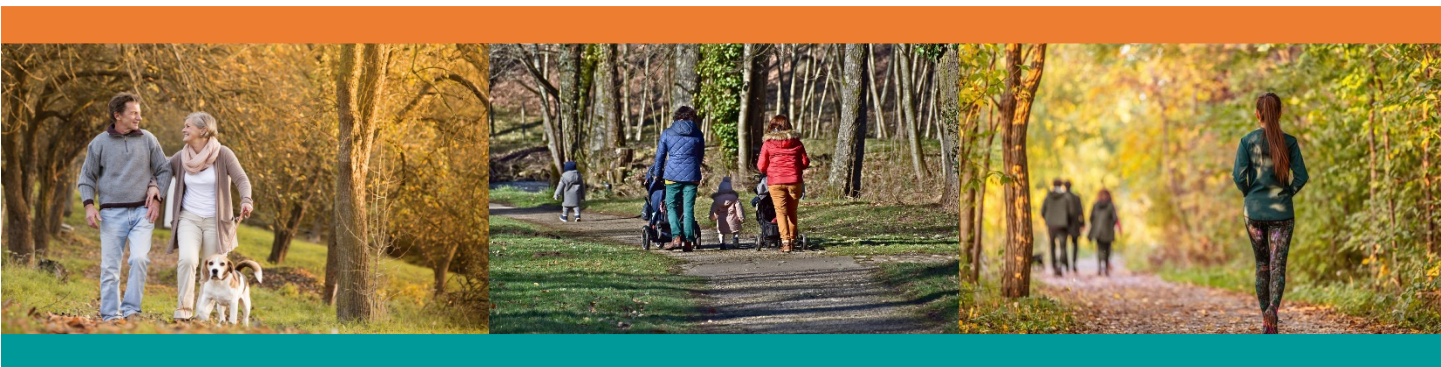




Prescription for a Healthier You

“Walk & Talk” Toolkit



Women’s and Men’s Health || Women’s Health Initiatives
301 Centennial Mall South || P.O. Box 94817
Lincoln, NE 68509-4817
800.532.2227
Web: www.dhhs.ne.gov/EWM
Email: dhhs.ewm@nebraska.gov

NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES



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Evaluation Form

Health Tracker

*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.



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 35, is an example of an evaluation form that can be used at the conclusion of your program.

The following links will be places where your clients can go to enter their information, fill out a pre-assessment, track their steps and eating behaviors, and fill out a post-assessment. All information is stored on a secure DHHS server.

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 12 weeks/sections using color-coded tabs:

WEEK 1: Goal Setting

WEEK 2: Walking

WEEK 3: Preventive Screenings

WEEK 4: Healthy Eating

WEEK 5: Lifestyle Changes

WEEK 6: Physical Activity

WEEK 7: Healthy Weight

WEEK 8: Lifestyle Modifications

WEEK 9: Alcohol & Tobacco Use

WEEK 10: Stress & Sleep

WEEK 11: Mental Health

WEEK 12: Staying Connected

WEEK 1: Goal Setting

In order to set a goal you can reach, it is important to think about what you are currently doing. Whether it be starting physical activity, increasing your water intake, or eating better. Talk to your doctor before you start physical activity as he/she can suggest activities that will be appropriate for your fitness level and they may be able to help you achieve your goals.

Creating a regular routine is the best way to make sure you stick to any goals you set. The first step toward creating a routine is overcoming excuses. Excuses like, “It hurts!”, “I don’t know which exercises to do!”, “I don’t like water”, or “I don’t have the time! Do these excuses sound like something you may have said? If so, you should know that you’re not alone.

The second step in setting up your own physical activity program is to choose a time of day that works best for you. Think about which time of day you tend to feel best, as well as when your medicine is working. You want to be physically active when you feel good.

The best idea for 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.**”

You may also want to include a friend. This will help you remember to be physically active, drink more water or eat better. Friends provide extra encouragement and make goal setting more fun. 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 keep moving in the right direction.

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



Do you remember when you learned how to set goals?

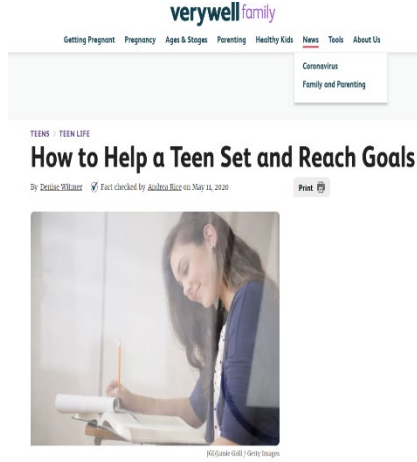
If you have trouble answering that question, you're not alone! Most of us don't spend much time thinking about how we set goals.

In fact, many of us don't even think of goal setting as a skill; rather, it's just something we do without reflecting on it much.

However, goal setting is a practice that operates on a set of specific skills—and luckily, these skills are relatively easy to teach.

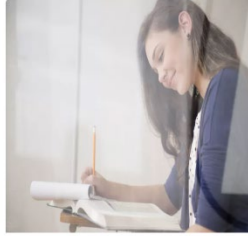
As with most skills, it's best to start teaching goal setting early. Although parents are perhaps the best source of skill building and development for their children, it's vital to have some goal setting material in the school curriculum as well. Learning how to set goals in school and seeing goal setting modeled by peers and teachers is a great way to encourage effective goal setting in children.

