



Managing Healthcare Through Personal Wellness

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Wellness Model

- Lifestyle choices > Healthier person > Better employee > Gains for company
 - Health status
 - Healthcare costs
 - Life expectancy
 - Productivity – absence

Source: Dr. Dee Edington, University of Michigan, Health Management Research Center



Role of Healthy Behaviors In Disease Prevention

- Scientific data consistently provides evidence that healthy lifestyle behaviors play important role in disease prevention.
 - Exercise
 - Eat healthy foods
 - Stop smoking



Walking Works



- Regular physical activity helps prevent chronic diseases- heart disease, high blood pressure, cancer, type 2 diabetes, osteoporosis, obesity, stroke.
- If Americans walk briskly most days of week, the result would be a savings of billions of dollars in healthcare costs related to these conditions.
 - US Dept. Health and Human Services



Impact of Nutrition and Overweight on the Health of Americans

- Dietary factors associated with 4 of the 10 leading causes of death (heart disease, stroke, some types cancer, type 2 diabetes).
- Dietary factors associated with osteoporosis- 25 million Americans.

Source: Nutrition and Overweight Progress Report, Jan. 21, 2004, www.cdc.gov/nchs/hphome.htm

- Increased insurance coverage for dietitians > recognition that dietary changes to control medical condition save healthcare costs.

Source: Tufts University Health & Nutrition Newsletter, March 2004



Focus On What Foods To Eat

- Eating Dairy Saves Healthcare Dollars
 - Analysis found if Americans consumed 3-4 servings of dairy foods each day > save more than 200 billion dollars over 5 years.
 - Reduction in obesity, high blood pressure, type 2 diabetes, osteoporosis and kidney stones.
 - Source: January 2004, American Journal of Hypertension



Know Your Numbers...

For Disease Prevention

- Useful tool to determine potential health risks.
 - Blood pressure
 - Blood glucose
 - Blood lipids - Cholesterol, triglycerides,
HDL, LDL
- Body Mass Index - BMI



New Numbers To Know

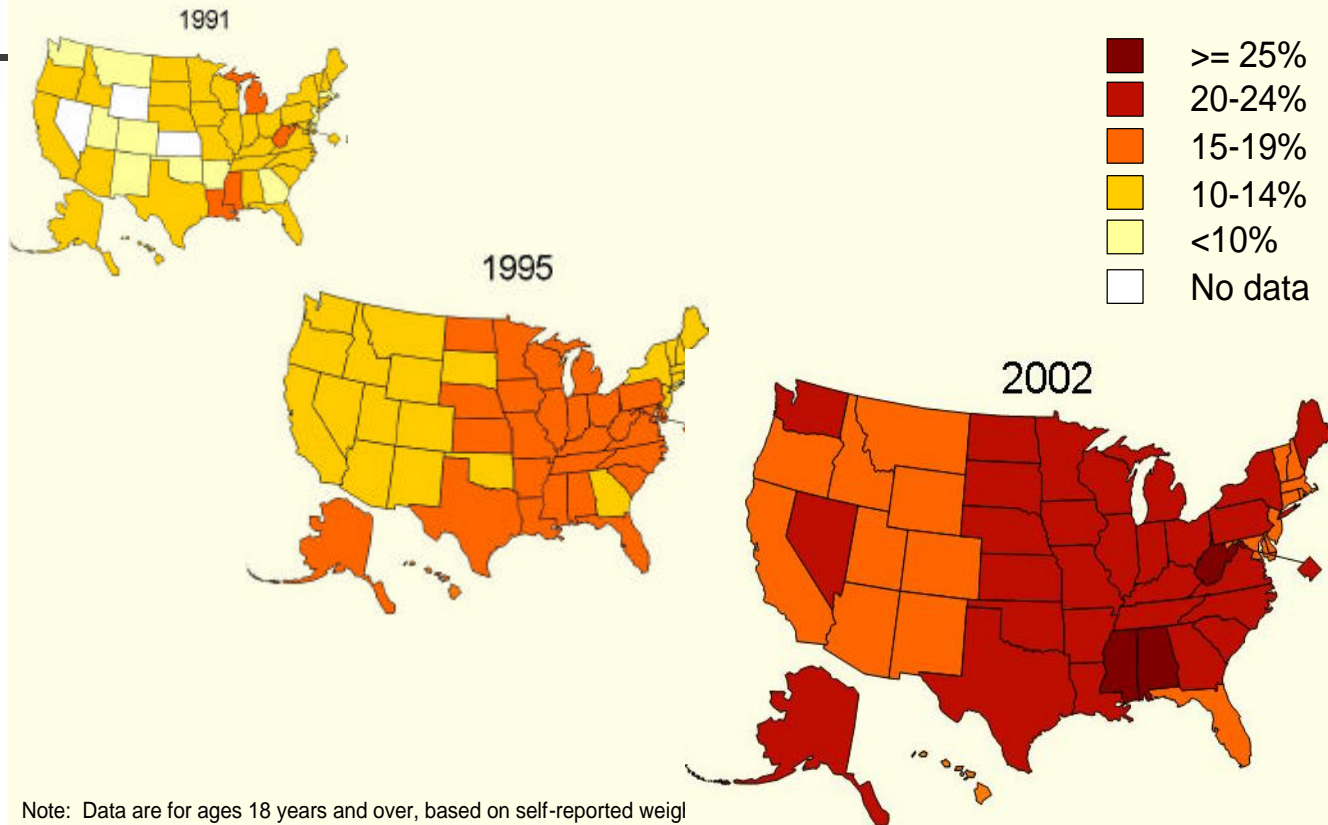
- Pre-diabetes
 - Blood glucose higher than normal, not high enough to be diagnosed with diabetes.
 - Fasting blood glucose of 100-125.
 - 20 million Americans have pre-diabetes.
 - Majority of people with pre-diabetes will get type 2 diabetes within 5-10 years.
 - Prevent or delay type 2 diabetes by up to 58%:
 - Exercise
 - Healthy eating
 - Lose weight



