million American adults who have high blood pressure, only about half (54%) of these people have their blood pressure under control.

Million Hearts
millionhearts.hhs.gov

Make control **your** goal.

[https://millionhearts.hhs.gov/files/TipSheet_How to MCYG General.pdf](https://millionhearts.hhs.gov/files/TipSheet_How%20to%20MCYG%20General.pdf)

MY MEDICINES

For Those Who Need You



Ask Questions
• Do you know what your medicines are for?
• Do you know how to take them?
• Do you know when to take them?
• Do you know what side effects to watch for?
• Do you know what to do if you have a side effect?

Avoid Problems
• Don't take medicines you don't need.
• Don't take medicines you're not sure you need.
• Don't take medicines you're not sure you can afford.
• Don't take medicines you're not sure you can take.

Read The Label
• Read the label every time you take a medicine.
• Read the label every time you get a new medicine.
• Read the label every time you get a new prescription.

Keep A Record
• Write down the name of every medicine you take.
• Write down the dose of every medicine you take.
• Write down the time you take every medicine.

Statistics:
28% of patients do not take their medicines as prescribed.
49% of patients do not take their medicines as prescribed.
72% of patients do not take their medicines as prescribed.

Costs:
82% of patients do not take their medicines as prescribed.
\$28.1 BILLION in costs are associated with medication non-adherence.

<https://www.fda.gov/media/83298/download>

FACTS A Tough Pill to Swallow: Medication Adherence and Cardiovascular Disease

OVERVIEW

The statistics are startling, but as many as half of 187 million patients in the U.S. do not take their medicines as prescribed – meaning they do not follow the intensity of the drug regimen or continue to take their drugs through the duration of the prescription. There are a variety of potential reasons for this including poor communications between healthcare providers and patients, fear of side effects, high medication costs, interaction with other prescriptions, and simple forgetfulness.

Medication non-adherence results in approximately 120,000 preventable deaths a year.¹
48,000 deaths may be avoided each year if 70% of patients with hypertension get the treatment they need.²
The risk of hospitalization, re-hospitalization, and premature death among nonadherent hypertension patients is more than 3 times higher compared to hypertensive patients who adhere to taking their medicine.³
Patients with high cholesterol who do not adhere to their medications have a 24% greater likelihood of a cardiovascular-related hospitalization compared to patients who adhere to their prescriptions.⁴
Poor adherence to heart failure drugs is associated with an increased number of cardiovascular-related emergency department visits.⁵

In addition to the health impact, medication non-adherence results in increased health care costs for individuals and a health care system already under stress.

- \$206 billion in avoidable costs is spent annually on medication non-adherence, of which \$170 billion is spent on hospitalizations alone.⁶
- Health care costs associated with unmanaged multiple medications by seniors was estimated to be \$1.3 billion in 2012. \$1.1 billion of that money was spent on repeat treatment, and the rest on emergency room and outpatient visits.⁷
- Between 1999 to 2010, 11.4% of stroke survivors – or approximately 643,000 individuals – reported having higher health care costs as a result of their medication non-adherence.⁸
- Adherence in patients with congestive heart failure and hypertension reduced average annual total

AMERICAN HEART ASSOCIATION
1100 Connecticut Ave., NW • Suite 300 • Washington, DC 20036
Phone: (202) 761-7600 • Fax: (202) 761-7650 • www.heart.org

https://www.heart.org/idc/groups/heart-public/@wcm/@adv/documents/downloadable/ucm_460769.pdf

Be an Active Member of Your Health Care Team

My Medicine Record

Start Date: _____ End Date: _____

| Medicine Name (Generic, Brand, or Trade Name) | Why Prescribed / Indication | Start Date | How Often / Dose | How Much / Amount | What Looks Like / Color, Shape, Size | How to Take / Instructions | How to Store / Disposal |
|---|-----------------------------|------------|------------------|-------------------|--------------------------------------|----------------------------|-------------------------|
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FORM FDA 384 (2/11) Page 1 of 4

<https://www.fda.gov/downloads/AboutFDA/ReportsManualsForms/Forms/UCM095018.pdf>

ANSWERS by FIRST

Answers • Info

How Do I Manage My Medicines?

Taking medicine may be new to you, and there may be a lot to remember. For example, why are you taking it? What time should you take it? How often do you take it, and how many pills do you need?

It's very important to take medicine the right way – just as your doctor tells you. If you don't follow your doctor's directions, what could happen? First of all, if medicine isn't taken the right way, it may not work. It could also cause side effects that may be mild – or very harmful. Without knowing it, you could accidentally mix medicine by taking it with another. Not taking properly medicine can also make you feel sick or dizzy.

How can I remember to take my medicines?

- Take all the same time with the other daily pills, like brushing your teeth.
- Use a weekly pill box with separate sections for each day of the week. Compartment pill boxes can alert you when it's time to take a pill or enter pills.
- Ask family and friends to help remind you.
- Use a pill calendar or drug reminder chart.
- Take notes on a calendar yourself.
- Try small reminders like sticky notes.
- Write a reminder with an alarm.
- Use your smartphone or other smart alarm.

What else should I know?

- Ask your doctor or pharmacist when to take your medicine and if they can be taken with food.
- Don't mix medicine the way your doctor or pharmacist tells you. Keep medicine in original containers, or label new containers.
- Keep track of what pills you can and can't take together, including over-the-counter medicines.
- Always get your prescription filled on time, so you don't run out.
- Try to use the same pharmacy each time.
- Don't take more of your medicine than the prescribed dose.
- Ask your doctor or pharmacist before taking a new over-the-counter medicine, such as an antacid, cough medicine, or stress reliever to see if they work together with your prescribed medicine.
- Always check with your doctor before you stop taking a medicine.

