



Your Health Matters

***CCMHG – Your Town, County, District, Authority
Working together for your health***

***Volume 14
January 2014***

In this issue:

Body Size or Exercise?

Health Providers News

Wellness News

Healthy Me!

Couch to 5K

5K Walk It Off

***Spring Walking
Challenge***

Hot Topics

Food for Thought

***Nut-Free Chocolate-
Cherry Snack Bars***

The Last Word

Rules for Weight Loss

Body Size or Exercise: Which Matters Most?

Given the choice between being slim despite the fact that you never exercise or being overweight despite the fact that you work out all the time, which would you choose? If you chose slim and no exercise, would it surprise you to know that your health could ultimately be worse than if you'd chosen to be overweight but exercise regularly?

Studies suggest that people who are physically active and overweight have lower rates of cardiovascular disease and mortality than people who are inactive and thin. So whether you're slender or voluptuous, big and tall or thin and small, making physical activity a regular part of your life is vital to improving your health.

That's not to say that size doesn't matter at all. The health risks associated with obesity are well documented: increased risk of diabetes, high blood pressure, coronary heart disease, cardiovascular disease, and some types of cancer. But what you don't hear very often is that you can reduce these risks by being physically active, even if you don't lose weight.

The health risks associated with being slightly or moderately overweight are less clear-cut. Some studies suggest that being moderately overweight is not linked with an increased risk in mortality, particularly among people who are physically fit. And some researchers are advocating a change in the current categories of overweight.

One reason is that some standard weight and size measurements, such as body mass index (BMI), are not accurate predictors of health risks. BMI, for example, doesn't distinguish between fat and muscle, and it doesn't measure visceral fat -- the fat surrounding abdominal organs. Visceral abdominal fat is a significant risk factor for heart disease and metabolic syndrome. So some people with a healthy BMI who carry their weight around their middle may actually be less healthy than people labeled overweight who have better fat distribution.

Bottom line: No matter what your size or your BMI, being inactive increases your risk of heart disease, hypertension, and type 2 diabetes. For help to get you started, break your barriers, and improve your health check out the [Sharecare](#) website!



Smoking and Oral Health

There are many reasons why smoking is a health risk, but here are the top five ways that kicking butts can immediately improve your oral health:

1. It significantly reduces your risk of developing oral and pharyngeal cancer
2. It reduces your risk of developing periodontal disease
3. It improves the color of your teeth
4. It can help eliminate halitosis (bad breath)
5. It can help reduce dental decay



Source: [Delta Dental](#)



[Harvard Pilgrim](#) members save 18% off one of the most effective, self-help quit smoking programs available! Looking to quit smoking? QuitSmart is here to help! Developed by the Director of the Duke University Quit Smoking Clinic, QuitSmart has been

proven most effective in three published scientific studies. In a study conducted at five U.S. Air Force bases, 66% of those who participated in a QuitSmart Quit Smoking program were still smoke free after 6 months, versus 16 to 30% of those who participated in four other well-known quit smoking programs. What's

included in the QuitSmart Kit? The QuitSmart Stop Smoking Guidebook; the QuitSmart Hypnosis CD; and the QuitSmart Cigarette Substitute. Visit www.quitsmart.com and enter the code "HPHC" under Voucher. Click on recalculate to see your savings of 18%. Pay \$26.23 (regularly \$31.99) plus shipping. You also can call 888-737-6278 to order. Be sure to mention you're a Harvard Pilgrim member to receive your discount.



MASSACHUSETTS

[Blue Cross Blue Shield](#) members if you're ready to quit smoking (or ready to get ready), our Living Healthy Smoke Free program can help. Enroll in our multi-session telephone counseling service with experienced counselors who will help you set a date and prepare for quitting, and give you helpful advice and support along the way. Not quite ready to quit but want to be? You can get

educational materials to help you get in the mood. Massachusetts residents, call: 1-800-TRY-TO-STOP (1-800-879-8678). Available in 11 different languages, www.trytostop.org offers advice, success stories, and tools to help you quit. Look for the Quit Wizard to help you put together your own personal quitting plan.