New Numbers To Know

- Pre-hypertension
 - New guidelines for normal blood pressure
 - 120/80
 - 45 million Americans
 - Damage to arteries beginning at lower levels > stroke and heart attacks.
 - Lower risk of getting high blood pressure:
 - Exercise
 - DASH diet/lower salt
 - Fruits, vegetables, low-fat dairy, nuts and seeds
 - Lose weight

Changes in Prevalence of Adult Obesity



Note: Data are for ages 18 years and over, based on self-reported weight and height via telephone interview. Obesity is defined as BMI ≥ 30.0 .
Source: Behavioral Risk Factor Surveillance System, NCCDPHP, CDC.

Obj. 19-2



Bursting At The Seams

- BMI-indicates weight status.
 - Measure of weight for height.
 - Correlates with body fat.
- BMI Calculator- will calculate your BMI
 - <http://www.cdc.gov/nccdphp/dnpa/bmi/bmi-adult.htm>
- BMI
 - 19-25 healthy
 - 25-29 overweight
 - > 30 obese
- BMI >25 Increase risk some diseases
 - Blood pressure, heart disease, diabetes, some cancers, osteoarthritis



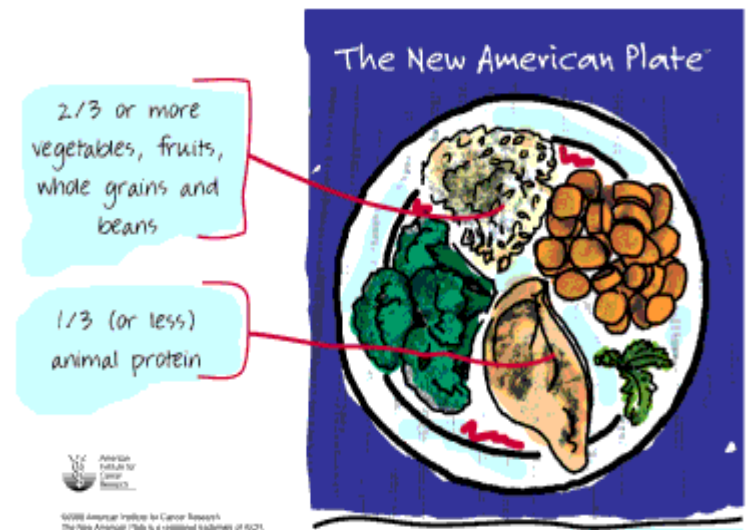
Bursting At The Seams...

Best Advice?

- Biggest problem > **how much** we eat, not what we eat.
- **Calories** Is Key
 - Cut calories by eating less
 - Burn calories by exercising more
- Cut 100 calories/day = Lose 10 lb/year
- Burn 100 calories/day = Lose 10 lb/yr
 - Walk 1 mile = 100 calories

Portion-Size Tools

- Plate
 - Fill 2/3 plate with fruits, vegetables, whole grains and beans
 - 1/3 with lean meat
- Use smaller plate



Eating Out...Enjoy all foods, just don't overdo!



- Use 3 Words When Eating Out
 - Small
 - Share
 - Half



Top Ten Power Foods

1. Colorful Fruits & Vegetables-
2. Low-fat Dairy
3. Nuts
4. Salmon
5. Flax Seed
6. Oatmeal
7. Whole Grains
8. Beans
9. Tea
10. Lean Meat



Antioxidants



- Oxidation
 - Rusty bolt
 - Free radicals cause damage to cells and tissues of body
 - Damage leads to some types cancer, heart disease, eye disease, aging

Antioxidants



- Colorful plant foods > antioxidants or “rust proofers” protect body.
- Pigment acts as antioxidant.
- Deeper color > more powerful antioxidant action.
- Food vs. supplements?