AMERICAN HEART ASSOCIATION
It's in us to live!

<https://www.heart.org/en/health-topics/cardiac-rehab/managing-your-medicines>

Use Medicines Wisely

Make sure your medicines are safe and effective. Check the FDA website for more resources:

- www.fda.gov/oc/medwatch
- www.fda.gov/oc/medwatch
- www.fda.gov/oc/medwatch
- www.fda.gov/oc/medwatch

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It's in us to live!

<https://www.fda.gov/downloads/ForConsumers/ByAudience/ForWomen/FreePublications/UCM393837.pdf>

WEEK 5: Healthy Eating

The key to achieving and maintaining a healthy weight is about transitioning to a lifestyle that includes healthy eating, balancing calories you consume with the number of calories your body burns, and regular physical activity. It is important to follow a healthy eating pattern across your entire lifespan. Focus on including a variety of food- eating from all food groups and nutrient dense foods- foods that pack a lot of nutrition per serving. Try to limit calories from added sugar, saturated fat, and reduce sodium intake.

A great tool to help you plan healthful meals is MyPlate. MyPlate is the current nutrition guide published by the United States Department of Agriculture (USDA) Center for Nutrition Policy and Promotion. MyPlate is represented by a pie chart depicting a place setting that is divided into five food groups. The five food groups represented are fruits, vegetables, grains, protein, and dairy. The amount needed from each food group varies on age, weight, height, sex, and level of physical activity. For your personalized recommendations visit <https://www.myplate.gov/myplate-plan>.



For women ages 31+ the amount recommended for each food group is:

- Fruit-1.5-2 cups
- Vegetables- 2-3 cups
- Grains- 5-7 ounce-equivalent
- Protein- 5-6 ounce-equivalent
- Dairy- 3 cups

Some examples of serving sizes are:

- 1 cup of fruit example- 1 small apple, 1 large banana, 22 seedless grapes
- 1 cup of vegetables example- 1 avocado, 2 medium baby carrots, 1 large sweet potato
- 1 ounce-equivalent of Grains example- 1 small biscuit, 5 whole wheat crackers, 1 pancake
- 1 ounce-equivalent of Proteins example- 1 slice of deli meat, 1 egg, 1 tablespoon of nut butter
- 1 cup of Dairy example- 1 cup of milk, 1 cup yogurt, 1/3 cup of shredded cheese

When it comes to making choices from each food group, there are some key points to keep in mind.

Fruits and Veggies

- Try to fill half your plate with fruits and vegetables. Fresh, frozen, or canned-low or no salt vegetables and fruit are good options.

Grains

- Make half of your total grains whole grains. Whole grains offer more nutrients.

Dairy

- Try to choose more fat-free and low-fat dairy choices in place of full-fat products. The same nutrients are present with less fat and calories.

Protein

- Choose lean protein options including fish, legumes, nuts, and seeds. Lean sources contain less fat than other sources making it a heart healthy choice.

Try to consume less:

Added sugars

- Supply calories without nutrition. Try and consume less than 10% of calories.

Saturated Fats

- Type of fat affects disease risk. Consume less than 10% of calories from saturated fat.

Sodium

- Relationship between high sodium and high BP/ risk of heart disease. Try to limit to 2,300 mg/day

HEALTHY EATING RESOURCES

CHOOSE HEALTHY HERE

is a community-based program that empowers retailers and their neighbors to improve healthy food access across Nebraska.

Our mission is to increase access to affordable, nutritious foods while contributing to the viability of food retailers in high-need areas.

WE STRIVE TO ADDRESS FOUR FOOD ACCESS CATEGORIES

FIND
Does our store carry healthy foods?
AFFORD
Are the healthy foods a good value compared to less-healthy options here?

CHOOSE
Do I enjoy eating the healthy foods offered?
LIVE
Do I know how to prepare healthier foods?

HOW DOES THIS WORK IN MY COMMUNITY?
Increasing access to healthful foods and thereby, increasing opportunities for good health, will look different in each community and in each store. You have the opportunity to work closely with Nebraska Extension and our partners to tailor Choose Healthy Here to your needs.

To learn more contact
Vanessa Wiseloga
Nebraska Extension
402-472-0361
vwiseloga2@unl.edu

www.partnersnhealth.org/wp-content/uploads/2017/07/CHH_info_flyer.pdf

CHOOSE THE FOODS THAT FUEL YOUR FAMILY BEST

| | | | |
|--|---|--|--|
| FRESH PRODUCE | CEREAL & BREADS | PROTEIN | DAIRY |
| Apples Bananas Carrots Cauliflower Cucumbers Lemons Limes Mangoes Oranges Pears Peas Potatoes Spinach Sweet Potatoes Tomatoes Zucchini | Almond Flour Breads Cakes Cereal Flour Granola Muffins Pancakes Pasta Pretzels Rice Tortillas Whole Grain Flour | Chicken Eggs Fish Lentils Peanut Butter Pork Tofu Turkey | Cheddar Cheese Cream Cheese Greek Yogurt Ice Cream Milk Softened Butter Whipped Cream |
| RAW GREEN VEGETABLES | PAID & BAKED | NOON FOOD ITEMS | NON-FOOD ITEMS |
| Asparagus Bell Peppers Broccoli Cauliflower Cucumbers Green Beans Kale Lettuce Onions Peas Spinach Squash Sweet Potatoes Tomatoes Zucchini | Pasta Pretzels Rice Tortillas Whole Grain Flour | Chicken Eggs Fish Lentils Peanut Butter Pork Tofu Turkey | Alcohol Candy Cereal Flour Granola Muffins Pancakes Pasta Pretzels Rice Tortillas Whole Grain Flour |
| FRUITS | BAKING & PANTRY | CONDIMENTS | |
| Apples Bananas Carrots Cauliflower Cucumbers Lemons Limes Mangoes Oranges Pears Peas Potatoes Spinach Sweet Potatoes Tomatoes Zucchini | Almond Flour Breads Cakes Cereal Flour Granola Muffins Pancakes Pasta Pretzels Rice Tortillas Whole Grain Flour | Alcohol Candy Cereal Flour Granola Muffins Pancakes Pasta Pretzels Rice Tortillas Whole Grain Flour | |