<https://positivepsychology.com/goal-setting-students-kids/>



How to Help a Teen Set and Reach Goals

By Denise Zilber, PhD, Fact checked by Ashlea Buzi on May 11, 2020



istockphoto/Getty Images

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



HOW SETTING GOALS HELPS TEENS SUCCEED

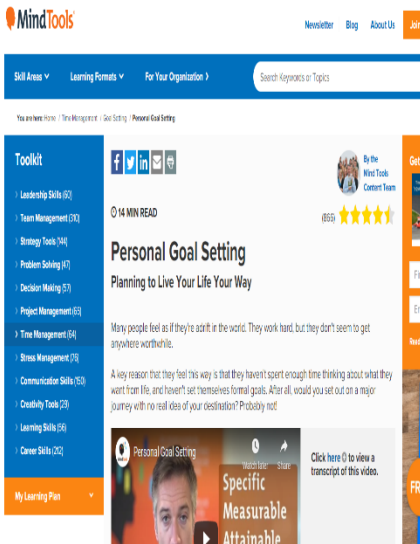
Posted by Erin Reardon

For many students, a new calendar year is just as important as the beginning of the school year. It's the ideal time to reflect on the past and prepare for the future. Whether it's bringing up their letter grade from a C to a B or learning a new skill like how to play guitar, a new semester is full of opportunities for teens to learn and grow as individuals.



No matter what the goal may be, the job of youth development professionals is to help all children

<https://www.ymca.net/backpack-buzz/how-setting-goals-helps-teens-succeed>

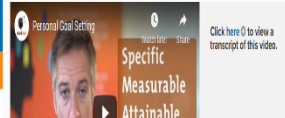


Personal Goal Setting

Planning to Live Your Life Your Way

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.



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

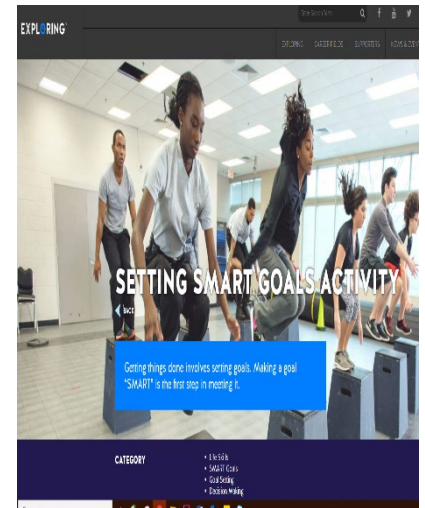
Adult Learner Goals Toolkit

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>



SETTING SMART GOALS ACTIVITY

Getting things done involves setting goals. Making a goal "SMART" is the first step in making it.

- CATEGORY
- Life Skills
 - Social Skills
 - Goal Setting
 - Decision Making

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

WEEK 2: Walking

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.

The guidelines also recommend that children and adolescents be active for at least 60 minutes every day. Following these guidelines can contribute to overall health, and decrease the risk of chronic diseases such as heart disease, cancer or diabetes.

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. A single bout of moderate-to-vigorous physical activity can improve sleep, memory, and the ability to think and learn. It also reduces anxiety symptoms.

The [second edition of the Physical Activity Guidelines for Americans](#) provides evidence-based recommendations for adults and youth ages 3 through 17 to safely get the physical activity they need to stay healthy. There are new key guidelines for children ages 3 through 5 and updated guidelines for youth ages 6 through 17, adults, older adults, women during pregnancy and the postpartum period, adults with chronic health conditions, and adults with disabilities.

1. The new key guidelines for children ages 3 through 5 state that **preschool-aged children should be active throughout the day to enhance growth and development**. Adults caring for children this age should encourage active play (light, moderate, or vigorous intensity) and aim for at least 3 hours per day.
2. The **recommended amount of physical activity for youth ages 6 through 17 is the same**. Each day, youth ages 6 through 17 need at least 60 minutes of moderate-to-vigorous activity to attain the most health benefits from physical activity. Most activity can be aerobic, like walking, running, or anything that makes the heart beat faster. They also need activities that make their muscles and bones strong, like climbing on playground equipment, playing basketball, and jumping rope.
3. The **recommended amount of physical activity for adults is the same**. To attain the most health benefits from physical activity, adults need at least 150 to 300 minutes of moderate-intensity aerobic activity, like brisk walking or fast dancing, each week. Adults also need muscle-strengthening activity, like lifting weights or doing push-ups, at least 2 days each week.

The first key guideline for adults is to **move more and sit less**. This recommendation is based on new evidence that shows a strong relationship between increased sedentary behavior and increased risk of heart disease, high blood pressure, and all-cause mortality. All physical activity, especially moderate-to-vigorous activity, can help offset these risks.

We now know that **any amount of physical activity has some health benefits**. Americans can benefit from small amounts of moderate-to-vigorous physical activity throughout the day. New evidence shows that physical activity has **immediate health benefits**. For example, physical activity can reduce anxiety and blood pressure and improve quality of sleep and insulin sensitivity.

Being physically active can lead to **even more long-term health benefits**. (New benefits appear in bold with *.)

- For youth, physical activity can help improve **cognition**,* bone health, fitness, and heart health. It can also reduce the risk of depression.
- For adults, physical activity helps prevent 8 types of cancer (**bladder**,* breast, colon, **endometrium**,* **esophagus**,* **kidney**,* **stomach**,* and **lung***); reduces the risk of **dementia*** (including **Alzheimer's disease***), all-cause mortality, heart disease, stroke, high blood pressure, type 2 diabetes, and depression; and improves bone health, physical function, and quality of life.
- For older adults, physical activity also lowers 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.

New evidence shows that physical activity can help **manage more health conditions** that Americans already have. For example, physical activity can 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, and Parkinson's disease.

