



HEALTHCONNECT

connecting patients for better health

MARCH 2016



HEALTHY EATING IN MARCH AND BEYOND

Celebrate National Nutrition Month® this March by committing to eating healthy. Living a healthy lifestyle is a choice to develop and maintain healthy eating habits and engage in regular exercise.

It's not a decision that is made once in life and then forgotten. Rather, it's an ongoing commitment that can help prevent disease and improve overall well-being. This doesn't mean that a diet has to consist of nothing but bland salads, simply that with healthier food alternatives and proper portion sizing, the right balance can be achieved.

This year's theme promotes making informed food choices and developing or maintaining good eating and exercise habits.

A healthy lifestyle involves many choices. Among them, choosing a balanced diet or healthy eating plan.

A healthy eating plan that helps manage weight includes a variety of foods may not have considered. If "healthy eating" conjures thoughts of foods that are not healthy, try refocusing on all the new foods one should eat, such as fruits, vegetables and lean protein.

For more information, visit operation live well at www.health.mil/military-health-topics/operation-live-well or choose MyPlate at www.choosemyplate.gov

FOOD FIRST. SUPPLEMENTS SECOND.

In today's society the use of supplements is a popular choice, in fact dietary supplements are a huge industry in the United States alone. Americans spend approximately \$36.7 billion per year on supplements.

So, what are some of the reasons consumers choose to use supplements? People believe that supplements will help them gain muscle, lose weight, increase libido, improve their mood, boost energy, improve health and prevent disease. However, when it comes down to it, in most cases, eating smart and healthy and exercising regularly will give the body the nutrients the needed to achieve the results people are looking for.

The Food and Drug Administration (FDA) does not strictly regulate dietary supplements, so products might not always do what they claim to do or may be unsafe to take, especially with underlying medical conditions. Supplements are often unnecessary because the same components can be found naturally in foods to help achieve the desired results. Before deciding to take a new supplement, always consider talking to a health care provider.

Lt. j.g. Rowe, a dietitian at Naval Medical Center Portsmouth, offered what might be expected from such a discussion. "As a dietitian, I review the patient's needs and past medical history before we discuss supplements. It will depend on the type of supplement and the purpose of the usage. If supplementation will be a benefit for a patient's health, then we would discuss current medications, dietary intake, and possible side effects with supplement usage. There is no general answer for supplement usage. Every patient has their own health concerns and history."

In the end a health care provider decides that supplement usage is a healthy and beneficial choice, always make sure to buy smart. Do the research and consult credible and trustworthy sources.

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

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A CULTURE OF FITNESS

The Navy created the Physical Fitness Assessment (PFA) to ensure America's military is fit, healthy and remains mission ready. The PFA can be accomplished rather easily for those who follow a few simple guidelines.

There are multiple aspects of the Navy PFA that need to be considered. The first is the Body Composition Assessment (BCA) measurement, which may be an indicator for a higher risk for adverse health events.

The latest Navy policy introduced abdominal circumference measurements, which essentially measures the amount of visceral fat that accumulates on the abdomen. A high abdominal circumference is associated with an increased risk for type 2 diabetes, heart disease and even cancer.

If the PFA looms like a dark cloud, there are a few simple life changes to make when trying to get into shape.

The first step is to eat healthy. Eating healthy has a snowball effect that leads to an overall healthier and fit person.

Think of the body as an engine that can only be run on the right amount of fuel. Those who feed their engine junk food won't get the distance they need.

Feeding the body the proper fuel, such as healthy carbs and fats, will give it more energy to work out and it will also benefit metabolism.

The more weight lost by eating right will also lead to achieving a faster run time.

Push-ups and sit-ups can also help boost metabolism and build muscle. Weight lifting, eating right and running is a classic triad that will shred pounds weekly.

Talk to the local command fitness leader about workout and nutritional programs.

For more information about the newest PFA instruction, visit www.public.navy.mil/bupers-npc/reference/messages/Documents/NAVADMIN/NAV2015/NAV15178.txt.

HEALTHY WEIGHT

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

Right Weight - 4-week program for learning to manage your weight the right way. To register, call (757) 953-1925 or 953-9247

For more information on Health Promotions and Wellness Department programs and resources, call (757) 953-1925

TOBACCO CESSATION

Workshop - 1st Mondays, 8 a.m. to noon

4-week class - begins 1st Tuesdays, 1-2:30 p.m.

Tobacco Meditation Walk-In Clinic - 1st Tuesdays, 2-4 p.m.

For more information, call (757) 953-1927 or 953-1925



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