



Prescription for a Healthier You

“Walk & Talk” Toolkit



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*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.

Link for adults: <https://cip-dhhs.ne.gov/redcap/surveys/?s=4DYHWER3RD>

Link for youth (up to age 18): <https://cip-dhhs.ne.gov/redcap/surveys/?s=RC3HWL4RTR>

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



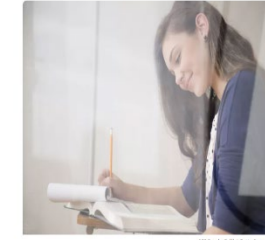
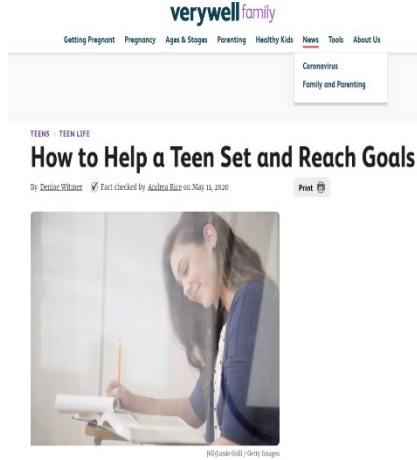
Do you remember when you learned how to set goals?

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.



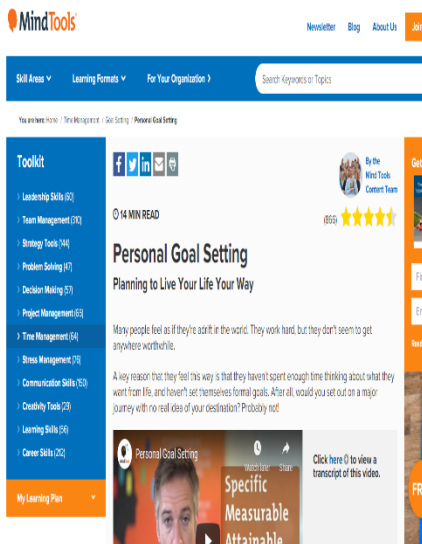
For many students, a new calendar year is just as important as the beginning of the school year. It's the ideal time to reflect on the past and prepare for the future. Whether it's bringing up that letter grade from a C to a B or learning a new skill like how to play guitar, a new semester is full of 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://positivepsychology.com/goal-setting-students-kids/>

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

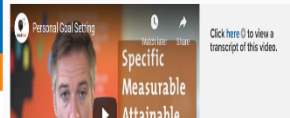
<https://www.ymca.net/backpack-buzz/how-setting-goals-helps-teens-succeed>



Personal Goal Setting

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.



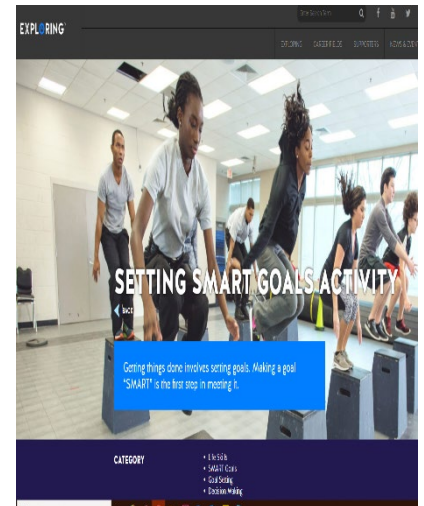
Adult Learner Goals Toolkit

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>



<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.

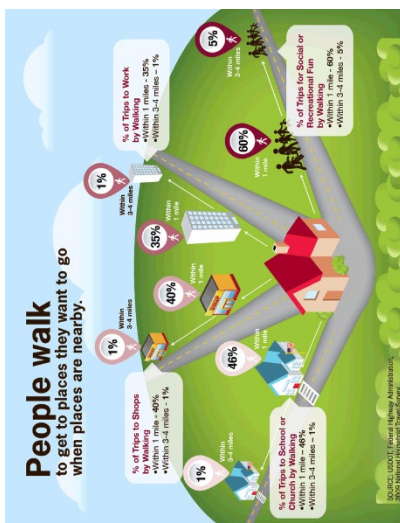
New evidence shows that physical activity can help **manage more health conditions** that Americans already have. For example, physical activity can decrease pain for those with osteoarthritis, reduce disease progression for hypertension and type 2 diabetes, reduce symptoms of anxiety and depression, 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)