<https://food.unl.edu/NEP/NEP%20Documents/Healthy-shopping-list.pdf>

What's MyPlate All About?

<https://myplate-prod.azureedge.net/sites/default/files/2021-07/WhatsMyPlateAllAbout.pdf>

10 Tips Nutrition Education Series

MyPlate MyWins

Choose MyPlate

Use MyPlate to build your healthy eating style and maintain it. Follow these 10 tips to choose foods and beverages from each MyPlate food group. Make sure your choices are limited to sodium, saturated fat, and added sugars. Start with your changes to make healthier choices you can enjoy.

- Find your healthy eating style.** Creating a healthy eating style means making healthy choices that you can enjoy and maintain. MyPlate's 10 tips help you create your own healthy eating style.
- Make half your plate fruits and vegetables.** Getting your fruits and vegetables is important because they provide nutrients and fiber and are low in calories.
- Focus on whole fruits.** Choose whole fruits, such as apples, oranges, and berries. Avoid fruit drinks and fruit-flavored drinks.
- Vary your veggies.** To eating fruits, choose a variety of colors. Choose a variety of colors of vegetables. Choose a variety of colors of vegetables. Choose a variety of colors of vegetables.
- Make half your grains whole grains.** Look for whole grains on the label. Look for whole grains on the label. Look for whole grains on the label.
- Choose low-fat or fat-free milk or yogurt.** Choose low-fat or fat-free milk or yogurt. Choose low-fat or fat-free milk or yogurt.
- Vary your protein routine.** Vary your protein routine. Vary your protein routine. Vary your protein routine.
- Drink and eat beverages and food with less sodium, saturated fat, and added sugars.** Use the Nutrition Facts label and ingredients list to help you choose foods with less sodium, saturated fat, and added sugars.
- Drink water instead of sugary drinks.** Drink water instead of sugary drinks. Drink water instead of sugary drinks.
- Everything you eat and drink matters.** Everything you eat and drink matters. Everything you eat and drink matters.

https://snaped.fns.usda.gov/snap/resourcefinder/GreatPlate_English_Vietnamese.pdf

Find Your Healthy Eating Style & Maintain It for a Lifetime

Start with small changes to make healthier choices you can enjoy.

Follow the MyPlate building blocks below to create your own healthy eating style—MyWins. Choose foods and beverages from each food group—making sure that your choices are limited to sodium, saturated fat, and added sugars.

https://myplate-prod.azureedge.net/sites/default/files/2021-01/MyPlateStyleGuide_2020-2025.pdf

EAT HEALTHY. BE HEALTHY. SAVE.

The Dietary Guidelines for Americans can help.

177 MILLION Americans are overweight or obese.

60% of Americans are overweight or obese.

\$118 billion in health care costs are paid for obesity-related conditions.

50% of Americans are overweight or obese.

\$16,000,000,000 in health care costs are paid for obesity-related conditions.

100 million Americans are overweight or obese.

\$16,000,000,000 in health care costs are paid for obesity-related conditions.

<https://myplate-prod.azureedge.net/sites/default/files/2021-12/DGA%20Infographic%282018%29.pdf>

10 Tips Nutrition Education Series

MyPlate MyWins

Build a healthy meal

Each meal is a building block in your healthy eating style. Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit sodium, saturated fat, and added sugars. Use the Nutrition Facts label and the list below to meet your needs throughout the day.

- Make half your plate veggies and fruits.** Vegetables and fruits are full of nutrients. They provide nutrients and fiber and are low in calories.
- Include whole grains.** Look for whole grains on the label. Look for whole grains on the label. Look for whole grains on the label.
- Don't forget the dairy.** Choose low-fat or fat-free milk or yogurt. Choose low-fat or fat-free milk or yogurt.
- Add lean protein.** Choose lean protein sources like fish, chicken, turkey, and tofu. Choose lean protein sources like fish, chicken, turkey, and tofu.
- Avoid extra fat.** Limit your intake of fats, oils, and oils. Limit your intake of fats, oils, and oils.
- Get creative in the kitchen.** Get creative in the kitchen. Get creative in the kitchen. Get creative in the kitchen.
- Take control of your food.** Take control of your food. Take control of your food. Take control of your food.
- Take control of your food.** Take control of your food. Take control of your food. Take control of your food.
- Take control of your food.** Take control of your food. Take control of your food. Take control of your food.
- Take control of your food.** Take control of your food. Take control of your food. Take control of your food.
- Take control of your food.** Take control of your food. Take control of your food. Take control of your food.

