

HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

January 2019

JANUARY
IS NATIONAL HEALTHY
WEIGHT AWARENESS MONTH



FOR MORE INFORMATION VISIT
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Healthy Weight Awareness Month

Happy New Year! January is the most common time when people think about achieving a healthy weight. It is a time when New Year's resolutions for healthy and diet-free living habits are given focus. Obesity is among the top major health issues and is even said to have reached epidemic levels in the United States.

Unfortunately, many people give up on their New Year's resolutions before January even comes to an end. Dividing your long term goals into smaller, more achievable goals will definitely help keep you motivated! Healthy eating does not have to be an all or nothing approach. You can start with one or maybe two healthy switch-ups in your daily routine. As you reach your goal of mastering these switch-ups, add a couple more, or start working toward one of the other small goals. Over time, as you crush these small goals, you will reach your ultimate long term goal!

Try not to use the word "diet" when making your New Year's resolution and setting your goals. Diets don't work in the long run as people think of them as temporary; therefore, they only have temporary results. If you want long term results for a more healthier you, a lifestyle change is in order!

Physical activity is important. People of all ages who are generally inactive can improve their health and well-being by becoming active with moderate intensity on a regular basis.

For the New Year, pledge to yourself and make a commitment to remain active. This will help you stay motivated and stay on track to reach your physical fitness goals for 2011.

Easing into Healthy Eating for Beginners

Here you are. You want to become a healthier person and you know your diet could use a major overhaul. But where do you start?

Should you go cold turkey and give up all of your bad eating habits, or on the other hand should you gradually make changes to your diet?

If you're someone who is new to healthy eating, the task of transitioning from eating junk food every day to eating healthy meals and snacks can seem insurmountable. However, the hardest part is just getting started. After you make the decision that you're going to make healthy eating a priority in your life, it gets easier each day.

Tip 1: Start Small: Start by getting rid of just one to two unhealthy items at first by only eliminating these foods for several weeks. If you truly want to be successful at losing weight, you need to make gradual changes that you can sustain for a lifetime. Research has consistently shown that the slower you lose the weight, the more likely you are to actually keep it off for good.

Tip 2: High to Low: Consider slowly transitioning from a high-calorie version of a food to a lower-calorie version of that same food rather than avoiding it altogether.

Tip 3: An Easy Way to Cut Down Calories: Another way to ease into healthier eating is to cut back on the number of times you eat fast-food or restaurant meals.

Tip 4: Hydrate and Chose Healthy: Drink water and fill up on low-calorie foods, like fruits and vegetables. Drink plenty of water, get a good night's sleep, and do some physical activity every day.

So, No crazy diets. No drastic alterations. Just a plan and slow changes that create results.

Nurse Advice Line 24/7
800-TRICARE
(800-874-2273)

**Hampton Roads
Appointment Center**
(866) 645-4584

Emergency Room
(757) 953-1365

Pharmacy Refill
Local: (757) 953-MEDS (6337)
Toll Free: (866) 285-1008

Information
(757) 953-5008

Customer Service Office
(757) 953-2600

Relay Health Secure Messaging
<https://app.mil.relayhealth.com/>

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NMCP
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Mindful Eating

NMCP Health Promotion and Wellness Department

We all know what hunger feels like. It's that rumble in the stomach that makes us immediately think about food. We also know that if we do not eat, this feeling intensifies and also can come with side effects like irritability, brain fog and dizziness.

Our bodies are designed to keep homeostasis which means balance. However, this balance system can be overridden by 'pleasure signals.' This means we will eat for pleasure instead of the need for energy. This signal is why we overeat and become overweight.

Many of us eat for many more reasons than being hungry and needing energy. Think about if you eat because of boredom, emotions such as being sad or happy, feeling stressed, or maybe loneliness, you should ask yourself, "am I really hungry?" By eating when you feel sad or stressed, but do not need energy for mental or physical exertion, you trigger the pleasure signals and they override the sadness or stress for that moment.

Eating too fast will also set you up for overeating. When you put food in your mouth you instantly get satisfaction from your taste buds, but your brain does not receive any signaling of being full until the food starts to be digested and absorbed in the stomach. The digestion process can take up to 20 minutes. If you eat your meal quickly, you can consume many more calories than what your body actually needs before you feel full. These calories will be stored in your body and contribute to more weight gain.

To embrace 'Mindful Eating,' do these simple things before consuming a meal or snack:

- Sit down in a calm environment, clear distractions, and focus on the eating.
 - Turn off the computer and the TV, and put down the cell phone.
 - Put your fork down between bites and chew thoroughly – which helps with digestion.
 - Take sips of your choice of drink; do not gulp it down, especially if your drink contains calories.
 - Look at the food and appreciate different colors and think about what your meal will do for your health. You should stop eating before you feel overly full. You should feel comfortable after a meal. Make your food pleasurable for your eyes by incorporating many colors. This will actually help making your meal more nutritious.
- Mindful eating is a technique that helps you gain control over your eating habits. It has been shown to cause weight loss, reduce binge eating and help you feel better.. If you have failed with conventional "diets", then this is something you should try.

HEALTHY WEIGHT

ShipShape Weight Management Program:

8-week intensive program for adults. To register, call the HRAC at (866) 645-4584.

Right Weigh: 4-week program for learning to manage your weight the right way. To register, call (757) 953-9247 or 953-1927.

For more information on Health Promotions and Wellness Department programs and resources, call (757) 953-1927.

TOBACCO CESSATION

Tobacco Cessation Class

1st and 3rd Tuesday
of every month from 1 – 3 p.m.