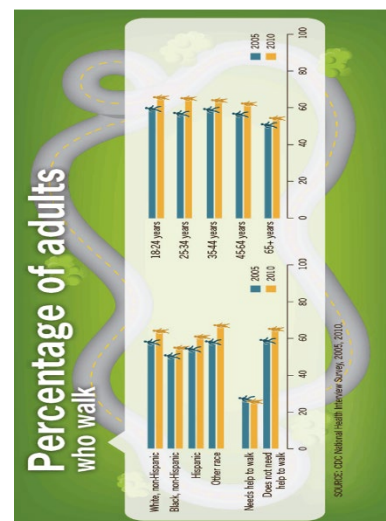
WALKING RESOURCES



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



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

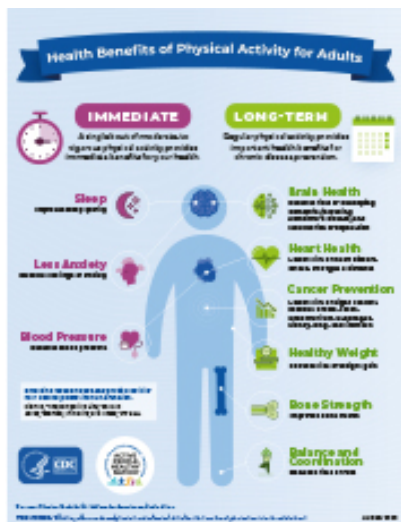


www.cdc.gov/vitalsigns/walking/infographic.html

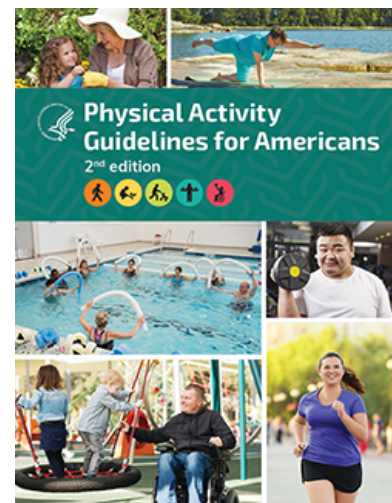


<https://www.cdc.gov/nccphp/dnpao/features/walk-friendly-communities/index.html>

**Click on DOWNLOAD on the left side of the page



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



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		Breast Cancer	
Women 21-29	Grade: A	Women aged 50 to 74 years	Grade: B
Screen with cytology (Pap smear) every 3 years.		Biennial screening mammography for women aged 50 to 74 years.	
Women 30-65	Grade: A	Women aged 40 to 49 years	Grade: C
Screen with cytology every 3 years or co-testing (cytology/HPV testing) every 5 years.		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

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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

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

[illegible]

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

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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

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- 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
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Topic	Description	Grade	Release Date of Current Recommendation
Abdominal Aortic Aneurysms: 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 2018 *
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 healthier diet and physical activity.	B	October 2018 *
Aspirin Use to Prevent Cardiovascular Disease	The USPSTF recommends initiating low-dose aspirin use for the primary		

<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.



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	CHOOSE
Does the store carry healthy foods?	Do I enjoy eating healthy foods offered?
AFFORD	USE
Are the healthy foods a good value compared to less-healthy options here?	Do I know how to prepare healthy foods?

HOW DOES THIS WORK IN MY COMMUNITY?

Increasing access to healthy 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 Wielega
Nebraska Extension
402-472-0064
vwielega2@unl.edu

**Choose
HEALTHY
HERE**
NEBRASKA

<https://food.unl.edu/NEP/CHH/Website-Info-Flyer-RD5.pdf>

CHOOSE THE FOODS THAT FUEL YOUR FAMILY BEST

FRUIT PRECINCTS

- Apples
- Bananas
- Blueberries
- Citrus
- Grapes
- Guava
- Kiwifruit
- Oranges
- Peaches
- Pineapples
- Raspberries
- Strawberries
- Watermelon

VEGETABLE VILLAGES

- Asparagus
- Bell Peppers
- Broccoli
- Cauliflower
- Corn
- Cucumbers
- Eggplant
- Kale
- Leafy Greens
- Onions
- Peas
- Potatoes
- Spinach
- Sweet Potatoes
- Tomatoes

GRAIN GRASSES

- Alfalfa
- Barley
- Buckwheat
- Chickpeas
- Corn
- Couscous
- Cracked Wheat
- Farro
- Flaxseed
- Freekeh
- Garden of Eatin'
- Grains
- Grass
- Grass Seed
- Grass
- Grass

BEANS

- Black Beans
- Black Soybeans
- Black Soybeans
- Black Soybeans
- Black Soybeans
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- Black Soybeans
- Black Soybeans

BEVERAGES

- Apple
- Coffee
- Herbal Tea
- Water
- Wine

CHEESE & BIRDS

- Almonds
- Apples
- Avocados
- Bananas
- Blueberries
- Broccoli
- Cauliflower
- Corn
- Cucumbers
- Eggplant
- Kale
- Leafy Greens
- Onions
- Peas
- Potatoes
- Spinach
- Sweet Potatoes
- Tomatoes

SAUCES & MEAT

- Almonds
- Apples
- Avocados
- Bananas
- Blueberries
- Broccoli
- Cauliflower
- Corn
- Cucumbers
- Eggplant
- Kale
- Leafy Greens
- Onions
- Peas
- Potatoes
- Spinach
- Sweet Potatoes
- Tomatoes

FRUIT & VEGETABLES

- Almonds
- Apples
- Avocados
- Bananas
- Blueberries
- Broccoli
- Cauliflower
- Corn
- Cucumbers
- Eggplant
- Kale
- Leafy Greens
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BEANS & GRAINS

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- Potatoes
- Spinach
- Sweet Potatoes
- Tomatoes

BEVERAGES

- Apple
- Coffee
- Herbal Tea
- Water
- Wine

PROTEIN

- Almonds
- Apples
- Avocados
- Bananas
- Blueberries
- Broccoli
- Cauliflower
- Corn
- Cucumbers
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BEVERAGES

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- Coffee
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- Water
- Wine

DAIRY

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- Apples
- Avocados
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- Blueberries
- Broccoli
- Cauliflower
- Corn
- Cucumbers
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- Tomatoes

FRUIT & VEGETABLES

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- Apples
- Avocados
- Bananas
- Blueberries
- Broccoli
- Cauliflower

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

What's **MyPlate** All About?