Eat From The Rainbow



- Cuts Cancer Risk- 20%
- Controls Heart Disease- Lowers risk 20-40%
- Eye Diseases-Less likely to develop cataracts & macular degeneration
- Prevents or Controls High Blood Pressure - protection from stroke may be 25%
- Diabetes-Helps control blood sugar
- Weight management

Pigment Power!

5-9 Servings Each Day



- Weight loss strategy- eat as many fruits and vegetables between meals for snack.
- Enjoy most colorful fruits and vegetables often.
- Fresh
- Frozen
- Canned



Broccoli



- Cruciferous vegetables-powerful cancer fighters.
- Broccoli, cauliflower, cabbage, Brussels sprouts
- Eat cruciferous vegetables at least 3 times/week.



Low-fat Dairy



- 3 servings/day
 - Milk, yogurt or cheese
- Provides calcium, potassium, protein, vitamin D
- Nutrients for preventing bone loss (osteoporosis) effective weight loss, lowering blood pressure (DASH), and colorectal cancer.



Nuts



- Monounsaturated fat-heart healthy fat
- Antioxidant-flavonoid
- Fiber – 3 g/oz
- PAW
 - Peanuts-folic acid, 80% fat heart-healthy; lower LDL
 - Almonds-highest in fiber and rich in flavonoids
 - Walnuts-omega-3 fatty acids



Go Nuts!



- Serving size=1 oz.
(small handful)
 - Almonds-22
 - Walnuts-7
 - Cashews-18
- Use nuts as garnish
 - Chopped walnuts to oatmeal, muffins
 - Almonds or walnuts with dried fruit, cereal
 - Toasted nuts to salads
 - Add peanuts to stir-frys

Salmon & Tuna



- Omega-3 Fats
 - Helps prevent irregular heart beat
 - Lowers risk heart attacks
 - Lowers triglycerides
 - Arthritis pain, some types cancer
- Red flesh- salmon, tuna, sardines, lake trout, herring
- Eat at least 1 to 2 servings fatty fish each week.



Oatmeal



- Soluble Fiber
 - 3 g soluble fiber/day
 - 1 ½ cups oatmeal
 - Acts like sponge
 - Lowers cholesterol
 - Prevents spikes blood sugar
 - Oats, barley, beans, most fruits & vegetables

Flax Seed



- Insoluble fiber
 - Acts like broom to “clean out” body
- Soluble fiber
- Plant form omega-3 fat
- Lignans
 - Protection from certain cancers



Flax Seed

- Ground flax seed-get more nutrition benefit.
- Use 1 Tbsp. ground flax seed/day
- Sprinkle on oatmeal, cereal, muffins, breads, salads, yogurt.
- Omega eggs, ready-to-eat cereals and frozen waffles.

Whole Grains



- Whole grain = 3 layers
 - Bran > fiber
 - Germ > vitamins, minerals, phytochemicals
 - Endosperm > carbs
- 3 servings/day
 - Whole grain cereal
 - 3 grams fiber
 - Whole wheat bread
 - Brown rice
 - Popcorn
- First ingredient on bread > “whole”

Beans



- Fiber-3 grams per serving
- Soluble fiber
- B vitamins and folate- keeps homocysteine levels low – lowers risk heart attacks & stroke
- Potassium-high blood pressure
- Choose canned or dried
 - Add to soups, salads, pasta, casseroles



Time For Tea



- Antioxidants- flavonoids in tea may help lower cholesterol, boost immune system and lower cancer risk.
- Choose tea more often instead of coffee or soda.



Take Advantage of Benefits of Tea

- Choose black, green or oolong tea.
- Look at ingredient list- first ingredient black, green or oolong tea.
 - Herbal teas not from tea plant.
- Choose green tea more often.
 - Less processed, more phytochemicals.
- Amount of time to brew tea.
 - The longer tea brewed, the higher flavonoid content.
- Decaffeinated tea.
 - Removes some of health benefits
 - Lipton – non-chemical process
- Instant tea.
 - Amount of flavonoids less?

Lean Meat



- Beef and pork – “round” or “loin”
- Skinless poultry
- Rich source iron and zinc
 - “meat factor” – helps absorb plant source
- 3 oz portion = deck cards



Personal Wellness...

Make Small Changes

- Know Your Numbers
- Walk or Other Activity You Enjoy
- Eat More Power Foods
 - Colorful fruits and vegetables – 5 – 9 servings
 - Cruciferous vegetables 3x/week
 - Sprinkle nuts and seeds on cereal and salads
 - Eat 3 servings whole grain/day
 - Cereal easiest way
 - Drink tea more often, eat more beans
 - 3 servings dairy/day
 - Fatty fish: 1-2 servings/week
 - Lean meat
- Healthy Body Weight



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