<https://www.myplate.gov/tip-sheet/meal-planning>

Choose Foods Low in Sodium

Choosing and preparing foods that are lower in salt and sodium may help prevent or lower high blood pressure.

| | |
|--|--|
| Choose these options: | Choose these options: |
| Choose fresh produce like fruits and vegetables. | Choose low-fat or fat-free milk, yogurt, and cheese. |
| Choose lean protein like fish, chicken, turkey, and tofu. | Choose whole grains like whole wheat bread, brown rice, and whole grain pasta. |
| Choose low-fat or fat-free milk, yogurt, and cheese. | Choose low-fat or fat-free milk, yogurt, and cheese. |
| Choose whole grains like whole wheat bread, brown rice, and whole grain pasta. | Choose low-fat or fat-free milk, yogurt, and cheese. |

<https://www.nhlbi.nih.gov/health/educational/healthdisp/pdf/tipsheets/Choose-Foods-Low-in-Sodium.pdf>

HEALTHY EATING RESOURCES



<https://www.nhlbi.nih.gov/health/educational/downloads/urwateat.pdf>

<https://www.cdc.gov/nccdphp/dch/images/infographics/GLGInfoGraphic.png>

<https://www.heart.org/-/media/files/health-topics/answers-by-heart/how-do-i-follow-a-healthy-diet.pdf>



<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/making-the-most-of-the-nutrition-facts-label>

https://www.dietaryguidelines.gov/sites/default/files/2020-12/DGA_2020-2025_StartSimple_withMyPlate_English_color.pdf

WEEK 6: HEALTHY WEIGHT

Healthy Weight

Healthy weight is a weight that fits your body, supports your overall health, provides a positive sense of self, and can be maintained. There are several factors that influence weight: genetics, metabolic rate, body frame size and shape, and environmental factors. There are also several reasons for weight changes. Weight can change with your lifestyle- active or sedentary, food environment- availability, quality, and quantity of food, and family influences- family lifestyle, surroundings, and upbringing, hormones, health conditions, and sleep.

Portion Control

Portion control is helpful in maintaining healthy weight. Portion sizes are how much food you choose to eat at one time. Serving sizes at restaurants and grocery stores have gotten larger in the last few years so it is important to be mindful of how much you consume. Some helpful tips to eat mindfully are: eat from your plate not packages, use smaller dishes and utensils, stop eating when you are full, and put leftovers away before eating.

Research shows that people unintentionally consume more calories when faced with larger portions. This can mean significant excess calorie intake, especially when eating high-calorie foods. Here are some tips to help you avoid some common portion-size pitfalls and how to help manage your weight:

- The Portion Distortion Quiz from the National Heart Lung and Blood Institute (NHLBI) (<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/tip-portion-size.pdf>) shows how portion sizes of some common foods have changed over the years.
- Click the links below to learn how to use the Nutrition Facts Label on food packages:
 - How to Understand and Use the Nutrition Facts Label, Food and Drug Administration, Center for Food Safety and Applied Nutrition. <https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>
- Take the NHLBI Visual Reality quiz (<https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>) to test your skills at estimating serving sizes.
- Use this handy Serving Size Wallet card from the National Heart, Lung and Blood Institute (NHLBI) to help estimate the right amount to eat. (<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/servingcard7.pdf>)
- Check out <https://www.fns.usda.gov/mypyramid> for detailed information on how much to eat from each food group without eating more calories than you need.

Mindful Eating

Mindful eating is a practice of being fully present while cooking or eating. It is another tool you can use to help maintain a healthy weight. Being fully present while eating, helps you pay better attention to your body and to decipher and what cues you are receiving whether it be hunger cues or fullness cues. Some tips to become a more mindful while eating are:

- Check-in with yourself before eating to determine if you are hungry.
- Sit down to eat and limit distractions like television.
- Choose foods that take longer to eat.
- Eat slowly and enjoy each bite.
- Listen to your body and stop when you are full.

HEALTHY WEIGHT RESOURCES



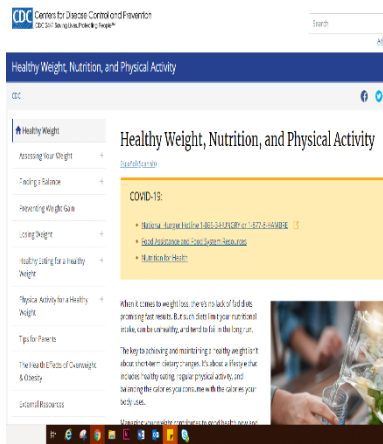
<https://www.myplate.gov/life-stages/kids>



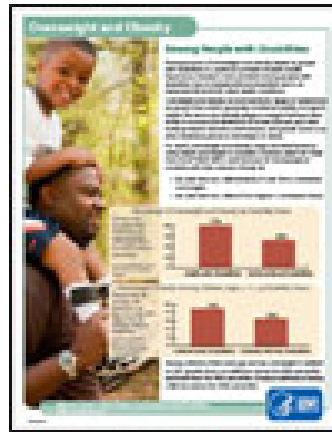
https://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion_size_pitfalls.pdf

| BMI | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 |
|----------------------|------|------|-------|-------|------|------|------|------|------|------|------|------|------|------|-------|-------|------|
| Height (feet) | 5'8" | 5'9" | 5'10" | 5'11" | 6'0" | 6'1" | 6'2" | 6'3" | 6'4" | 6'5" | 6'6" | 6'7" | 6'8" | 6'9" | 6'10" | 6'11" | 7'0" |
| Body Weight (pounds) | 105 | 110 | 115 | 120 | 125 | 130 | 135 | 140 | 145 | 150 | 155 | 160 | 165 | 170 | 175 | 180 | 185 |

https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi_tbl.html



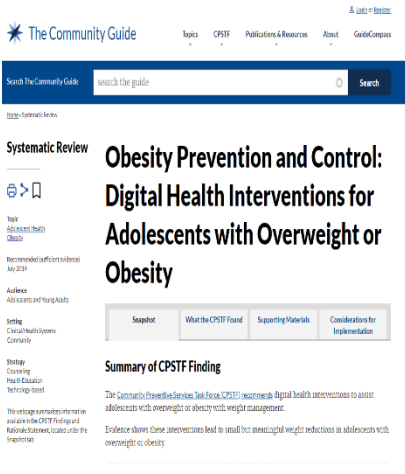
<https://www.cdc.gov/healthyweight/index.html>



https://www.cdc.gov/ncbddd/disabilityandhealth/materials/factsheets.html#anchor_HealthyWeight