Choose **MyPlate**




Choose **MyPlate**




Choose **MyPlate**




Choose **MyPlate**




Choose **MyPlate**

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



Small Business Development Administration

10 Tips
10 Tips
10 Tips
10 Tips

MyPlate
MyWins

Choose MyPlate

Get the full story on MyPlate at www.choosemyplate.gov

Use MyPlate to build your healthy eating style and maintain it in a lifetime. Choose fruits and vegetables from each MyPlate food group. Make sure your choices are not too animal, saturated fat, or added sugars. Limit your alcohol intake. MyPlate is your guide to healthy eating.

- 1. Choose a healthy eating style**
 Choosing a healthy eating style means adopting eating habits that are consistent with the Dietary Guidelines for Americans. MyPlate is your guide to healthy eating.
- 2. Make half your plate fruits and vegetables**
 Using colorful fruits and vegetables helps you get the nutrients you need to stay healthy.
- 3. Focus on whole fruits**
 Choose whole fruits over fruit juice. Whole fruits contain fiber and are lower in calories than fruit juice.
- 4. Vary your vegetables**
 Eating a variety of vegetables is important. Choose dark green, red, orange, and white vegetables. These colors represent a variety of nutrients.
- 5. Make half your grains whole grains**
 Choose whole grains. Make half your grains whole grains. Choose whole grains over refined grains. Choose whole grains over refined grains.
- 6. Choose lean protein**
 Choose lean protein. Choose lean protein. Choose lean protein. Choose lean protein.
- 7. Limit your alcohol intake**
 Limit your alcohol intake. Limit your alcohol intake. Limit your alcohol intake. Limit your alcohol intake.
- 8. Choose low-fat dairy**
 Choose low-fat dairy. Choose low-fat dairy. Choose low-fat dairy. Choose low-fat dairy.
- 9. Limit your sodium intake**
 Limit your sodium intake. Limit your sodium intake. Limit your sodium intake. Limit your sodium intake.
- 10. Limit your added sugar intake**
 Limit your added sugar intake. Limit your added sugar intake. Limit your added sugar intake. Limit your added sugar intake.

Center for Health Promotion and Disease Prevention

Go to ChooseMyPlate.gov

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. "MyPlate" changes as you learn, so you can find good growing-eating ways that your choices are based on sodium, saturated fat, and added sugars.

Make half your plate fruits and vegetables. Place an apple beside today's meal.

- Eat a variety of fruits and vegetables.
- Try to eat a rainbow of colors.
- Eat a variety of textures.

Make half your protein choices protein-rich foods. Add a glass of milk to today's meal.

- Choose lean meats, poultry, fish, eggs, beans, and soy products.
- Choose low-fat dairy products.
- Choose nuts, seeds, and soy products.

Stick to less fat, less sodium, saturated fat, and added sugars.

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- Choose nuts, seeds, and soy products.

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MyWay Everything you eat and drink matters. The light mix can help you to build more and find the balance. Find your MyWay.

Small Changes Everything you eat and drink matters. The light mix can help you to build more and find the balance. Find your MyWay.

Order at www.mypate.com or call 1-800-368-5888

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.

Waste the food
117 MILLION pounds of food are thrown away every year.

 10% \$240B \$308B

Obesity
1 in 3 children are obese.

 69%
 1 in 3 children are obese.
 1 in 3 children are obese.

What's the return on our investment?

 Heart Healthy Sugar Reduction Cholesterol Eat

Obesity costs the U.S. \$147 billion annually

 \$147B
 1 in 3 children are obese.
 1 in 3 children are obese.

HEALTHY DIET CAN SAVE \$16,000,000,000
 1 in 3 children are obese.
 1 in 3 children are obese.

HEALTHY DIET CAN SAVE \$16,000,000,000
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HEALTHY DIET CAN SAVE \$16,000,000,000
 1 in 3 children are obese.
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<https://myplate-prod.azureedge.net/sites/default/files/2020-12/DGA%20Infographic%282018%29.pdf>



National Science Foundation
 United States Department of Education



MyPlate
MyWins

Recommended
 Amounts for
 Children and
 Adolescents

Build a healthy meal

Each meal is a **building block** in your healthy eating journey. Your meals are made up of the food groups you eat every day. Choose the right amount of each food group to build a healthy meal.

Make your own supper, substituted well, or combine. Use the [MyPlate Daily Goals](#) to help you learn the right amount to eat.

- 1. Make half your plate vegetables**
 Vegetables and fruits are full of vitamins, fiber, and antioxidants. Choose lots of different colors, and eat green vegetables last.
- 2. Include whole grains**
 Whole grains are the healthiest grains. Choose whole grains like brown rice, whole wheat bread, and whole wheat pasta.
- 3. Don't forget the dairy**
 Dairy is important for strong bones and teeth. Choose low-fat or fat-free dairy products like milk, yogurt, and cheese.
- 4. Add lean protein**
 Protein is important for building strong muscles and bones. Choose lean protein sources like skinless chicken, fish, eggs, and beans.
- 5. Use healthy fats**
 Healthy fats are important for a healthy heart. Choose healthy fats like olive oil, avocados, and nuts.