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)

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 a total of **150** minutes

OR

At least **25** minutes of vigorous aerobic activity **3** days per week for a total of **75** minutes

or a combination of the two

AND

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

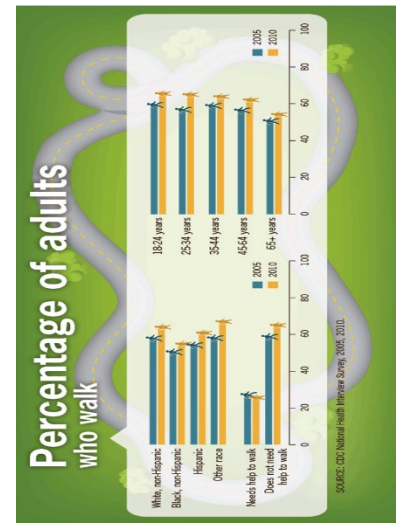
For Lowering Blood Pressure and Cholesterol:

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

http://www.heart.org/idc/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 intervention approaches?

Activity-Friendly Routes

- Safe pedestrian design and connectivity
- Pedestrian infrastructure
- Bicycle infrastructure
- Public transit infrastructure and access

Everyday Destinations

- Mixed land use
- Nonresidential density
- Community or neighborhood planning
- Parks and recreational facility access

<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

- Sleep
- Less Anxiety
- Blood Pressure

LONG-TERM

- 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

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.	Breast Cancer Women aged 50 to 74 years Grade: B Biennial screening mammography for women aged 50 to 74 years.
Women 30-65 Grade: A Screen with cytology every 3 years or co-testing (cytology/HPV testing) every 5 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.

Youth Preventive Screenings

The Bright Futures/American Academy of Pediatrics (AAP) *Recommendations for Preventive Pediatric Health Care*, also known as the "Periodicity Schedule," is a schedule of screenings and assessments recommended at each well-child visit from infancy through adolescence.

Each child and family is unique; therefore, these recommendations are designed for the care of children who are receiving competent parenting, have no manifestations of any important health problems, and are growing and developing in a satisfactory fashion. Additional visits may become necessary if circumstances suggest variations from normal. Developmental, psychosocial, and chronic disease issues for children and adolescents may require frequent counseling and treatment visits separate from preventive care visits.

Refer to the specific guidance by age as listed in the *Bright Futures Guidelines* (Hagan JF, Shaw JS, Duncan PM, eds. Bright Futures: Guidelines for Health Supervision of Infants, Children and Adolescents. 4th ed. American Academy of Pediatrics; 2017).



PREVENTIVE HEALTH RESOURCES



United Healthcare

https://www.uhc.com/content/dam/uhcdotcom/en/HealthAndWellness/PDF/preventive-care-guidelines_en.pdf

Recommendations for Preventive Pediatric Health Care

Table with columns for Age Group (0-1, 1-2, 2-3, 3-4, 4-5, 5-6, 6-7, 7-8, 8-9, 9-10, 10-11, 11-12, 13-14, 15-16, 17-18, 19-20, 21-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99) and rows for various services like Immunizations, Vision, Hearing, etc.

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



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 (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

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



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-children/>

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

U.S. Preventive Services Task Force

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

Topic	Description	Grade	Robust 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) in		

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

WEEK 4: 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 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.

- Try to fill half your plate with fruits and vegetables. Fresh, frozen, or canned-low or no salt vegetables and fruit are good options.
- Make half of your total grains whole grains. Whole grains offer more nutrients.
- 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.
- 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.
- Type of fat affects disease risk. Consume less than 10% of calories from saturated fat.
- Relationship between high sodium and high BP/ risk of heart disease. Try to limit sodium to 2,300 mg/day

What to review:

- The U.S. Department of Agriculture estimates 52.5 million people in the U.S. have limited access to a supermarket. Corner stores, gas stations, or convenience stores may be nearby, but these options often lack fresh fruits, vegetables, and/or low-fat snack options. Residents are left with high-priced and high-processed foods; a situation that contributes to the obesity epidemic and other health disparities.
- Choose Healthy Here provides healthy environment education for both store owners and consumers. The program provides community outreach guidance, marketing signage, and promotion.
- The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses.
- Overweight and obesity are increasingly common conditions in the United States. Obesity is a serious medical condition that can cause complications such as metabolic syndrome, high blood pressure, atherosclerosis, heart disease, diabetes, high blood cholesterol, cancers and sleep disorders.
- The DASH eating plan follows heart healthy guidelines to limit saturated fat and cholesterol. It focuses on increasing intake of foods rich in nutrients that are expected to lower blood pressure, mainly minerals (like potassium, calcium, and magnesium), protein, and fiber. It includes nutrient-rich foods so that it meets other nutrient requirements as recommended by the Institute of Medicine.



WEEK 5: Lifestyle Change

Starting small, focusing on one behavior at a time and support from others can help you achieve your exercise or other health-related goals.

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 over time, little by little.

Lifestyle changes take time and most times having people support you make it easier. Make sure you make a plan, do some research so that you can be successful. Set small goals.

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, then 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.

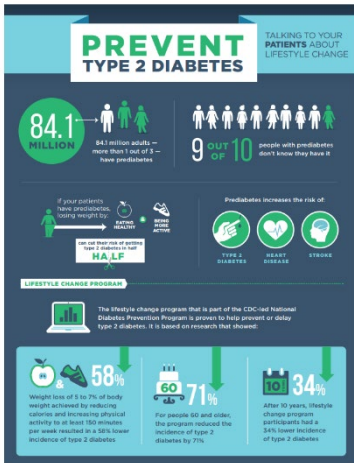
Find Support. Friends, coworkers or family member involved in your lifestyle changes can help keep you motivated. Having someone to walk with you or someone to talk to about the choices you're making can be so helpful.