<https://www.cdc.gov/vitalsigns/pdf/2010-08-vitalsigns.pdf>



Obesity Prevention and Control: Digital Health Interventions for Adolescents with Overweight or Obesity

Snapshot | What the CPSTF Found | Supporting Materials | Considerations for Implementation

Summary of CPSTF Finding
 The Community Preventive Services Task Force (CPSTF) recommends digital health interventions to assist adolescents with overweight or obesity with weight management. Evidence shows these interventions lead to small but meaningful weight reductions in adolescents with overweight or obesity.

WEEK 7: Alcohol and Tobacco

- Tobacco products are the leading preventable cause of death in the United States.
- Tobacco products harm nearly every organ of the body, cause many diseases, and reduces the health of smokers in general.
- Smoking and drinking are two lifestyle habits that get a lot of negative criticism in the health industry, and for good reason. They both cause multiple complications within the body that can range from mild to life-threatening.
- The lungs are pliable organs that need to be elastic and flexible to breathe properly. Smoking causes the lungs to become damaged and it compromises their elasticity. This in turn leads to a condition called emphysema where breathing becomes labored, even with minimal exertion.
- When you drink excessively and use tobacco products, you increase your chances of getting high blood pressure. This is defined as a reading of 140/90 mmHg or above. If left untreated, high blood pressure can cause congestive heart failure, heart attack, stroke, kidney damage and vision loss, notes the American Heart Association.
- The liver is a major organ in the body that produces bile which breaks down fat; the liver also helps purify the blood. Heavy drinking over the course of time can cause liver damage. In the worst of cases, a condition known as cirrhosis can take place. Cirrhosis is a condition in which the liver slowly deteriorates and malfunctions due to chronic injury.



National Institute on Alcohol Abuse & Alcoholism

www.niaaa.nih.gov

Nebraska Tobacco Quit Line

www.quitnow.ne.gov

ALCOHOL AND TOBACCO RESOURCES

<https://www.cdc.gov/alcohol/pdfs/alcoholourhealth.pdf>

<http://www.rehabcenter.net/wp-content/uploads/2015/01/Alcohol-Your-Body-Infographic.pdf>

https://www.cdc.gov/alcohol/pdfs/excessive_alcohol_use.pdf

<https://pubs.niaaa.nih.gov/publications/AlcoholFacts&Stats/AlcoholFacts&Stats.pdf>

<https://pubs.niaaa.nih.gov/publications/Hangovers/beyondHangovers.pdf>

<https://www.cdc.gov/media/images/releases/2015/p1015-excessive-alcohol.pdf>

https://www.cdc.gov/media/images/releases/2016/p0713-secondhand-smoke.pdf?_cid=bb-osh-shs-graphic-007

<https://www.cdc.gov/tobacco/infographics/policy/pdfs/going-smoke-free-matters-home-infographic.pdf>

<https://www.surgeongeneral.gov/library/reports/50-years-of-progress/consumer-guide.pdf>

WEEK 8: Mental Health

Poor mental health is a risk factor for chronic physical conditions. People with serious mental health conditions are at high risk of experiencing chronic physical conditions. People with chronic physical conditions are at risk of developing poor mental health.

Poor physical health can lead to an increased risk of developing mental health problems. Poor mental health can negatively impact physical health, therefore leading to an increase risk in some health conditions.

These lifestyle factors can influence both physical and mental health:

1. **Exercise:** Physical activity in any form is a great way to keep you physically healthy as well as improving your mental wellbeing. Exercise releases an uptake of feel-good chemicals called endorphins in the brain. Even short 10 minute bursts of brisk walking increases our mental alertness, energy and positive mood.
2. **Diet:** Good nutrition is a crucial factor in influencing how we feel. A healthy balanced diet is one that includes healthy amounts of proteins, essential fats, complex carbohydrates, vitamins, minerals and water. The food we eat makes a difference in the development, management and prevention of numerous mental health conditions including depression and Alzheimer's.
3. **Smoking:** Smoking has a negative impact on both mental and physical health. Many people with mental health problems believe that smoking relieves their symptoms, but these effects are only short-term. Nicotine in cigarettes interferes with the chemicals in our brains. Dopamine is a chemical, which influences positive feelings, and is often found to be lower in people with depression. Nicotine temporarily increases the levels of dopamine, but also switches off the brain's natural mechanism for making the chemical.

Most people think of mental health as the absence of diagnosable disorders, but on one end of the spectrum are people who exhibit active resilience and are capable of taking life's uncertainties in stride. On the other end of the spectrum are individuals whose disorders cause severe impact of daily functioning. If someone falls in the center of the spectrum, they would likely describe their mental health as "fine."

It's possible, even common, for people to fall somewhere in the middle. Even if you don't have a diagnosed condition and feel you function well enough in your day-to-day life, you may lack the resources to cope with a sudden change. These are some of the **signs that someone's mental health is shifting:**

- Changes in sleeping and eating patterns
- Withdrawal from friends, family and activities
- Loss of energy
- Increasing irritability and mood swings
- Loss of performance at school or work

How Do Mental and Physical Health Interact?

