

DFAS Wellness



**TAKE CHARGE IN 2011
A HEALTHY LIFESTYLE -A BALANCED LIFE**



January 14th, 2011

J. Spencer Milus, RN

AGENDA



- **Startling Statistics of Health**
- **Basics of Nutrition**
- **It's a Lifestyle**
- **Stress Management**



Indiana Statistics



Indiana is one of the unhealthiest states in the U.S.

(CDC, Behavioral Risk Factor Surveillance System Survey, 2007)

- 63.2% are overweight or obese
- 52.4% don't get adequate exercise
- 33.2% report poor mental health
- 24.1% smoke (6th highest in the nation)
- 8.5% have diabetes



Chronic Diseases



According to the Centers for Disease Control and Prevention (www.cdc.gov)

- **Cancer is the 2nd leading cause of death** in America, exceeded only by heart disease
- 7 out of 10 deaths among Americans each year are from chronic diseases. *Heart disease, cancer and stroke account for more than **50%** of all deaths each year!*
- **1 out of every 2 adults** – had at least one chronic disease
- About 1/4 of people with chronic conditions have one or more **daily activity limitations**
- **Diabetes** continues to be the leading cause of kidney failure, non-traumatic lower extremity amputations, and blindness among adults age 20-74

Cancer Statistics



- **Breast cancer** is most common cancer in women
- **Prostrate cancer** is most common cancer in men
- **Lung cancer** is 2nd most common cancer in both men and women
- More people die from **lung cancer** than any other type of cancer
- 3rd leading cause of death among both men and women
colorectal cancer

4 Common Causes of Chronic Disease



- Lack of Physical Activity
 - Poor Nutrition
 - Tobacco Use
 - Excessive Alcohol Consumption
- > 1/3rd of all adults do not meet recommendations for aerobic physical activity based on 2008 physical activity guidelines for Americans
 - In 2007, less than 22% of high school students and only 24% reported eating 5 or more servings of fruits and vegetables per day

According to the Centers for Disease Control and Prevention
(www.cdc.gov)

Additional Factors



- Lack of Physical Activity
- Poor Nutrition
- Tobacco Use
- Excessive Alcohol Consumption
- Family History
- Age
- Overweight / Obese / Underweight
- Environment / Exposure

According to www.cdc.gov/cancer

Startling Statistics



There is good news....

Almost 70% of chronic disease are preventable!

- 67% of healthcare costs are caused by preventable illness due to unhealthy behaviors such as smoking, overeating and poor exercise (*Robert Wood Johnson Foundation, 2004*)

Basics of Nutrition



Remember the 4 food groups?

- **DAIRY**
- **MEAT**
- **GRAIN**
- **FRUITS & VEGETABLES**

There are new groups!

MyPyramid



- Based on the USDA Food Guide
- Foods are grouped together when they share similar nutritional properties
- Not about just eating good foods, it is about eating better combinations of foods

The New Groups



❖ **Grains**

❖ **Vegetables**

❖ **Fruits**

❖ **Oils**

❖ **Milk, Yogurt and Cheese**

❖ **Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts**

❖ **Extras (solid fats, added sugars, alcohol)**

Themes



- ❑ **Variety**— Eat foods from all food groups and subgroups.
- ❑ **Proportionality**— Eat more of some foods (fruits, vegetables, whole grains, fat-free or low-fat milk products), and less of others (foods high in saturated or *trans fats*, *added sugars*, cholesterol, salt, and alcohol.)
- ❑ **Moderation**— Choose forms of foods that limit intake of saturated or trans fats, added sugars, cholesterol, salt, and alcohol.
- ❑ **Activity**— Be physically active every day.

The Dreaded Word.....Calories!



- Inactive adult women, Seniors and children—**1,600** calories a day
- Inactive men and moderately active women—**2,200** calories a day
- Teenage girls—**2,200** calories a day
- Teenage boys—**2,800** calories a day
- Active men and women—**2,800** calories a day
- Pregnant & lactating women—**2,200—2,800** calories a day

USDA calorie intake recommendations

Calories!?!? Labels!?!?



- Big Mac Cheeseburger – 704 calories, 43.7g Fat (67%)
- Whooper w/ Cheese – 706 calories, 47.0g Fat (72%)
- Chargrilled Chicken S. – 300 calories, 3.5g Fat (5%)

What to Consider:

- ✓ Serving Size
- ✓ Calories
- ✓ Fat
- ✓ Nutrients
- ✓ % Daily Value

Nutrition Facts	
Serving Size 2 tortillas (51g)	
Servings Per Container 6	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	9%
Sugars 0g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

www.fda.gov

Moderation: Restaurant Tips



- Drinks with No Added Sugars
- Whole Wheat Bread for Sandwiches
- Start Meal with a Salad Packed with Veggies
- Salad Dressings on the Side
- Steamed, Grilled, Broiled Instead of Fried or Sautéed
- Smaller Portions – Split a Dish, Pack Half Right Away
- Order From Menu vs. “All You Can Eat”
- Resign from the “Clean Your Plate” Club (*I am guilty!*)
- Avoid Creamy Sauces or Gravies
- Add Little to No Butter or Salt to Your Food
- Fruits Make Great Desserts!