Wellness Grant Applications!!! Attention: Employers!!!

Have you applied for your wellness grant this year?? So far there have been only 3 units that have applied! Remember this is money available to you for **no cost** to provide additional programs/information/gear to your employees! Details: 0-50 employees you get \$150.00; 51-150 you get \$250.00; 151-300 you get \$400.00; and 301-600 you get \$600.00!

Why haven't you applied yet? [Application is available on the CCMHG website!](#) Apply now!

Wellness News

Biometric Screenings

Below are the screenings scheduled through May 6th!

Brewster Town Hall (downstairs)	March 13 th 9:00a.m. – 3:00pm	Annette Preston
Provincetown Community Center	May 1st 1:00pm – 4:00pm	Pamela Hudson
Town of Mashpee	May 6 th 8:00am – 4:00pm	Kathleen Moore

Couch to 5k

The next C25K will be starting on March 25th and run through May 22nd. We will be meeting at Peter Homer Park (aka Old Townhouse Park) in South Yarmouth on Tuesday and Thursday evenings at 4:30 for 9 weeks of interval training that will guide you on a journey to run 3.1 miles!! If you are interested in taking part in this fabulous program please contact me as soon as possible at capecodhealthyconnections@gmail.com or 508-631-7263. Space is limited and is on a first come basis. *You must discuss this program with your doctor prior to start!* The picture to the right is Laura Scroggins from the Town of Barnstable who ran her first ever 5K after completing this program last fall – congratulations to all 11 members that accomplished this goal! Way to go!!



Healthy Me Program

Are you ready to take the steps towards a healthier lifestyle? Do you need to cut back on calories? Lose a few pounds? Learn some healthier recipes? Exercise more? This 8 week program is geared to motivate individuals to take charge of their lives and become healthier! We will meet 2x/week for the 8 weeks and during these meetings we will work to achieve your health goals by trying out new recipes, working on strength and endurance, walking, discussing our weight loss/health concerns, and participating in weekly weigh-ins! Members will also

meet for 10 monthly follow-up support meetings (with weigh-ins and healthy recipes to sample). Members cost for this program is \$10.00 per person. This money will be collected and held to be awarded to the participant that attains the greatest percentage of weight loss at the end of this year long program! **This program will take place in the towns of Barnstable and Dennis beginning the last week of February. Barnstable will meet on Monday/Wednesdays 12 noon at the HYCC and Dennis will meet on Tuesday/Thursday at 12 noon at the Town Hall Annex.** If you are interested in taking part in this awesome program please contact me as soon as possible at capecodhealthyconnections@gmail.com or 508-631-7263. Space is limited and is on a first come basis.

5k Walk It Off

Our next Walk It Off Program will be held in the Town of Barnstable beginning April 7th at 1:00pm. We will meet for 6 weeks on Mondays and Tuesdays on the Town Green. The program eases into a 5k beginning with a ½ mile walking and gradually increasing to the 3.1 miles by the conclusion. If you would like to join us please contact me as soon as possible at capecodhealthyconnections@gmail.com or 508-631-7263. Space is limited and is on a first come basis. *Remember, as with all exercise programs: You must discuss this program with your doctor prior to start!*

and a little more...

Spring Walking Challenge



Spring is right around the corner and so is our 8-week walking challenge!!! Last Spring we had 426 registered users and walked over 39,830 miles!!! We had some really great prizes distributed and plan on offering the same this year: BodyMedia CORE Armband, NIKE+ FUEL BAND, and FOUR 2GB iPod Shuffles!! The program will begin on April 6th and end on May 31st. You can log miles daily or weekly it's up to you! You will also have the option to log miles, minutes, or steps (example: 15 minutes of basketball equals 1 mile). You also have the option to register as an individual or a team. One school in Yarmouth had almost the entire faculty participating! Once you register you will receive weekly emails and be able to participate in weekly organized walks around the Cape. I hope you will take part in the fun program and add a little "Spring" to your "Step"!!!



FREE Diabetes Medications/Supplies!