The difference between physical and mental health is not as complex as you might think.

We do know that mental illness impacts physical health directly and indirectly. Take a look at some of the concrete ways your body and mind influence each other:

Depression and the Immune System:

Depression, the most common mental disorder in the United States, doesn't just impact mood and motivation. It can directly affect the immune system making it easier to get sick and stay sick for longer. A weakened immune system can also lead to a jump in the severity of allergies or asthma.

Mental Illness and Fatigue:

Depression, anxiety and other mood disorders often result in persistent feelings of tiredness and exhaustion. Some inappropriately suggest that "it's all in your head," but research shows this is not the case. Being mentally tired leads to physical tiredness. When someone is chronically depressed or anxious, they are less likely to engage in exercise and to quit early when they do. Fatigue from mental illness can also interfere with basic hygiene, increasing chances of disease.

Anger, Anxiety and Heart Health:

Angry outbursts and the stress of anxiety are bad for the heart. Studies show that in the two hours following intense anger, which includes tense body language, clenched fists or teeth, and feeling "ready to burst," a person's risk of heart attack becomes 8.5 times higher. In the case of anxiety, the risk of heart attack rises 9.5 fold in the following two hours. While youth are generally a long way away from having to worry about heart attacks, anger and anxiety involved in impulse control disorders can negatively affect their growing hearts.

Source: <https://hside.org/link-between-physical-and-mental-health/>

WEEK 9: Staying Connected

Chronic loneliness does more than just make you bored; it can actually harm your health. Loneliness is associated with depression, cardiovascular disease, cognitive decline, declines in mobility and daily function, and increased risk of early death.

Challenges to staying connected

Social ties often fray because of life events that occur as people age. Sometimes the death of a partner or loved one leads to social isolation. Or an illness or physical limitation might make it harder for you to get around. And even if you're healthy, your social network may start to shrink when these things happen to friends.

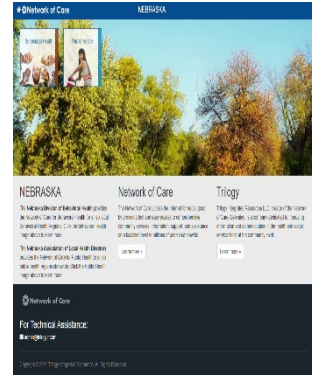
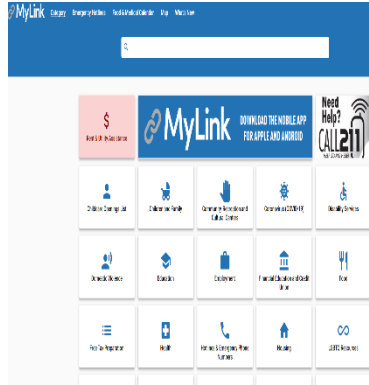
If your social calendar isn't as full as it used to be, there are things you can do to help bring people back into your life.

- **Make social connections a priority.** You know you need to schedule time for exercise, but you should also schedule time for friends. It's easy to get caught up in day to day responsibilities and lose touch with others. Don't allow that to happen. Make it a point to call, email or meet up with friends or family members on a regular basis.
- **Pay attention to your mental health.** Some people become more socially isolated because they're suffering from depression. For many people that experience late-life depression, talk therapy can be very effective, so you may not even need medications to treat it.
- **Consider getting a roommate.** In 2016, some 32% of women over age 65 lived alone, according to American Psychological Association. Living alone is a major risk factor for loneliness and many of the adverse outcomes of loneliness. It is possible that we should be encouraging more shared housing for older people.
- **Take up a new hobby.** Common interests create bonds. If you enjoy reading, join a book club. Group exercise classes are also a great way to connect with others. A 2010 American Association of Retired Persons (AARP) survey of adults ages 45 and older showed that people who were lonely were less likely to take part in activities that can build social connections, such as going to church, participating in community organizations, or taking up hobbies. Getting active can help you meet new people and build social networks.

Whatever strategy you choose, fostering social connections can make your life more enjoyable and help you maintain your health. Socializing should be as much a part of your everyday life as exercise and good nutrition.

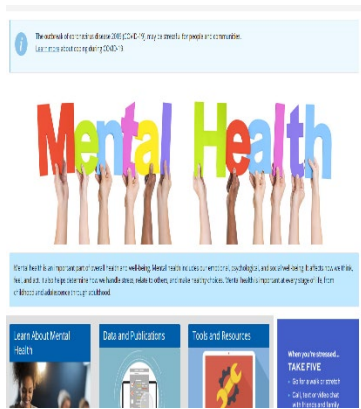
Source: <https://www.health.harvard.edu/staying-healthy/staying-connected-can-improve-your-health>

MENTAL HEALTH/STAYING CONNECTED RESOURCES



<https://dhs.ne.gov/Pages/Nebraska-Family-Helpline-About.aspx#:~:text=%E2%80%8BT%20on%20braska%20Family%20Helpline,day%2C%20seven%20days%20a%20week>

<https://lincolnne.mylink.app/categories?language=en>



<https://www.cdc.gov/mentalhealth/index.htm>

<https://www.socialshakeupshow.com/10-ways-to-engage-your-community-on-social-media/>

<https://www.health.state.mn.us/communitie/s/suicide/documents/stayconnectedmntoolkit.pdf>



<https://www.mhational.org/connect-others>

WEEK 10: Stress and Sleep

Sleep

A third of US adults report that they usually get less than the recommended amount of sleep. Not getting enough sleep is linked with many chronic diseases and conditions—such as diabetes, heart disease, obesity, and depression—that threaten our nation's health.