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.

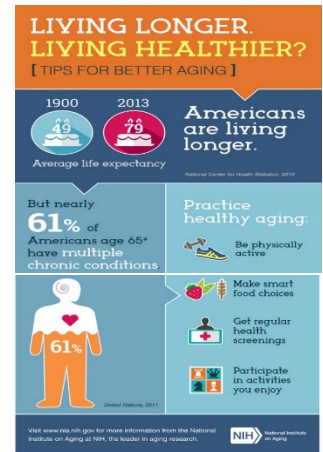
LIFESTYLE CHANGE RESOURCES:



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



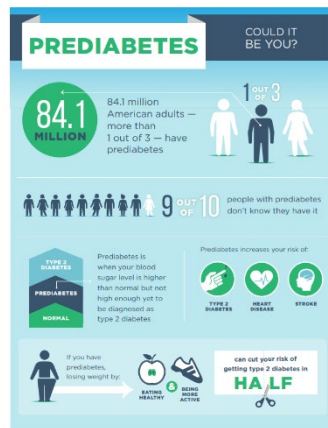
<https://healthyforgoodheart.org/bell/infographics/be-healthy-for-good-with-lifes-simple-7-infographic>



<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>

WEEK 6: Physical Activity

What to review:

- Physical activity is anything that gets your body moving. It is important to be physically active every day.
- You should get 150 minutes of activity each week AND light muscle strengthening activities on at least 2 days a week.
- Regular physical activity helps improve your overall health and fitness and reduces your risk of developing type 2 diabetes and metabolic syndrome.
- Being physically active lowers your risk for two types of cancer: colon and breast.
- Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better.



PHYSICAL ACTIVITY RESOURCES

small steps to BIG changes

Take small steps toward a healthier life by getting your free heart score and custom plan today at heart.org/MyLifeCheck

<https://www.heart.org/-/media/AHA/H4GM/PDF-Files/LifeSimple7compressed.pdf>

Vital signs Adult Obesity

Obesity is common, serious, and costly. In 2009, about 72 million more adults were obese than in 2007. This epidemic has affected every part of the United States. In every state, more than 15% of adults are obese, and in nine states, over 30% of adults are obese. The medical care costs of obesity in the United States are staggering. Recent estimates of the annual medical costs are as high as \$4.7 billion. More efforts are needed, and new federal initiatives are helping to change our communities into places that strongly support healthy eating and active living.

Want to learn more? Visit:

- <http://www.cdc.gov>
- <http://www.cdc.gov/obesity>
- <http://www.cdc.gov/obesity>

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

25 WAYS TO GET MOVING AT HOME

- Run in place for 30 seconds
- Stretching for 1 minute
- Stand up and sit down 10 times
- Stand on toes for 30 seconds
- Keep a ball in the air without touching the ground (kick it higher by only using hands or elbows)
- Do the hula hoop
- Sit how many squats you can do in 15 seconds
- Stand on toes, touch your toes
- Stretch your hands high over your head
- Arm circles forward for 30 seconds, arm circles backward for 30 seconds
- Wall sit while reading
- One-minute yoga
- Stand on one leg, put your hands up, put your hands out to the side
- 5 lunges on the right leg, 5 lunges on the left leg
- 10 frog jumps
- Standing mountain climbers for 30 seconds
- Practice spelling: do a squat for every vowel
- Run in place for 30 seconds, check your heart rate
- Practice math problems, do a jumping jack every time the answer is an even number
- 25 leg lifts
- Ball toss spelling practice: Toss the ball and say a letter then toss the ball to someone else to say the next letter
- 30-second plank
- High knees for 30 seconds

heart.org/KidsActivities

<https://www.heart.org/en/healthy-living/fitness/getting-active/25-ways-to-get-moving-at-home-infographic>

PHYSICAL ACTIVITY BUILDS A HEALTHY AND STRONG AMERICA

THE PROBLEM

- About 1 in 2 adults live with a chronic disease. About half of this group have had or will have.
- Only half of adults get the physical activity they need to help reduce and prevent chronic diseases.

NOT GETTING ENOUGH PHYSICAL ACTIVITY COSTS MONEY

\$117 BILLION in annual health care costs are associated with inadequate physical activity.

IMPACT ON MILITARY READINESS

Long-term military readiness is at risk unless a large-scale change in physical activity and nutrition takes place in America.

NEARLY 1 IN 4 YOUNG ADULTS see too heavy to serve in our military.

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

ANSWERS by Heart Lifestyle • Risk Reduction • Fitness • Weight Management

How Can Physical Activity Become a Way of Life?

If you aren't in the habit of being physically active, you're probably using what you should start. That's because regular physical activity reduces your risk of heart disease and stroke. It also helps you reduce or manage other risk factors — high blood pressure, high cholesterol, excess weight and diabetes. But the benefits don't stop there. You may look and feel better, become stronger and more flexible, have more energy, and reduce stress and tension.

How do I start?

- Start slowly — start with 10 minutes.
- Choose activities you enjoy. Pick a start date that fits your schedule and gives you enough time to begin your program. Walking is a great way to get started!
- Wear comfortable clothes and shoes.
- Try to exercise at the same time each day so it becomes a regular part of your lifestyle.
- Drink water before, during and after each exercise session.
- Use the buddy system: Ask a friend to start a program with you.
- Mark the days you exercise and write down the distance or length of time of your workout and how you feel after each session.
- Aim for at least 150 minutes of moderate-intensity or 75 minutes of vigorous intensity aerobic exercise each week. If you have high blood pressure or high cholesterol, aim for at least 30 minutes of moderate-intensity physical activity at least 3 or 4 days a week.

What will keep me going?