Good Health Gateway® Diabetes Care Rewards Program

Take Charge of your Diabetes!

We offer a simple diabetes management program that allows you to receive covered diabetes medications and supplies with \$0 co-pays/co-insurance!

That means NO cost to you!

Participation is **FREE** and absolutely **confidential** and voluntary.

To find out more, register on the *Good Health Gateway* website developed specifically for you at:

www.GoodHealthGateway.com

or call our HelpLine Advocates at 800-643-8028.

FREE Brand Name Medications!



Learn to use medications safely and effectively!

Get the most out of your pharmacy benefit!

Save money on your prescription medications!

Improve communications with your health provider!

Visit www.myMedicationAdvisor.com

or call our *myMedicationAdvisor*® HelpLine Advocates at 877-467-3113.

Hot Topics

FIFTY-ONE

Percentage of men whose significant other has encouraged them to diet. Urging your guy to lose weight can trigger harmful habits, so focus on health, not appearance, and be part of the solution by cooking good-for-you meals instead of commenting on his beer belly!

Source: American Journal of Health Promotion

Another Reason to Exercise? It Lifts Depression!!

Research suggests that burning off 350 calories three times a week through sustained, sweat-inducing activity can reduce symptoms of depression about as effectively as antidepressants. That may be because exercise appears to stimulate the growth of neurons in certain brain regions damaged by depression. What's more, animal studies have found that getting active boosts the production of brain molecules that improve connections between nerve cells, thereby acting as a natural antidepressant. For more awesome reasons: [USNews Health](#)

U.S. Stroke Deaths Fell 30% Over the Past Decade! Experts unsure exactly why, but better prevention and after-stroke care may be factors. Sometimes called a brain attack, stroke is a leading cause of long-term disability. Stroke, however, has slipped from the 3rd leading cause of death in the United States to the 4th leading cause. This, and a similar decline in heart disease, is one of the 10 great public-health achievements of the 20th century, according to the U.S. Centers for Disease Control and Prevention.

Source: CDC; [HealthDay](#)

D-LIGHTFUL Healthy Vitamin D levels keep muscles and bones strong, reduce chronic inflammation and stave off high blood pressure, cardiovascular disease, diabetes, depression and even daytime sleepiness!! Surprisingly few foods contain vitamin D -- unless it's added to the food. That's because your body is built to get vitamin D through your skin (from sunlight) rather than through your mouth (by food). But once your body has enough, it doesn't matter whether you got it through your skin or through your stomach. Three vitamin D super foods include: Salmon (especially wild-caught); Mackerel (especially wild-caught) and Mushrooms! Source: [Eating Well](#); [WebMD](#)



New Numbers Say 1 in 50 Kids Have Autism – In case you didn't catch it, one of the biggest stories in 2012 was about numbers from the Centers for Disease Control and Prevention that claimed 1 in 88 American kids have an autism spectrum disorder (ASD). In March of 2013 even more alarming figures were released by the National Center for Health Statistics, which reported that 1 in 50 kids have a type of autism, with boys being four times more likely to be diagnosed than girls. Debate ensued over whether the number of kids with autism is actually on the rise, or whether better diagnostic tools make for a more accurate count. Late last year, the American Psychiatric Association also announced that Asperger's disorder would be dropped from a new edition of the Diagnostic Statistical Manual (DSM) being published in May 2013 and would be considered a part of the ASD group of diagnoses instead. Late this year, a new, game-changing study from the National Institutes of Mental Health (NIMH) revealed that infants who don't make eye contact in their early months are usually diagnosed with autism spectrum disorder later in life. Source: [Parents](#)

Food for thought...



JILLIAN MICHAELS' 4 MOST FILLING FOODS

Here are four foods that the Biggest Losers Fitness Expert says will help you reach your goal weight by making you feel full so you don't end up overeating!



Protein - One study found that increasing protein to 30% of your total daily caloric intake can improve your sensitivity to leptin, which makes you feel less hungry. Good sources of protein are low-fat yogurt, salmon, turkey, eggs, and almond butter.