Sleep deprivation can cause forgetfulness, exhaustion, and fatigue, to name a few. When a person is exhausted and fatigued, it causes pessimism, sadness, stress, and anger. In addition, lack of sleep affects the brain's ability to solve problems.

Signs of poor sleep quality include not feeling rested even after getting enough sleep, repeatedly waking up during the night, and experiencing sleep disorder symptoms. The healthy amount of sleep for the average adult is around seven to eight hours each night.

Stress

Stress can have a negative impact on your health. Stress is a reaction to a situation where a person feels threatened or anxious. Stress can be positive (e.g., preparing for a wedding) or negative (e.g., dealing with a natural disaster). The symptoms may be physical or emotional. Ongoing, chronic stress can cause or exacerbate many serious health problems, including: Mental health problems, such as depression, anxiety, and personality.

There are several ways to help you manage stress. Some helpful tips to manage stress include:

- Remembering to look at the big picture and put things into perspective. Ask yourself if it will matter in the following days, months, years.
- Accept there are events that you cannot control.
- Manage your time well.
- Seek out support. Spend time with those you love.
- Include exercise into your daily life. It will contribute to better sleep and less stress.
- Follow a healthy diet. Healthful foods help lessen stress and build up your immune system.

STRESS AND SLEEP RESOURCES



<https://healthyforgood.heart.org/better/infographics/how-to-sleep-better-infographic>

Post-Care: Stress and Time Management

Taking a Closer Look at Stress

Stress is part of everyone's life. Stress means different things to different people, and what causes stress for one person may not cause it for another.

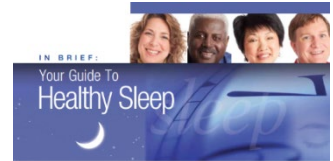
If not managed properly, stress can lead to illness, increased blood glucose levels, increased anxiety, or depression and mood swings.

Forms of stress may include:

- **Physical stressors:** fever, pain, illness
- **Environmental stressors:** weather, noise, housing concerns, traffic
- **Social and emotional stressors:** concerns over money, job and family demands, having to make a big decision, guilt, loss, and lifestyle change

High levels of stress can be a barrier to making healthy lifestyle changes. Stress can cause people to:

- Lose interest in physical activity
- Become very inactive and withdrawn from daily activities
- Increase inactive behaviors such as excessive TV watching, playing on the computer, or sleeping
- Eat or drink too much



https://www.nhlbi.nih.gov/files/docs/public/sleep/healthy_sleepfs.pdf

Post-Care: Stress and Time Management

Make Time to Sleep

Getting Enough ZZZs: How much is enough?

On average, people need 7 1/2 - 8 hours of sleep, yet the range for how many hours different people need is 5 - 10 hours per night. People who sleep less than 4 hours or more than 9 hours per night tend to have a higher risk of disease and death.

Sleep on this: the benefits of getting enough sleep

- **Getting enough sleep is recognized as an essential part of chronic disease prevention and health promotion.** According to the Centers for Disease Control and Prevention (CDC), not getting enough sleep is associated with the onset of many chronic conditions, including type 2 diabetes, cardiovascular disease, obesity, and depression. Not getting enough sleep may make these conditions difficult to manage, and might actually make them worse.
- **Getting enough sleep helps with weight management.** Sleep helps to regulate several hormones associated with metabolism, appetite, and weight gain.
- **Research suggests that people who engage in regular physical activity fall asleep faster, sleep for a longer time, and spend less time awake during the night.**

Adequate sleep is a major element of coping with stress. People are better able to deal with stressors during the day if they have had enough sleep. Being well-rested can make it easier to build healthy behavior changes.

www.cdc.gov/diabetes/prevention/pdf/posthandout_session12.pdf

Crash in Bed Not on the Road

Most people are aware of the hazards of drunk driving. But did you know that driving while drowsy can be just as deadly? Like alcohol, a lack of sleep makes it harder to react quickly enough to a suddenly braking car, a sharp curve in the road, or other potentially dangerous situations.

Watch for these warning signs that you might be too sleepy to drive safely:

- Trouble keeping your eyes open or focused
- Continual yawning
- Inability to recall driving the past few miles

If you feel sleepy while driving, pull off the road to a safe place and take a nap for 15-20 minutes.

Be well rested before hitting the road. Sleep in mind that if you sleep on average for several nights in a row, it might take more than one night of good sleep to be well rested and alert.

Performance: We need sleep to think clearly, react quickly, and create memories. In fact, the pathways in the brain that help us learn and remember are very active when we sleep. Studies show that people who are unable to get enough sleep perform worse on a variety of mental, physical, and emotional tasks.

Skimping on sleep has a price. Cutting back by even 1 hour can make it tough to focus the next day and can slow your response time. Studies also find that when you lack sleep, you are more likely to make bad decisions and take more risks. This can result in lower performance on the job or in school and a greater risk for a car crash.

Mood: Sleep affects mood. Insufficient sleep can make you irritable and is linked to poor behavior and trouble with relationships, especially among children and teens. People who chronically lack sleep are also more likely to become depressed.

Health: Sleep is also important for good health. Studies show that not getting enough sleep or getting your quality sleep on a regular basis increases the risk of having high blood pressure, heart disease, and other medical conditions.

In addition, during sleep, your body produces valuable hormones. Deep sleep triggers more release of growth hormones, which help growth in children and boost muscle mass and the repair of cells and tissues in teens and adults. Another type of hormone that increases during sleep helps the immune system fight various infections. This might explain why a good night's sleep helps keep you from getting sick—and helps you recover when you do get sick.