One-on-One Counseling

Call today to schedule!

For more information, call
(757) 953-1927 or 953-1934



Source: mayoclinic.org

WINTER RUNNING TIPS

Stay SAFE and WARM while exercising in the cold.

Layer Up

Dress in layers that you can remove as you start to sweat and then put back on as needed. Avoid cotton, which stays wet next to your skin.

Pay Attention to Weather Conditions

Before heading out, check the forecast for the time you'll be outside. Temperature, wind and moisture are key considerations in planning a safe cold-weather workout.



Drink Plenty of Fluids

Drink water or a sports drink before, during, and after your workout, even if you're not really thirsty to avoid

Avoid Frostbite

Frostbite is most common on exposed skin such as your nose, ears, hands, and feet. Early warning signs include numbness or a stinging



Military Health System
health.mil

Be Prepared to Stay Safe and Healthy in Winter

Centers for Disease Control and Prevention, cdc.gov



Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall.

Take These Steps for Your Home

Many people prefer to remain indoors during winter, but staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter

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 - Interactive maps
 - Pharmacy wait times
 - Telephone directory
 - Relay Health
 - ICE feedback
- and so much more!**



months.

- Winterize your home.
 1. Install weather stripping, insulation, and storm windows.
 2. Insulate water lines that run along exterior walls.
 3. Clean out gutters and repair roof leaks.
- Check your heating systems.
 1. Have your heating system serviced professionally to make sure that it is clean, working properly, and ventilated to the outside.
 2. Inspect and clean fireplaces and chimneys.
 3. Install a smoke detector. Test batteries monthly and replace them twice a year.
 4. Have a safe alternate heating source and alternate fuels available.
 5. Prevent carbon monoxide (CO) emergencies.
 - Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check batteries when you change your clocks in the fall and spring.
 - Learn symptoms of CO poisoning: headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion.

Don't Forget to Prepare Your Car

Get your car ready for cold weather use before winter arrives.

- Service the radiator and maintain antifreeze level; check tire tread or, if necessary, replace tires with all-weather or snow tires.
 1. Keep gas tank full to avoid ice in the tank and fuel lines.
 2. Use a wintertime formula in your windshield washer.
 3. Prepare a winter emergency kit to keep in your car in case you become stranded. The kit should include:
 - cell phone, portable charger, and extra batteries
 - blankets
 - food and water
 - booster cables, flares, tire pump, and a bag of sand or cat litter (for traction)
 - compass and maps
 - flashlight, battery-powered radio, and extra batteries
 - first-aid kit
 - plastic bags (for sanitation).
- Winter storms and cold temperatures can be dangerous. Stay safe and healthy by planning ahead. Prepare your home and cars. Prepare for power outages and outdoor activity. Check on older adults.

118,000
patients with a PCM at one
of our 10 facilities

22
Medical Home
Port teams

440,000
patients we serve – active duty,
retired and families



WEIGH THE FACTS

How to choose the best STRATEGIES for healthy weight loss

Advertising, myths, and illusions of ease often seduce us into believing the latest promises for easy weight loss. The reality is that weight loss can be challenging, and understanding which diets are healthy and effective can be almost as difficult. As you prepare for weight loss, whether it is your own approach or a commercial plan, it's important to understand the science and strategies behind various methods.

To help you lose weight safely and effectively, consider the following components:

COMPONENTS FOR HEALTHY WEIGHT LOSS		
Components	Choose weight loss strategies that:	Why?
Nutrition	Promote eating from all food groups, emphasizing nutrient dense foods such as fruits, vegetables, and grains	<ul style="list-style-type: none"> ▶ Eating a variety of foods provides needed nutrients and fiber ▶ Eating from all food groups is a more realistic eating pattern to sustain in the long-term
Steady Weight Loss	Promote loss of one to two pounds per week through calorie reduction while maintaining high nutrition standards	<ul style="list-style-type: none"> ▶ Severe calorie restriction can produce rapid weight loss at the risk of diminishing health; consequences may include loss of muscle, nausea, fatigue, and gallstones ▶ Severe calorie restriction commonly leads to rapidly gaining the weight back which can lead to a cycle of yo-yo dieting
Evidence of sustained weight loss success	Offer evidence of maintaining weight loss after initial loss	<ul style="list-style-type: none"> ▶ Many programs result in short term weight loss but the real success is maintaining it
Level of complexity	Match the level of complexity to the time, energy and resources that are realistic for you	<ul style="list-style-type: none"> ▶ Optimally, your chosen weight loss strategy or diet is one that you are willing to maintain for long term success
Activity and exercise	Promote increasing activity level or exercise	<ul style="list-style-type: none"> ▶ Successful weight loss and maintenance are most likely to occur when a healthy diet is combined with exercise

Commercial, prepackaged, and meal replacement weight loss programs that meet the criteria above can lead to success, especially if they provide support and accountability.

Notice that in diet plans added sugars and saturated fats are limited or not part of the plan. This may mean reducing the number of sodas and candy in your diet, as well as, avoiding fried foods. It can be helpful to make substitutions such as drinking low calorie beverages or water and adding fruits and vegetables to meals. Those two changes alone could reduce calories sufficiently to create weight loss.

Ultimately, a successful weight loss plan requires a permanent lifestyle change rather than a quick fix. For more information about [weight management](#), [healthy eating](#), and [active living](#), visit the Navy and Marine Corps Public Health Center [Health Promotion and Wellness Department](#). For assistance in nutrition or exercise planning and tracking, visit [ChooseMyPlate Supertracker](#).