Whole foods containing zinc - Zinc is a mineral that also raises leptin levels, keeping your hunger hormones balanced. Foods rich in zinc include oysters, poultry, beans, nuts, red meat, whole grains, organic dairy products, and fortified breakfast cereals.

Complex carbohydrates - Complex carbs break down more slowly than simple carbs so they release sugar into the bloodstream more slowly, keeping insulin levels stable and enabling you to feel full longer. Complex carbs include whole grains like barley, amaranth, brown rice, whole oats, beans, peas, lentils, and quinoa.



Fresh, non-starchy vegetables - In addition to all their vitamins and minerals, low-carb veggies are packed with fiber, so they not only fill you up, they slow your digestion and reduce the release of sugars into the bloodstream. Some examples are leafy greens, green beans, broccoli, cauliflower, cabbage, peppers, asparagus, tomatoes, and pumpkin. Source: [Everyday Health](#)

Nut-Free Chocolate-Cherry Snack Bars Recipe

From *Eating Well*

Ingredients

- 2 1/2 cups unsweetened puffed wheat cereal
- 3/4 cup old-fashioned rolled oats
- 1/2 cup dried cherries or dried cranberries, coarsely chopped
- 1/2 cup honey
- 1/2 teaspoon vanilla extract
- 1/8 teaspoon salt
- 1/2 cup mini semisweet chocolate chips or finely chopped bittersweet chocolate



Directions

1. Position a rack in lower third of oven; preheat to 300°F. Line an 8-inch-square pan with parchment paper, letting it overhang on two opposite sides.
2. Toss cereal, oats and dried cherries (or cranberries) in a large bowl.
3. Combine honey, vanilla and salt in a small saucepan. Warm over medium heat, stirring, until the honey is more fluid and the salt is dissolved. Pour the honey mixture over the dry ingredients and fold until everything is moistened and sticky. Let cool for 5 minutes. Fold in chocolate until evenly distributed. Scrape the mixture into the prepared pan and spread evenly with a fork. Using the back of the fork, press the mixture very firmly all over.
4. Bake until the top is golden brown, about 35 minutes. Run a knife along the unlined sides of the pan to detach the bars. Let cool in the pan on a wire rack to room temperature, about 1 hour. Use the ends of the parchment to lift the bars from the pan. Gently peel off the parchment. Use a heavy sharp knife to cut into 16 bars or squares.

Nutrition Facts: Makes 16 Bars: Per bar: 93 calories; 2g fat; 1g sat; 1g mono; 19g carbohydrates; 12g sugars; 1g protein; 1g fiber; 20mg sodium; 45mg potassium.

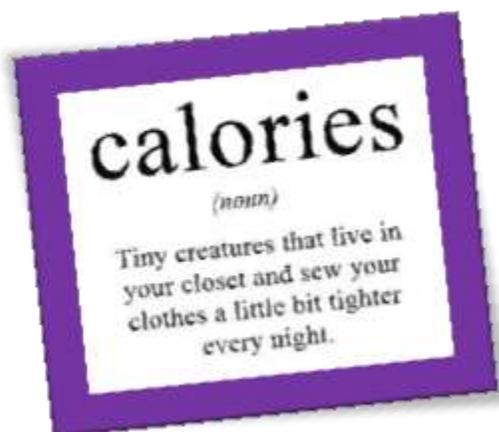
3 Calorie-Counting Rules for Weight Loss

Tracking your calories is a proven weight loss strategy, but too few Americans tally their intake – or even know how to. Here's how to sharpen your calorie counting skills to slim down healthfully.



**The Last
Word**

How many calories have you eaten today? And how many should you consume if you're trying to maintain your current weight or lose those last 10 pounds? If you're like most Americans, you probably don't know the answers to these calorie-counting questions, according to a new survey from the International Food Information Council (IFIC) Foundation, a not-for-profit health education organization.