- 6. Get creative in the kitchen**
 You can make a healthy meal in 15 minutes. Get creative with your ingredients. Use what you have on hand. Add a little something extra to make it your own.
- 7. Limit your use of food**
 Food is important for health, but it's not the only thing that matters. Don't eat too much. Don't eat too often. Don't eat too fast.
- 8. Get moving**
 Moving your body is important for a healthy heart. Choose to walk or bike to school. Play sports. Take a walk after school.
- 9. Get your sweet tooth in a healthy way**
 It's okay to eat sweets sometimes. Choose healthy sweets like fruit, yogurt, and ice cream.
- 10. Everything you eat and drink matters**
 Your diet is important for your health. Choose healthy foods and drinks.

Get the full story on MyPlate.
[Go to ChooseMyPlate.gov](#)

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

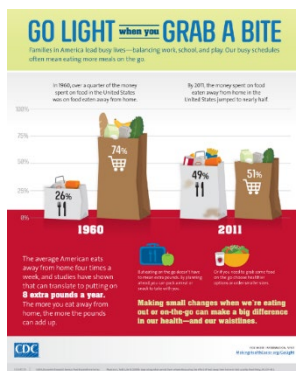
[illegible]

<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/wecan/downloads/urwhateat.pdf>



<https://www.cdc.gov/nccdphp/dch/images/infographics/GLGBInfographic.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 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.

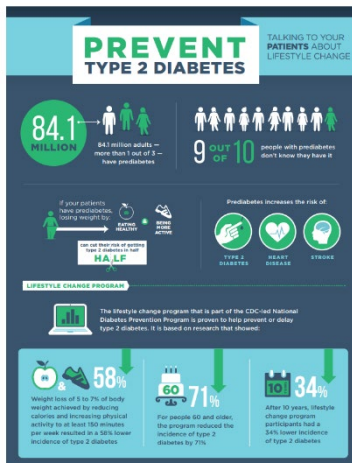
Find Support. Friends, coworkers or family member involved in your lifestyle changes can help keep you motivated. Having someone to walk with you or someone to talk to about the choices you're making can be so helpful.

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.

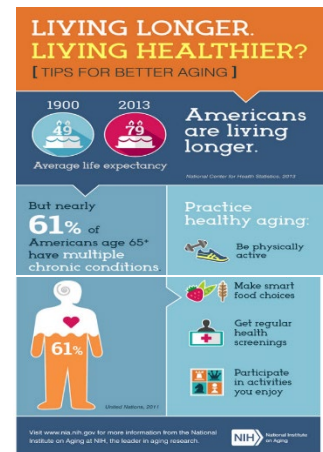
LIFESTYLE CHANGE RESOURCES:



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



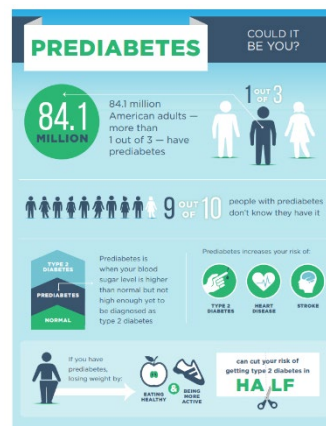
<https://healthyforgood.heart.org/be-well/infographics/be-healthy-for-good-with-lives-simple-7-infographic>



<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>

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



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



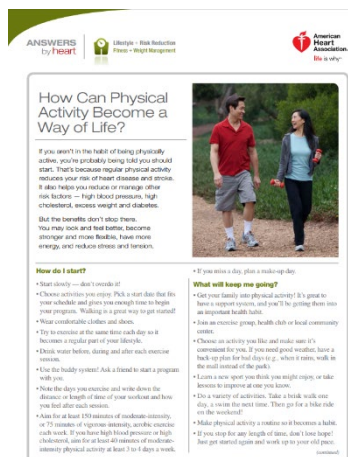
www.cdc.gov/vitalsigns/pdf/2010-08-vitalsigns.pdf



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



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



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

Post-Card: 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, get
- ✓ 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:

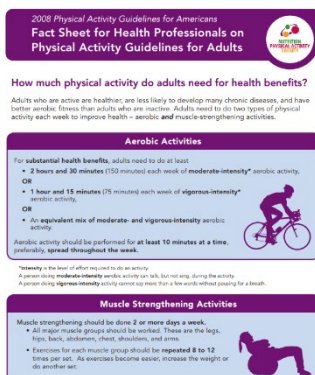
- ✓ Use a 10-minute break during the day to take a brisk walk.
- ✓ Ride an exercise bike while you watch the news or listen to the radio.
- ✓ Walk and talk with friends or family members.
- ✓ Walk, run, or bike in a community event that benefits a good cause.
- ✓ Walk or bike to work, or to the store 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 anyway (such as first thing in the morning or in the evening).
- ✓ Other ideas:

National Diabetes Prevention Program Post-Card

4



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

WEEK 7: Healthy Weight

WEEK 7

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/servcard7.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