- Get your family into physical activity! It's great to have a support system, and you'll be getting them into an important health habit.
- Join an exercise group, health club or local community center.
- Choose an activity you like and make sure it's convenient for you. If you need good weather, have a back-up plan for bad days (e.g., when it rains, walk in the mall instead of the park).
- Look a new spot you think you might enjoy or take breaks to improve at one you know.
- Do a variety of activities. Take a break with one day a week for rest time. Then go for a bike ride on the weekend!
- Make physical activity a routine and a habit.
- If you stop for any length of time, don't lose hope! You can restart again and work up to your ideal level of physical activity.

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/why-is-physical-activity-so-important-for-health-and-well-being>

Post-Care: Stress and Time Management

Strategies for Saving Time with Physical Activity

Consider these "time savers" that you could add to your physical activity routine.

Save time getting motivated to do physical activity:

- Set an alarm when the alarm goes off, go!
- Have a friend or family member meet you at a regular time.
- Ask a friend or family member to call you to remind you.
- Join a walking club, gym, aerobics class, etc.
- Other ideas:

Save time getting ready:

- Keep your exercise shoes and clothes in the car or at your office.
- Set out your exercise gear the night before.
- Choose a place to get physical activity that is close to your home or work.
- Other ideas:

Save time by combining physical activity with other tasks or opportunities:

- Use a 10-minute break during the day to take a brisk walk.
- Ride an exercise bike while you watch the news or listen to the radio.
- Walk and talk with friends or family members.
- Walk, run, or bike in a community event that benefits a good cause.
- Walk or bike to work, or to the store for errands.
- Take your child for a brisk walk in a stroller.
- Take up an active hobby (dancing, swimming, hiking, etc.).
- Mow the lawn or shovel snow for an elderly neighbor.
- Other ideas:

Save time after being physically active:

- Be physically active right before the time when you would be showering (such as first thing in the morning or in the evening).
- Other ideas:

National Diabetes Prevention Program Post-Care

www.cdc.gov/diabetes/prevention/pdf/posthandout_session12.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 fitness than adults who are inactive. Adults need to do two types of physical activity each week to improve health — aerobic and muscle-strengthening activities.

Aerobic Activities

For substantial health benefits, adults need to do at least:

- 2 hours and 30 minutes (150 minutes) each week of moderate-intensity aerobic activity
- OR
- 1 hour and 15 minutes (75 minutes) each week of vigorous-intensity aerobic activity
- OR
- An equivalent mix of moderate- and vigorous-intensity aerobic activity

Aerobic activity should be performed for at least 10 minutes at a time, preferably, spread throughout the week.

Muscle Strengthening Activities

Muscle strengthening should be done 2 or more days a week.

- All major muscle groups should be worked. These are the legs, hips, back, shoulders, chest, abdomen, and arms.
- Exercises for each muscle group should be repeated at least 8 to 12 times per set. As exercises become easier, increase the weight or do another set.

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

WEEK 7: 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.

In the United States, the number of children and adults with obesity has continued to rise over the past two decades. Obesity in childhood poses immediate and future health risks. Parents, guardians, and teachers can help children maintain a healthy weight by helping them develop healthy eating habits and limiting calorie-rich temptations. You also want to help children be physically active, have reduced screen time, and get adequate sleep.

Obesity is serious because it is associated with poorer mental health outcomes and reduced quality of life. Obesity is also associated with the leading causes of death in the United States and worldwide, including diabetes, heart disease, stroke, and some types of cancer.

Portion Control

When eating at many restaurants, it is hard to miss that portion sizes have gotten larger in the last few years. The trend has also spilled over into the grocery store and vending machines, where a bagel has become a BAGEL and an “individual” bag of chips can easily feed more than one.

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.
- Food labels can help you understand that portion sizes are often larger than you think. 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 NHLBI to help estimate the right amount to eat. (<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/servingscard7.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



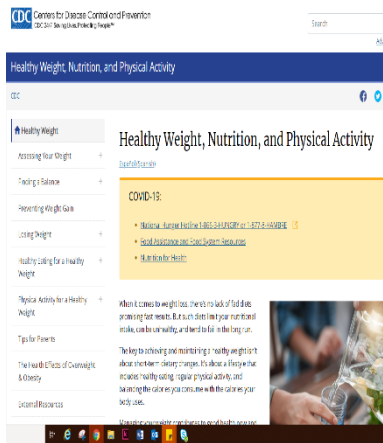
<https://www.myplate.gov/life-stages/kids>



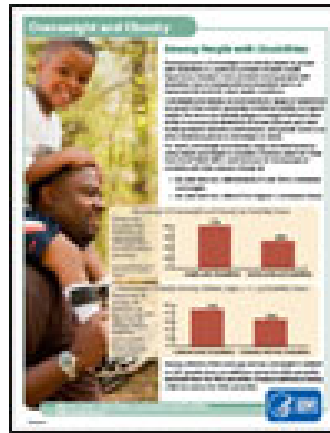
https://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion_size_pitfalls.pdf

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height (inches)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74

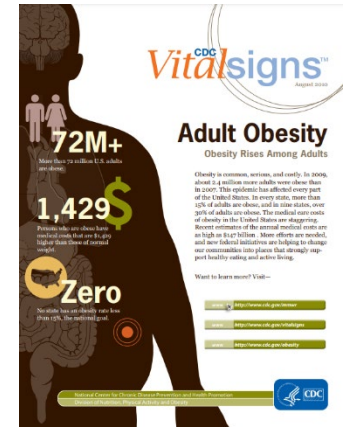
https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi_tbl.html