A scant 9 percent of Americans keep track of how many calories they eat every day, the survey found. The same percentage were able to accurately estimate how many calories they should eat each day. In fact, the “secret” to losing weight for good isn't eliminating carbs or eating gallons of cabbage soup, according to *My Calorie Counter*, a new book from Everyday Health. “Sustained, healthy weight loss comes down to a pretty basic equation: fewer calories plus more exercise,” say authors Jenny Sucof and Maureen Namkoong, MS, RD. “By keeping track of how many calories you consume and burn every day, you can slim down, gain energy, and stave off a whole host of health problems.”

So why don't more people track their calorie intake? Among the biggest roadblocks people cited are the difficulty of counting calories (30 percent); having a focus on other nutrients (30 percent); thinking that calorie counting doesn't matter (23 percent); and being too busy (22 percent).

But counting calories is easier and less time-consuming than you think. Follow these tips to get started:

1. Determine How Many Calories You Should Eat

How many calories you need to eat to maintain your current weight depends on factors such as your gender, age, height, weight, and activity level. Your body uses about two-thirds of the calories you consume each day just to keep its systems functioning — your heart beating, your muscles moving. The rest of your calorie intake fuels everyday activities like walking around, exercising, typing an e-mail, doing a crossword puzzle.

To find out your ideal caloric intake, start by calculating what's known as your base metabolic rate (BMR): Women: Multiply your weight by 10. Men: Multiply by 11. This is your BMR. Now add to that 20 percent of your BMR if you have a sedentary lifestyle; 30 percent if you are somewhat active; 40 percent if you are moderately active; or 50 percent if you are very active. The number you get is how many calories you need to maintain your weight.

For example: If you're a somewhat active 145-pound woman, your BMR is 1,450 calories a day, and your lifestyle quotient is 30 percent of that, or an additional 435 calories. So your daily total for maintaining your current weight is 1,885 calories. If you want to lose one pound per week, you simply need to cut or burn an extra 500 calories a day.

2. Count How Many Calories You Actually Eat and Burn

You can track your calories online at [everyday Health](#), [SPARKPEOPLE](#), or [myfitnesspal](#) for free and all three have mobile apps as well when you're on the go. You can easily cut 500 calories by making small diet and exercise changes throughout your day. Here's one approach:

- ✓ Breakfast: Drink water instead of orange juice (calories saved: 117)
- ✓ Snack: Have sliced cucumber and a tablespoon of hummus instead of a bag of chips (calories saved: 119)
- ✓ Lunch: Swap out your salad's creamy ranch dressing for fat-free Italian (calories saved: 66)
- ✓ Dessert: Eat ½ a cup of strawberries instead of ½ of a cup of chocolate ice cream (calories saved: 118)
- ✓ Exercise: Stroll at a moderate pace for 30 minutes (calories burned: 125 for a woman weighing 145)



3. Get Portion Savvy

Even if you can't or don't want to tally the calories you eat at every single meal or snack, adopting these little portion control tips can help you consume fewer calories without trying too hard. In a world where supersize is the new regular, it's easy to undercount your calories. These tips can help you recognize what a healthy portion looks like, which can help you keep calories in check:

- ❖ Think of a tennis ball. It's the equivalent of one cup of food, which is the recommended portion for such foods as pasta, cereal, and yogurt.
- ❖ Don't eat straight out of the container. It's a recipe for mindlessly overeating. Instead, measure a serving size of whatever you're eating - almonds, soy chips, or other snacks - and put it on a plate or in a bowl.
- ❖ Use smaller plates. Trick your mind into thinking that you have more food by downsizing your large dinner plate for a smaller salad-sized one. A healthy portion can look teeny on a huge plate but will seem more normal when you shrink its surroundings.

Spoil your appetite with nutritious food. Try eating celery sticks with peanut butter an hour before mealtime or a handful of almonds. You'll eat less at the meal and feel more satisfied later. Source: [everydayHEALTH](#)

Your Health Matters is a quarterly publication for municipal employees and family members of the Cape Cod Municipal Health Group.

*All questions and correspondence should be directed to
Deanna L. Desroches, Health & Wellness Consultant, Cape Cod Healthy Connections, LLC
capecodhealthyconnections@gmail.com or 508-631-7263.*