



# ***Your Health Matters***

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

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## **Health at Every Size: What Does “Healthy” Really Look Like?**

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People seek weight loss as a means to improve health and reduce their risk of chronic disease. But, does looking skinny really equate to better health? An emerging body of research is actually suggesting quite the opposite. Glenn Gaesser, PhD, an exercise physiologist and author of “Big Fat Lies: The Truth about Your Weight and Your Health,” says “the number on the scale may be a poor predictor of health as it fails to consider cardiovascular fitness, physical activity and diet.” Being fit and fat can be healthier than being skinny and out of shape, aka “skinny fat.”

As they say, you can’t judge a book by its cover. Just because someone is overweight doesn’t mean their health is at risk. In fact, according a review by Linda Bacon, PhD, author of “Health at Every Size,” except in extreme cases, body mass index “only weakly predicts longevity.” Her review discovered that most studies following large groups of participants over many years “find that people who are overweight or moderately obese live at least as long as normal weight people, and often longer” with the greatest longevity in the overweight category.

New research has revealed yo-yo dieting or weight cycling to be associated with increased markers of inflammation, high blood pressure, low HDL (the “good” cholesterol) and premature death from heart disease. Obesity may not be the underlying cause of disease, as traditional medicine and health policy suggest. Diet quality, exercise and sleep habits have more impact on health than weight. Instead of fighting the war on fat, focus your efforts on eating healthy, being active and forming good sleep habits. Diet quality, exercise and sleep habits have more impact on health than weight.

Some experts even believe that the focus on fat and obesity is making the population more obese. How? Research has shown a potential relationship among weight stigma, emotional eating and poor self-esteem. Shifting the paradigm in how we view weight can be an effective way to encourage small tweaks to lifestyle that makes health even more achievable. This doesn’t mean that you can throw in the towel, sit on the sofa and eat potato chips all day long. It’s about seizing the day and working toward health — physically and emotionally. Instead of making weight loss the goal, allow it to be a side effect of a healthier lifestyle.



## The Diabetes-Gum Disease Connection

If you have diabetes, it's important to take good care of your teeth and gums. Why? Gum disease can make your diabetic condition worse. And if you don't have diabetes, good dental care can lower your chances of developing periodontal (gum) diseases. What's the connection? Research suggests that the relationship between gum disease and diabetes is a two-way street. One disease impacts the other. Over time, it can become a vicious cycle.

Because diabetes reduces the body's ability to fight infection, the gums are likely to be affected. Periodontal (gum) disease is an infection of the gum and bone. People with uncontrolled blood sugar have a tendency to develop periodontal diseases more often and more severely. They're also more likely to lose more teeth than people who have their diabetes under control.

If you do have diabetes, tell your dentist. Be sure to get regular checkups every 6 months. Remember to brush your teeth gently, at least 2x/day, with special attention to the gum line and floss at least once a day.



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- [Tips for helping your family eat right](#)
- [Healthy Pregnancy program](#)
- [Symptom checker](#)
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- [Up-to-date information about vaccines](#)

- [Healthy eating for all appetites](#)
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*Blue 365 says: Physical activity is good for people of all ages. Staying active can help lower your risk of heart disease, stroke, type 2 diabetes, and some types of cancer.*

Sponsored by the

# Cape Cod Municipal Health Group

## Do You Have A Deductible?

See how the **Good Health Gateway®** Diabetes Care Rewards Program can save you money.

**Example:**

John Q. Public has diabetes. He takes two diabetes medications, and he tests his blood sugar twice a day. John saves money by participating in the diabetes program even though he has to pay office visit copays and a portion of his labs to meet his \$250 deductible.

Diabetes Management	Your Annual Costs	
Office Visits, Exams, Labs, Medications, and Supplies	Without Diabetes Program	Participating in Diabetes Program
Annual Primary Care Visit/Foot Exam	\$0	\$0
Specialist Visit/Eye Exam	\$35	\$35
Blood Work (A1c) <i>Applies to deductible</i>	\$250	\$250
Lipid panel <i>Applies to deductible</i>		
Urine Protein Levels <i>Applies to deductible</i>		
Medication-Metformin <i>Cost: \$10 a month x 12</i>	\$120	\$0
Medication-Januvia <i>Cost: \$35 a month x 12</i>	\$420	\$0
Test strips (2x a day) <i>Cost: \$48 a month x 12</i>	\$576	\$0
<b>Your Total Annual Costs</b>	<b>\$1401</b>	<b>\$285</b>

**Your Annual Savings: \$1401 - \$285 = \$1116**

Participating in the *Good Health Gateway* Diabetes Care Rewards Program is a WIN-WIN. You save money, and you improve your health by managing your diabetes.

Call the *Good Health Gateway* HelpLine Advocates or go online to register today.