Moderation: Drive Thru Options



- Fruit Options (mandarin oranges, apple 'fries') – Especially Kid Meals!
- Yogurt with Fruit & Salads
- Cheese burger vs. Big Mac or Whopper
- Grilled Chicken vs. Fried Chicken
- Small Fries
- Avoid Jumbo Soda Drinks!

It's a Lifestyle



- **Get Active!**

- Aerobic Exercise – 3-5 x weekly
- Muscle-Strengthening Exercise – 2 x weekly



- Start by doing what you can, work your way up (*intensity*)
- Walking is an easy way to add physical activity to your life
- Gradually add more time and days (*Goal – 150 min. / wk*)

It's a Lifestyle



Small Steps Can Yield Big Results!~



Small Steps – Big Results

12 oz can = 10 teaspoons of sugar

(1 tsp equates to 0.167 ounces)

(10 tsp equates to 1.67 ounces)

(1.67 ounces x 365 days = 610 ounces)

**One 12 oz can of soda a day,
everyday for a year - equates to
610 tsp sugar a year = 38 lbs!!!**

*My math teacher in High School
would be so proud.....*



6.5 oz

12 oz

20 oz

1 liter

Small Steps – Big Results



- Sticks of Butter – Example is my Mother!
- Drawer of food – it's me my team laughs at!
 - Pregnancy (2 changes, one right, one not so right....)
 - Grazing (pack my own food / lunch)
 - Role model for my kids!

How to Better Manage Stress



- **Basics of Stress**
 - Signs of Stress
 - Causes of Stress
 - Unhealthy Coping Skills

- **Take Charge!**
 - 6 Strategies of Stress Management

Signs of Stress

❑ **YOU** may feel.....

- Worried
- Irritable
- Depressed
- Unable to Focus

❑ **Your BODY** may feel....

- Headaches
- Back Pain
- Problems Sleeping
- Upset Stomach
- Weight Gain or Loss
- Tense Muscles
- Frequent or more serious colds

Common Causes of Stress

❑ Short Term Stress

- Too much to do and not enough time
- Lots of little problems in the same day
- Getting lost
- Having an argument

❑ Long Term Stress

- Divorce or problems in marriage
- Death of a loved one
- Illness
- Caring for someone who is sick
- Problems at work
- Money problems

Unhealthy Ways to Cope



- Smoking
- Drinking
- Overeating
- Under-eating
- Zoning out in front of TV or computer
- Withdrawing from friends, family and activities
- Using pills or drugs to relax
- Sleeping too much
- Procrastinating
- Filling up every minute of the day to avoid facing problems
- Taking out your stress on others

Take Charge!



- **Take charge** of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems
- Ultimate goal is to **have balance** – time for work, relationships, relaxation and fun!

6 Strategies of Stress Management



1. Avoid Unnecessary Stress
2. Alter the Situation
3. Adapt to the Stressor
4. Accept the Things You Cannot Change
5. Make Time for Fun and Relaxation
6. Adopt a Healthy Lifestyle

1 – Avoid Unnecessary Stress



- Learn how to say “no”
- Avoid people who stress you out
- Take control of your environment
- Avoid hot-button topics
- Pare down your to-do list

You might be surprised what stressors you can eliminate!

2 – Alter the Situation



- Express your feelings instead of bottling them up
- Be willing to compromise
- Be more assertive
- Manage your time better

3 – Adapt to the Stressor



- Reframe the problems
- Look at the big picture
- Adjust your standards
- Focus on the positive
- Utilize resources available to you

4 – Accept the Things You Cannot Change



- Don't try to control the uncontrollable
- Look for the upside
- Share your feelings
- Learn to forgive

5 – Make Time for Fun and Relaxation



- Nurture yourself!
- Set aside relaxation time
- Connect with others
- Do something you enjoy everyday
- Keep your sense of humor

Healthy Ways to Relax



- Go for a walk
- Spend time outdoors
- Call a good friend
- Sweat out tension with a good workout
- Take a long bath
- Light scented candles
- Watch a movie
- Savor a warm cup of tea or coffee
- Play with a pet
- Work in your garden
- Get a massage
- Curl up with a good book
- Listen to music

6 – Adopt a Healthy Lifestyle



- Exercise regularly
- Eat a healthy diet
- Reduce caffeine and sugar
- Avoid alcohol, cigarettes and drugs
- Get enough sleep!

In Summary



- Physical, mental and emotional health are all tied
- Adopting a healthy lifestyle can improve all three
- Small changes will yield big results
- Take charge and YOU can do it!

DFAS Wellness



Thank you!

J. Spencer Milus, RN