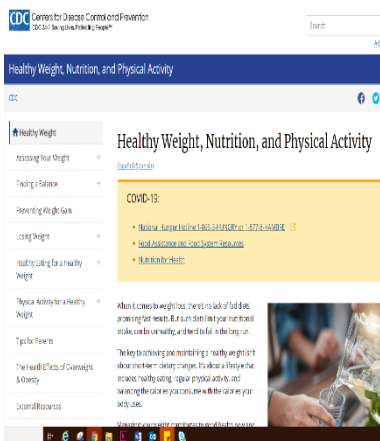
<https://www.myplate.gov/life-stages/kids>



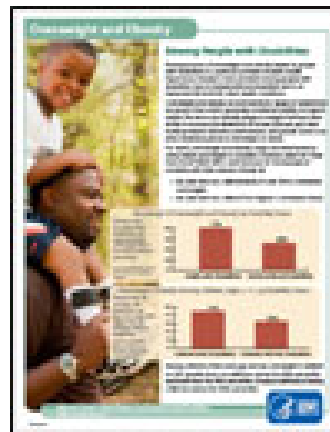
https://www.cdc.gov/nccddp/dnpa/nutrition/pdf/portion_size_pitfalls.pdf

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
Weight (pounds)	115	125	135	145	155	165	175	185	195	205	215	225	235	245	255	265	275

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



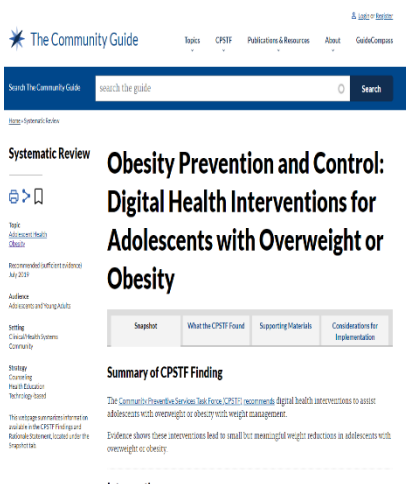
<https://www.cdc.gov/healthyweight/index.html>



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



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

LIFESTYLE MODIFICATION RESOURCES:

High Blood Pressure How to Make Control Your Goal

It's up to you to successfully measure 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. Engage all of your health care professionals—not just your primary care physician or nurse. Your pharmacist, nurse, and other health care professionals can help you control your high blood pressure.

Here are some goals to work on:

- **Get your blood pressure checked.** How often you get it checked will depend on your health care provider's recommendation. For example:
 - What is your blood pressure goal?
 - What are the best ways to reach my goal?
- **Monitor your blood pressure at home.** Home blood pressure control, including monitoring, can help with managing medications as prescribed.
- **Be honest and upfront.** Your health and your health care team both want to help. Being honest and upfront helps to make sure you're not taking more than you need. This can go a long way toward working better. As you achieve success and build confidence, your blood pressure will come under control.

Take your medications faithfully

Your health care team has been put together to provide a specific medication schedule to help control your blood pressure. You might forget to take your medicine every day or you may be having trouble dealing with the side effects. Remember that your medications are 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 a timer to remind you to take your medications regularly every day.
- **Use a pill organizer** to help you keep track of your medications.
- **Don't let your insurance** prohibit your over-the-counter, but it up and request a 90-day supply of medications.
- **If the service is not available**, schedule for your refills at the same pharmacy at the same time each month so you can pick them all at once.

Make control your goal.

million hearts®

MY MEDICINES

For Those Who Need 'em

Ask Questions

1. Do you have a good understanding of your condition?
 2. Do you know what you're taking?
 3. Do you know how to take it?
 4. Do you know when to take it?
 5. Do you know what to do if you miss a dose?
 6. Do you know what to do if you have side effects?
 7. Do you know what to do if you're pregnant or breastfeeding?
 8. Do you know what to do if you're taking other medicines?

Avoid Problems

1. Don't take more than the recommended dose.
 2. Don't take it more often than the recommended dose.
 3. Don't take it for longer than the recommended dose.
 4. Don't take it with food or drink unless told to.
 5. Don't take it with alcohol or other substances unless told to.
 6. Don't take it if you're pregnant or breastfeeding unless told to.
 7. Don't take it if you're taking other medicines unless told to.

Read The Label

1. Read the label carefully.
 2. Read the label every time you take the medicine.
 3. Read the label if you're pregnant or breastfeeding.
 4. Read the label if you're taking other medicines.
 5. Read the label if you have any questions.

Keep A Record

1. Write down the name of the medicine.
 2. Write down the dose.
 3. Write down the frequency.
 4. Write down the date you started taking it.
 5. Write down the date you finished taking it.

28%

1. Don't take more than the recommended dose.
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 7. Don't take it if you're taking other medicines unless told to.

49%

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 7. Don't take it if you're taking other medicines unless told to.

72%

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 7. Don't take it if you're taking other medicines unless told to.

82%

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 5. Don't take it with alcohol or other substances unless told to.
 6. Don't take it if you're pregnant or breastfeeding unless told to.
 7. Don't take it if you're taking other medicines unless told to.

\$2.341 BILLION

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 5. Don't take it with alcohol or other substances unless told to.
 6. Don't take it if you're pregnant or breastfeeding unless told to.
 7. Don't take it if you're taking other medicines unless told to.