Hormones released during sleep also control the body's use of energy. Studies find that the less people sleep, the more likely they are to be overweight or obese, to develop diabetes, and to prefer eating foods that are high in calories and carbohydrates.

https://www.nhlbi.nih.gov/files/docs/public/sleep/healthy_sleepfs.pdf

Sleep and Health Among Adults in SLEEP NEBRASKA

Sufficient sleep is essential for a healthy lifestyle

How much sleep do adults need? Adults should sleep 7 or more hours each night for optimal health. Insufficient sleep (or short sleep) is defined as less than 7 hours of sleep daily. More than a third of U.S. adults report insufficient sleep.

What are the consequences of not getting enough sleep?

Not getting enough sleep is associated with an increased risk for a number of chronic diseases and conditions:

- Diabetes
- Cardiovascular disease
- Stroke
- Obesity
- Depression

Not getting enough sleep also contributes to motor vehicle crashes and machinery-related injuries, causing substantial injury and disability each year.

What are 5 health behaviors for preventing chronic disease?

Five health behaviors have been identified as being key for preventing chronic disease:

- Not smoking
- Regular physical activity
- Moderate or no alcohol consumption
- Maintaining a healthy weight
- Daily sufficient sleep (7 or more hours)

Why don't adults get the sleep they need?

Causes of insufficient sleep include lifestyle factors like inconsistent bedtimes and using technology late at night and occupational factors like shift work or long work hours. In addition, some medical conditions, medications, and sleep disorders like sleep apnea affect how long and how well you sleep.

1. Matthews DR, Geetha S, Bjorndal S, et al. Recommended amount of sleep for a healthy adult: a joint statement of the American Academy of Sleep Medicine and Sleep Research Society. *Sleep* 2008;31(2):307-310.
2. Jay G, Wang W, Zhang W, et al. Prevalence of healthy sleep in older adults. *United States, 2011-12*. *Health Affairs (Millwood)* 2013;32(10):1702-1707.
3. National Center for Sleep Medicine and Research. *Insufficient Sleep: A Public Health Problem*. Washington, DC: The National Center for Sleep Medicine and Research; 2010.
4. CDC. *U.S. Adult Sleep Habits*. Atlanta, GA: U.S. Department of Health and Human Services; 2010.
5. CDC. *U.S. Adult Sleep Habits*. Atlanta, GA: U.S. Department of Health and Human Services; 2010.
6. CDC. *U.S. Adult Sleep Habits*. Atlanta, GA: U.S. Department of Health and Human Services; 2010.
7. CDC. *U.S. Adult Sleep Habits*. Atlanta, GA: U.S. Department of Health and Human Services; 2010.
8. CDC. *U.S. Adult Sleep Habits*. Atlanta, GA: U.S. Department of Health and Human Services; 2010.
9. CDC. *U.S. Adult Sleep Habits*. Atlanta, GA: U.S. Department of Health and Human Services; 2010.
10. CDC. *U.S. Adult Sleep Habits*. Atlanta, GA: U.S. Department of Health and Human Services; 2010.

www.cdc.gov/sleep/pdf/states508/FS_ShortSleepByState_NE_508taqqed.pdf



<https://healthyforgood.heart.org/better/infographics/fight-stress-with-healthy-habits-infographic>

Nebraska Department of Health and Human Services Resources:

Women's and Men's Health Program

1-800-532-2227 || dhhs.ewm@nebraska.gov

- **Inflatable Colon:**
Have you ever wondered what the inside of your colon looks like? Well don't wait...the Nebraska Colon Cancer Screening Program has a 20 foot inflatable colon you can utilize at your next event.
- **Fecal Occult Blood Test Kits (FOBT):**
The Nebraska Colon Cancer Screening Program can assist with distribution of FOBT kits within your community. Call and find out more information.
- **Pop Up Tent:**
Women's and Men's Health Programs has an 8x8 octagonal pop up tent that you can check out for your events. Call to see if it's available for your event.








EXAMPLE:**“Walk & Talk” Survey Form**

We appreciate your help. Please mark your response below by checking the circle.

| | Strongly Agree | Agree | Neutral | Disagree | Strongly Disagree |
|--|-----------------------|-----------------------|-----------------------|-----------------------|--------------------------|
| The goal of the walking group was clearly defined. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Participation and being more active was strongly encouraged. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Increasing my physical activity was important to me. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The topics covered by my HC, Lay Leader or CHW in our walks related to me. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The content was put together well and easy to follow during our walks. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The materials handed out were helpful. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The HC or CHW was knowledgeable about the topics discussed. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The HC or CHW came well prepared each time. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The time spent for the walking group was sufficient. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I plan to start a walking group of my own or continue in this one. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Comments:

HEALTH TRACKER month/year: _____

| | FOOD | | | | WATER | ACTIVITY | TIME | DISTANCE |
|------------------------|---------------------------------------|---|---|----|---|----------|------|----------|
| MON | Breakfast Lunch Dinner Snack | | | |  | | | |
| TUES | B L D S | | | |  | | | |
| WED | B L D S | | | |  | | | |
| THURS | B L D S | | | |  | | | |
| FRI | B L D S | | | |  | | | |
| SAT | B L D S | | | |  | | | |
| SUN | B L D S | | | |  | | | |
| SLEEP | M | T | W | TH | F | SAT | SUN | WEIGHT |
| GOALS: | | | | | | | | |
| PROGRESS & ROADBLOCKS: | | | | | | | | |
| NOTES | | | | | | | | |