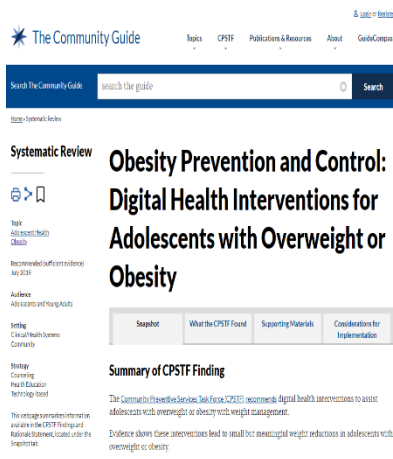
<https://www.cdc.gov/healthyweight/index.html>



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



<https://www.cdc.gov/vitalsigns/pdf/20-10-08-vitalsigns.pdf>



<https://www.thecommunityguide.org/findings/obesity-prevention-and-control-digital-health-interventions-adolescents-overweight-obesity>

WEEK 8: Lifestyle Modification

What to review:

- Smart Moves is a lifestyle change program of the National Diabetes Prevention Program (NDPP), a partnership of public and private organizations working to prevent or delay type 2 diabetes, proven to help people with prediabetes make lasting and healthy changes and cut their risk of type 2 diabetes.
- Partners work to make it easier for people with prediabetes to participate in evidence-based, affordable and high-quality lifestyle change programs to reduce their risk of type 2 diabetes and improve their overall health. A Centers for Disease Control-recognized lifestyle change program is a structured program developed specifically to prevent type 2 diabetes. It is designed for people who have prediabetes or are at risk for type 2 diabetes, but who do not already have diabetes.



WEEK 8

Participants meet with trained lifestyle coaches in a small group setting with other individuals making similar life changes to prevent diabetes. Sessions are held weekly for 16 weeks then once a month for 6 months.



What to review:

- 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.

WEEK 9: Alcohol and Tobacco

What to review:

- 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:

Alcohol Use and Your Health

Drinking too much can harm your health. Excessive alcohol use leads to about 88,000 deaths in the United States each year and shortens the life of those who die by almost 30 years. Further, excessive drinking cost the economy \$249 billion in 2010. Most excessive drinkers use alcohol dependent.

What is considered a "drink"?
U.S. Standard Drink Sizes

- 12 ounces 7% ABV beer
- 8 ounces 14% ABV wine
- 5 ounces 40-50% (80-100 proof) distilled spirits

Excessive alcohol use includes:

- Binge Drinking:** For women, 4 or more drinks consumed on one occasion. For men, 5 or more drinks consumed on one occasion.
- Heavy Drinking:** For women, 8 or more drinks per week. For men, 15 or more drinks per week.
- Any alcohol used by pregnant women**
- Any alcohol used by those under the age of 21 years**

If you choose to drink, do so in moderation:

- FOR WOMEN, up to 1 drink a day**
- FOR MEN, up to 2 drinks a day**

NO ONE should begin drinking or drink more frequently based on personal health needs.

National Center for Chronic Disease Prevention and Health Promotion
Division of Population Sciences
CDC

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

Alcohol And Your Body

What kind of substance is alcohol?

- Depressant
- Slows down central nervous system

20% Absorbed in Stomach

80% Absorbed in Small Intestine

1 Standard Drink in 1 Hour

What is one drink?

- 12 oz BEER
- 5 oz WINE
- 1.5 oz SPIRITS

People underestimate how much they have had to drink because they aren't using standard measurements.

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

WHAT IS EXCESSIVE ALCOHOL USE?

BIERGE DRINKING: For women, 5 or more drinks consumed on one occasion. For men, 8 or more drinks consumed on one occasion.

HEAVY DRINKING: For women, 14 or more drinks per week. For men, 15 or more drinks per week.

ANY ALCOHOL USE BY THOSE UNDER AGE 21

ANY ALCOHOL USE BY PREGNANT WOMEN

EXCESSIVE DRINKING INCLUDES:

- BIERGE DRINKING
- HEAVY DRINKING
- ANY ALCOHOL USE BY THOSE UNDER AGE 21
- ANY ALCOHOL USE BY PREGNANT WOMEN

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

NIH National Institute on Alcohol Abuse and Alcoholism

Alcohol Facts and Statistics

Alcohol Use in the United States:

- Prevalence of Drinking:** According to the 2010 National Survey on Drug Use and Health (NSDUH), 90.4 percent of people ages 18 or older reported that they drank alcohol at some point in their lifetime; 70.1 percent reported that they drank in the past year; 56.0 percent reported that they drank in the past month.¹
- Prevalence of Binge Drinking and Heavy Alcohol Use:** In 2010, 28.9 percent of people ages 18 or older reported that they engaged in binge drinking in the past month; 7.0 percent reported that they engaged in heavy alcohol use in the past month.² (See sidebar on page 2 for definitions of binge drinking and heavy alcohol use.)

Alcohol Use Disorder (AUD) in the United States:

- Adults (ages 18+):** According to the 2010 NSDUH, 15.1 million adults ages 18 and older³ (8.2 percent of this age group) had AUD. This includes 9.3 million men⁴ (8.4 percent of men in this age group) and 5.3 million women⁵ (14.2 percent of women in this age group).
 - About 6.7 percent of adults who had AUD in the past year received treatment. This includes 7.4 percent of males and 5.4 percent of females with AUD in this age group.⁶
- Youth (ages 12-17):** According to the 2010 NSDUH, an estimated 623,000 adolescents ages 12-17⁷ (2.5 percent of this age group) had AUD. This number includes 298,000 males⁸ (2.3 percent of males in this age group) and 325,000 females⁹ (2.7 percent of females in this age group).
 - About 5.2 percent of youth who had AUD in the past year received treatment. This includes 5.1 percent of males and 5.3 percent of females with AUD in this age group.¹⁰