FACTS

A Tough Pill to Swallow: Medication Adherence and Cardiac Disease

OVERVIEW

The statistics are startling, but as many as half of 187 million patients in the U.S. do not take their medications as prescribed – medication nonadherence – despite the intensity of the drug regimen or continue to take the medication for only a portion of the prescription. There are a variety of potential reasons for including poor medication adherence between healthcare providers and patients, fear of side effects, lack of knowledge, lack of understanding of their condition, and simple forgetfulness.

Poor medication adherence is particularly common among patients with cardiovascular disease. For example, research estimates that 25% of patients who suffer a heart attack do not fill their prescriptions, 40% of heart attack patients do not take their medications as prescribed, and 34% of heart attack patients with multiple prescriptions do not take at least one of them within one month of discharge.¹

And they do so with serious consequences to their health. Research shows that patients who do not take their medication adhere counterparts to have experienced health events that incur additional costs to them and the health care system.¹

Unfortunately, the problem is growing. Cardiovascular medication nonadherence is likely to grow, particularly as the population ages and more individuals are prescribed chronic drugs. Currently, over three thirds of adults over the age of 65 take less than one prescription drug, and 70% of Americans are expected to double by 2030.²

The variety – and potential complexity – of barriers that result in medication nonadherence is a challenge to the field of adherence gap. Additional research, education, and patient support programs are needed to increase our understanding of best practices and the reasons for medication nonadherence. Medications are prescribed. Full policy changes in American health care could allow for more medication adherence for this important patient

group. Improving medication adherence, therefore, will require a multifaceted approach.

IMPACT OF MEDICATION NONADHERENCE

Medication nonadherence is a leading cause of avoidable deaths as more than one million Americans die each year from preventable causes. Individuals who do not take their medications as prescribed, they face greater health risks and more medical costs.

- Medication nonadherence results in approximately 120,000 preventable deaths a year.
- 6,000 deaths each year, or one in seven of 70% of patients with hypertension go the treatment they need.
- Approximately 100,000 deaths each year from premature deaths from nonadherence to hypertension medication.
- Approximately 100,000 deaths each year from hypertension patients who are taking their blood pressure medication.
- Patients with high cholesterol who do not adhere to their medication have a 30% greater risk that cardiovascular-related hypertension compared to those who do.
- Poor adherence to heart failure drug is associated with an increased number of cardiovascular-related emergency department visits.

In addition to the health impact, medication nonadherence is increasing the financial burden on individuals and a health care system already under stress.

- 1200 lives or avoidable costs is spent annually on medication nonadherence, of which \$100 billion is lost to the U.S. economy.
- Health care costs associated with nonadherence to chronic medications are expected to rise to \$1.3 billion in 2012, more than half of that money was spent on cardiovascular-related drugs.
- Health care system and outpatient costs: \$1.1 billion in 2012, \$1.4 billion in 2013, and approximately \$430 billion annually – reported in a study of the health care costs of poor medication nonadherence.
- Approximately 100,000 deaths with congestive heart failure and stroke associated with annual total

American Heart Association – Absorbency Department – 1150 Connecticut Ave., NW • Suite 300 • Washington, DC 20004

https://millionhearts.hhs.gov/files/TipSheet_How_to_MCYG_General.pdf

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

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



FLORIDA
DEPARTMENT OF HEALTH
and
Senior and Disability Services

FD-5

Active Member of Your Health Care Team

My Medicine Record

State of FL Date of Birth 01/01/1980 Member ID# 123456789

How to Use This Record

What You Should Know:

- 1. This record is for your personal use only. It is not to be used for insurance or other purposes.
- 2. This record is not a substitute for a medical record. It is a summary of your medical history.
- 3. This record is not a substitute for a medical record. It is a summary of your medical history.
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- 8. This record is not a substitute for a medical record. It is a summary of your medical history.

ANSWERS
by **Heather**

Nutrition • Skills


HEALTHY
EATS
to live

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? How long should you take it? How often should you take it, and how many pills do you take each day?

It's very important to take medicine the right way — *just as your doctor tells you.*

If you don't follow all of a doctor's directions, what could happen? First of all, medicine might not *take* the right way. If it may not work, it could cause some effects that may be bad. — *in a very harmful, not good way.* Also, you could *overdose* on medicine by taking it with another kind. Taking medicine the right way can make you feel safe or healthy.

A photograph of a woman with dark hair, wearing a white shirt, sitting at a wooden table. She is holding a green pill bottle in her right hand and a glass of water in her left hand, drinking from it. On the table are several green capsules and a small white pill bottle. The background is a plain, light-colored wall.

How can I remember to take my medicine?

- Take it at the same time each day, with or after meals.
- Use a daily pill box with separate spaces for each day of the week.
- Use a weekly pill box with separate spaces for each day of the week. Compartment pills can do this and have a time label and an arrow.
- Ask family and friends to help you remember.
- Write down the time to take a pill or bottle.
- Leave notes in essential places.
- Write a reminder on a bag or notebook.
- Set a visual cue or reminder device.
- Write a reminder on a calendar and alarm.

What else should I know?

- Write down the name of each medicine and how to take medicines and if they can be taken with foods,

- Know your medicine the way your doctor or pharmacist told you. Keep medicines in original containers, and label them.
- Take each of what you are given, and take all of what you are given.
- Advise your pharmacist about other medicines.
- Advise your pharmacist about other drugs, so you don't overdose.
- Try to use the same pharmacy each time.
- Don't take more of your medicine than the pharmacist told.
- Don't take more of your medicine than being a new patient would take, such as an antibiotic.
- Tell others — or nurses or caregivers — who use them you will continue with your prescribed medicine.
- Always check with your doctor before you stop taking a medicine.

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Use Medicines Wisely

Aspirin and aspirin-containing products can cause bleeding in the stomach and intestines. Check the FDA website for more information.

1. Read instructions.
2. Follow the label.
3. Do not take more than the recommended dose.
4. Notify your doctor if you are taking aspirin or aspirin-containing products.

For more information, visit www.fda.gov/medwatch.

FDA
U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES

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

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

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

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.

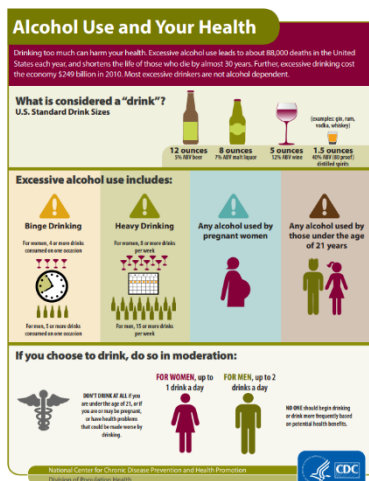


WEEK 9

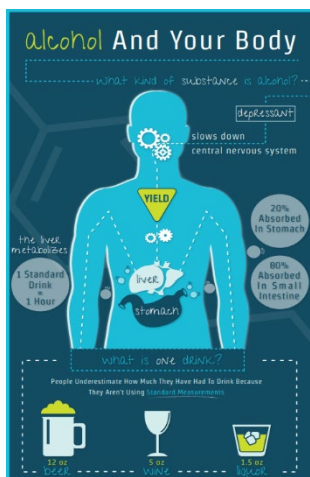
National Institute on Alcohol Abuse & Alcoholism
www.niaaa.nih.gov

Nebraska Tobacco Quit Line
www.quitnow.ne.gov

ALCOHOL AND TOBACCO RESOURCES:



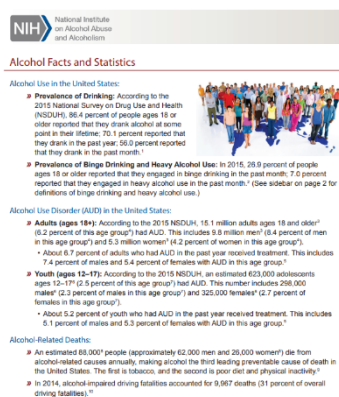
<https://www.cdc.gov/alcohol/pdfs/alcoholourhealth.pdf>



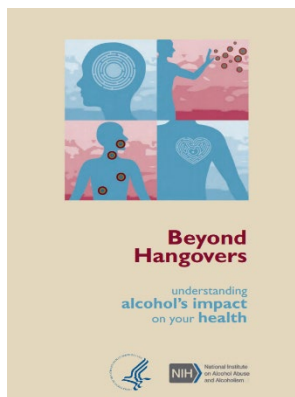
<http://www.rehabcenter.net/wp-content/uploads/2015/01/Alcohol-Your-Body-Infographic.pdf>



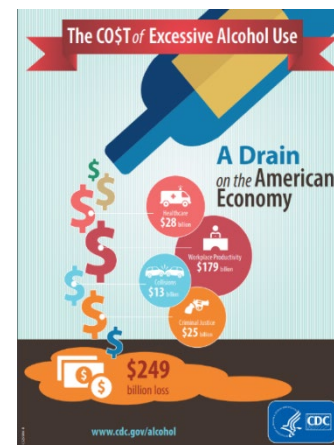
https://www.cdc.gov/alcohol/pdfs/excessive_alcohol_use.pdf



<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>

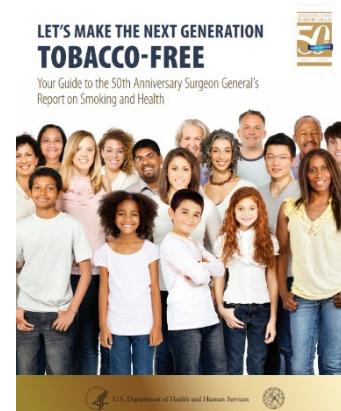
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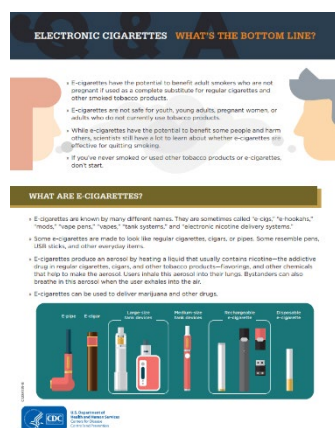
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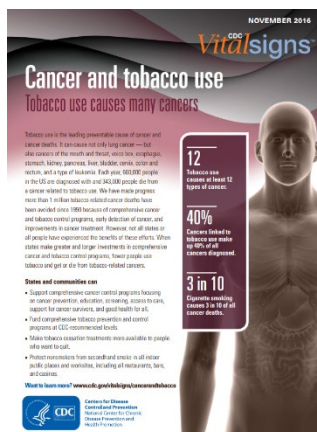
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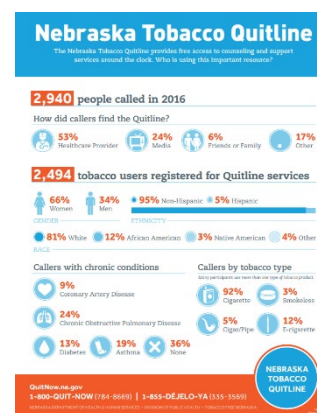
<https://www.surgeongeneral.gov/library/reports/50-years-of-progress/consumer-guide.pdf>