Alcohol-Related Deaths:

- An estimated 88,000¹¹ people (approximately 62,000 men and 26,000 women) die from alcohol-related causes annually, making alcohol the third leading preventable cause of death in the United States. The first is tobacco, and the second is poor diet and physical inactivity.¹²
- In 2014, alcohol-impaired driving fatalities accounted for 9,967 deaths (31 percent of overall driving fatalities).¹³

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

Beyond Hangovers

understanding alcohol's impact on your health

NIH National Institute on Alcohol Abuse and Alcoholism

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

The COST of Excessive Alcohol Use

A Drain on the American Economy

- Productivity: \$28 billion
- Wages: \$179 billion
- Output: \$25 billion

\$249 billion loss

www.cdc.gov/alcohol
CDC

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

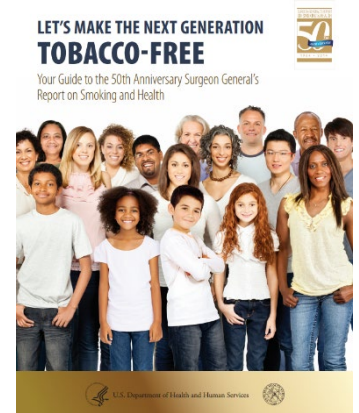
ALCOHOL AND TOBACCO RESOURCES:



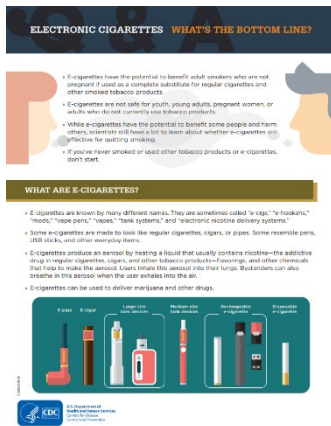
https://www.cdc.gov/media/images/releases/2016/p0713-secondhand-smoke.pdf?s_cid=b-b-osh-shs-graphic-007



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



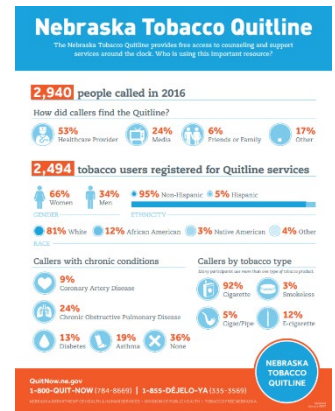
<https://www.surgeongeneral.gov/library/reports/50-years-of-progress/consumer-guide.pdf>



https://www.cdc.gov/tobacco/basic_information/e-cigarettes/pdfs/Electronic-Cigarettes-Infographic-508.pdf



<https://www.cdc.gov/vitalsigns/pdf/2016-11-vitalsigns.pdf>



<http://dhhs.ne.gov/Reports/Nebraska%20Tobacco%20Quitline%20Fact%20Sheet%202016.pdf>

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

CLEAN SLEEP + UP YOUR HYGIENE

Healthy sleep is essential for your overall health and well-being. It helps you stay energized, focused, and able to handle stress. To get the most out of your sleep, you need to create a healthy sleep environment. Here are some tips to help you do that:

- MOVE IT:** Get some exercise every day, but not too close to bedtime. Aim for at least 30 minutes of moderate activity.
- DIM IT:** Turn off the lights at least 30 minutes before bed. Use a night light if you need one.
- SET IT:** Set a consistent bedtime and wake-up time, even on weekends.
- LOCK IT:** Lock your bedroom door and turn off your phone to avoid distractions.
- BLOCK IT:** Use earplugs or white noise to block out sounds that might disturb your sleep.

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



IN BRIEF: Your Guide To Healthy Sleep

What is Sleep?
Sleep is a biological process that allows the body to rest and recover. It is essential for good health and well-being. Sleep helps the body repair itself, and it is important for mental health and cognitive function.

How Much Sleep is Enough?
Most adults need 7 to 9 hours of sleep per night. Children and teenagers need 9 to 12 hours of sleep per night. Older adults need 7 to 8 hours of sleep per night.

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

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

https://www.nhlbi.nih.gov/files/docs/public/sleep/healthy_sleep.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
- Difficulty paying attention
- Difficulty to react driving the past few miles
- If you fall asleep while driving, pull off of the road to a safe place and take a nap for 15-20 minutes.

Don't drink and drive. A companion who can keep you engaged in conversation might help you stay awake while driving.

Schedule frequent breaks on long road trips.

Don't eat on caffeine. Although drinking a coffee or caffeine might help keep you awake for a short time, it won't overcome extreme sleepiness. Remember, if you are short on sleep, stay out of the driver's seat!

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 more active when we sleep. Studies show that people who are sleep-deprived are more likely to have a higher risk of a heart attack or stroke.

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 at 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 poor 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 most release of growth hormone, which fuels growth in children and bones made mass and the repair of cells and tissues in children and adults. Another type of hormone that increases during sleep helps the immune system fight viruses and infections. This might explain why a good night's sleep helps keep you from getting sick—and why 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 fat they gain. Lack of sleep is also linked to developing diabetes, and is a major risk factor for obesity and cardiovascular disease.

Sleep and Health Among Adults in 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. (Sufficient sleep for short sleepers 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
- Obesity
- Depression
- Stroke

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 like inconsistent bedtimes and using technology late at night and occupational factors like shift work or long work hours.

www.cdc.gov/sleep/pdf/states508/FS_ShortSleepByState_NE_508tagged.pdf

FIGHT STRESS WITH HEALTHY HABITS

1. **Be active.** Physical activity can help you manage stress and improve your mood.
2. **Exercise regularly.** Aim for at least 30 minutes of moderate activity most days of the week.
3. **Get enough sleep.** Aim for 7-9 hours of sleep per night.
4. **Limit caffeine and alcohol.** These substances can increase stress and interfere with sleep.
5. **Practice relaxation techniques.** Deep breathing, meditation, and yoga can help you feel calmer.
6. **Take breaks.** Don't let stress build up. Take short breaks throughout the day to rest and recharge.
7. **Stay organized.** Use a calendar or planner to keep track of your tasks and deadlines.
8. **Set realistic goals.** Don't overcommit yourself. Focus on what you can control.
9. **Get support.** Talk to friends, family, or a professional if you're struggling.
10. **Take care of yourself.** Eat healthy, balanced meals and stay hydrated.

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

Coping with Stress After a Traumatic Event

Tip Sheet

Traumatic events take different forms—natural disasters (earthquakes, tornadoes, wildfires), personal loss, school shootings, and community violence—and their effects can vary. People may feel sad, confused, scared, or worried. Others may feel numb or have difficulty remembering the event. Traumatic events can be hard for those directly impacted as well as for friends and family who try to be there and offer help. Coping with stress begins with recognizing how we are reacting and then by taking steps to manage our reactions in a healthy way.

Common Stress Reactions to a Traumatic Event

Emotional and physical stress reactions may occur immediately around the time of a traumatic event. For some people, signs of stress may last days or weeks to appear. Some common stress reactions are:

- Disbelief and shock
- Feeling sad, frustrated, helpless, and numb
- Fear and anxiety about the future
- Feeling guilty
- Anger, tension, and irritability
- Difficulty concentrating and making decisions
- Crying
- Reduced interest in usual activities
- Wanting to be alone
- No desire for food or loss of appetite
- Sleeping too much or too little
- Nightmares or bad memories
- Recurring thoughts of the event
- Headaches, back pain, and stomach problems
- Increased heart rate and difficulty breathing
- Increased smoking or use of alcohol or drugs

www.cdc.gov/violenceprevention/pdf/CopingwithStress.pdf

HOW TO DEAL WITH STRESS AND ANXIETY

MIND

- **Accept that you cannot control everything.** Put your stress perspective: Is it really as bad as you think?
- **Do your best.** Focus on things you can control. For perfection, which isn't possible, is not your friend.
- **Maintain a positive attitude.** Make an effort to replace negative thoughts with positive ones.
- **Learn what triggers your anxiety.** Is it a certain situation, a person, or a place? Write in a journal when you're feeling stressed or anxious, and look for a pattern.

BODY

- **Limit alcohol and caffeine.** Alcohol and caffeine can aggravate anxiety and disrupt your sleep.
- **Eat well-balanced meals.** Do not skip any meals and always keep healthy, energy-boosting snacks on hand.
- **Get enough sleep.** When stressed, your body needs additional sleep. Try to get 7-9 hours of sleep each night.
- **Exercise daily.** Exercising can help you feel good and maintain your health.

https://adaa.org/sites/default/files/Anxiety%20Tips%20ADA%20and%20MA%20Collaboration%20Oct%202017_0.pdf

WEEK 1 1: 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 and 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 on 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

These symptoms indicate a decline in mental health and potentially point to a developing psychological disorder. Some of the most common disorders in children and young adults include:

- Depression
- Anxiety
- Bipolar Disorder
- Impulse Control Disorder

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.

What You Can Do to Improve Physical Health

For a child to get the most benefit from self-care and mental health treatment, they should also start habits that improve their physical health. Here are three long-term changes you can make to improve a child's health and yours.

Limit screen time: We have already covered how screen time results in a sedentary lifestyle, but that doesn't mean you need to ban your child from screens altogether. Technology is an inevitable part of modern life, so teaching kids how to consume media in moderation is key.

Teach healthy food choices: Eating well is tough for many adults, but learning more about food allows you to instill good habits in your child. If you are not sure where to start, visit the [MyPlate website](#) from the United States Department of Agriculture (USDA) to see guidelines, resources and suggestions on healthy eating.

Encourage exercise: It's much easier for a child or young adult to incorporate healthy exercise habits than it is for an adult. Kids also have more time and more options to fit in exercise, from P.E. at school to local sports clubs. Making physical activity a routine part of life provides kids with a built-in, healthy coping mechanism that improves mental health in the long-run.

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

MENTAL HEALTH RESOURCES

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

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

<https://portal.networkofcare.org/Sites/nebraska>

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

Week 12: 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.

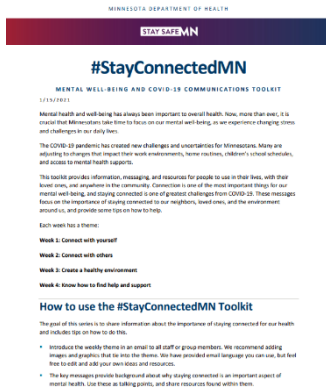
If your social calendar isn't as full as it used to be, there are things you can do to help bring people back into your life.

- **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 AARP (American Association of Retired Persons) 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>

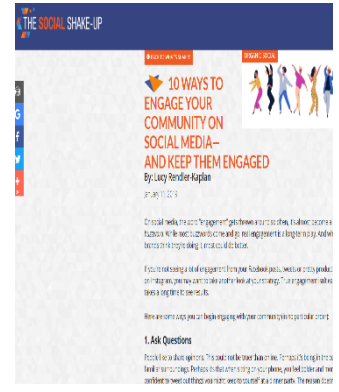
STAYING CONNECTED RESOURCES



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



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



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

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	
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