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



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://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_sleepfs.pdf

Post-Care: Stress and Time Management

Make Time to Sleep

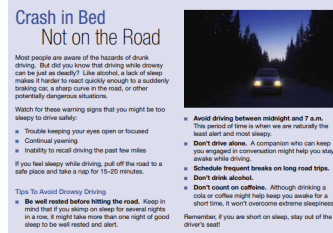
Getting Enough ZZZs: How much is enough?

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.



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 regularly getting enough sleep perform better after a good night's sleep. Other research suggests that sleep is needed for creative problem-solving.

Sleeping 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.

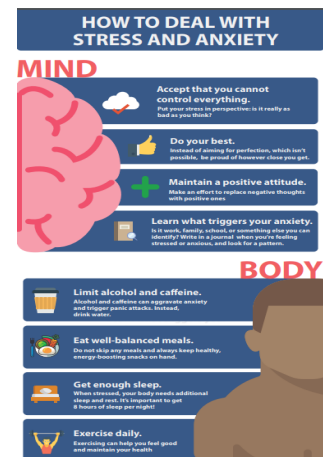
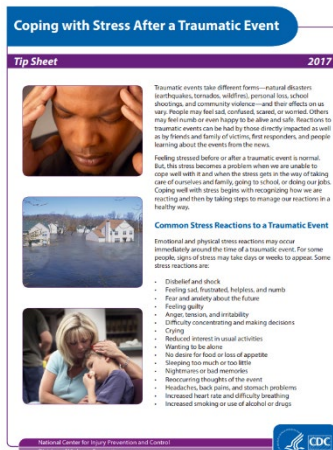
In addition, during sleep, your body produces valuable hormones. Deep sleep triggers more release of growth hormone, which helps growth in children and bones made more and the repair of cells and tissues in children and adults. Another type of hormone that increases during sleep helps the immune system fight various infections. This might explain why a good night's sleep helps keep you from getting sick and 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 likely they are to be overweight or obese, to develop diabetes, and to prefer eating foods that are high in calories and carbohydrates.

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

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

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



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

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

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

WEEK 11: 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

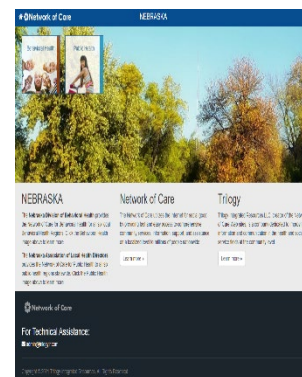
For a child to get the most benefit from self-care and mental health treatment, they should also start habits that improve their physical health. Here are three long-term changes you can make to improve a child's health and yours.

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.

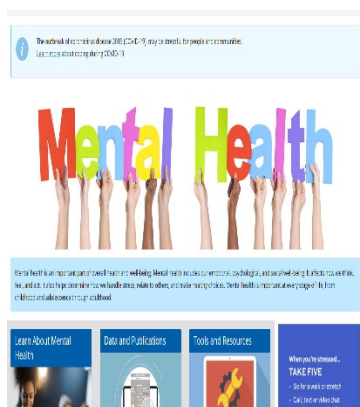
Teach healthy food choices: Eating well is tough for many adults, but learning more about food allows you to instill good habits in your child. If you are not sure where to start, visit the [MyPlate website](#) from the United States Department of Agriculture (USDA) to see guidelines, resources and suggestions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



<https://portal.networkofcare.org/Sites/networkofcare.noc.br/braska>



<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.

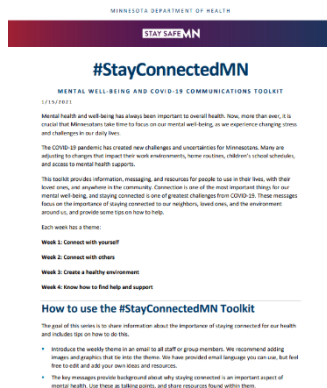
If your social calendar isn't as full as it used to be, there are things you can do to help bring people back into your life.

- **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.	☐	☐	☐	☐	☐
Participation and being more active was strongly encouraged.	☐	☐	☐	☐	☐
Increasing my physical activity was important to me.	☐	☐	☐	☐	☐
The topics covered by my HC, Lay Leader or CHW in our walks related to me.	☐	☐	☐	☐	☐
The content was put together well and easy to follow during our walks.	☐	☐	☐	☐	☐
The materials handed out were helpful.	☐	☐	☐	☐	☐
The HC or CHW was knowledgeable about the topics discussed.	☐	☐	☐	☐	☐
The HC or CHW came well prepared each time.	☐	☐	☐	☐	☐
The time spent for the walking group was sufficient.	☐	☐	☐	☐	☐
I plan to start a walking group of my own or continue in this one.	☐	☐	☐	☐	☐

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									