**(800) 643-8028**

**GoodHealthGateway.com**



# Wellness News

## Couch to 5k Running Program

We have just wrapped up our Barnstable program and some of the participants joined me in running the Sons of Erin Run to the Sea 5K on May 14<sup>th</sup> and had an amazing time!! Team Cape Cod 5K Runners will next be running in the Cultural Center Run for the Arts 5K on June 18<sup>th</sup> in Yarmouth if you want to join us or cheer us on!

Our Harwich program just started on May 17<sup>th</sup> meeting at Harwich Town Hall at 4:45pm. The programs run 9 weeks and there is space for more if you want to jump in! Just contact me ASAP! We are in the middle of our second week now!

The next program will begin on August 16th and meet at CC Regional Technical High School Tuesday and Thursday evenings at 3:45pm. Hope you will join us!! ***As with all physical fitness programs: You must discuss this program with your doctor prior to start!***



## Spring Walking Challenge



Our Challenge has started and we have about 120 members logging in their steps/minutes/miles! You can still sign up for this challenge at any time as it runs through June 18<sup>th</sup>. Just create an account at [WalkingWorks](http://WalkingWorks) and join the BCBS of MA, CCMHG, Spring Walking Challenge and your employer group and you are in! We had a great walk and celebration at Marathon Sports and we are now looking for members to join us on our weekly walks. Our first walks were at Hawksnest State Park (pictured left), Shining Sea Bikeway, and Old Jail

Conservation Area! We will continue to meet at various locations on the Cape every Saturday morning at 9am through the 18<sup>th</sup>. To see the entire calendar you can check out [CC Healthy Connections](http://CCHealthyConnections) which will provide locations and addresses.

## Biometric Screenings

All our screening dates are filled for FY16. We can schedule for FY17 if you are a planner - feel free to contact me and we'll get you inked in! As you can see from the picture at DY High School (right) we don't need a ton of room, a classroom will do! We fit! 😊

Employers if you have not taken advantage of this fabulous program you should. Our nurses are referring employees for follow-ups all the time. We have discovered issues with UV exposure, hearing loss, high cholesterol, high blood pressure and pre-diabetes!!



All were discovered by our staff at a 20 minute screening. I think that offering these services is not only life-saving in some cases but is an employer's fiscal responsibility. The earlier we can detect illness the less likely we are to have to pay high cost claims! Proactive not reactive!

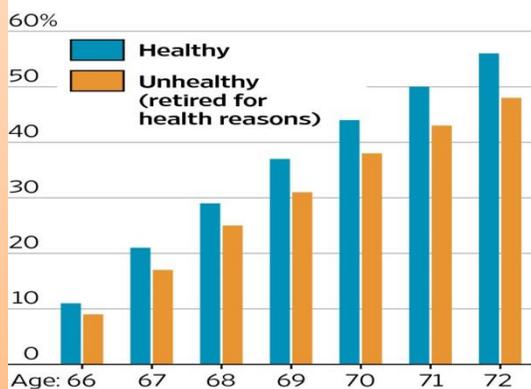


# Hot Topics

**Retiring After 65 May Help People Live Longer** says a study published online in the *Journal of Epidemiology & Community Health*. The risk of dying from any cause over the study period was 11% lower among people who delayed retirement for one year—until age 66—and fell further among people who retired between the ages of 66 and 72, the study found. Check out the full article at the [Wall Street Journal](#).

## Keep Working?

Age at retirement and reduced risk of dying compared with age 65:



Source: Chenkai Wu, Oregon State University  
THE WALL STREET JOURNAL.

WebMD

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ANSWER 2/14

How many drinks per week make a woman a "heavy drinker?"

**You answered: 7**

Toss back more than 3 drinks on any single day or more than 7 a week and you could be labeled a heavy drinker. The numbers for men are higher: 4 drinks a day or more than 14 per week. What's a drink? Just 0.6 ounces of alcohol -- roughly the amount in 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80-proof liquor.

Harvard Health @...

Help lower your #cholesterol with a handful of walnuts a day:  
hvrld.me/4nuOti #HarvardHealth

## Ask the Dietitian: Is It OK to Eat Sugary Fruit? Answered by Trinh Le, MPH RD, MyFitnessPal

Lately, it feels like we're in the throes of sugar-phobia, and, to be fair, it's not without good reason. The popular media, trusted health organizations (like the American Heart Association, World Health Organization and National Academy of Medicine) and high-profile nutrition experts have all called for us to eat less added sugar. After all, added sugar has been tied to the obesity epidemic and related chronic illnesses like heart disease, Type 2 diabetes and some cancers. As the general public leans away from soda, sweet breakfast cereals and store-bought cookies, it's tempting to celebrate sugar's status as a nutrition super-villain. But, as a dietitian, I can't help but feel this new awareness comes with unintended consequences, namely in the upswing of people who ask me: "Is it OK to eat fruit? It's so high in sugar."

When you consider fruit's contribution to health, the answer is clear: Fruit fears go against the science that eating enough fruits and vegetables can lower your risk for heart disease, Type 2 diabetes, cancer and so much more. The Centers for Disease Control and Prevention conclude that replacing high-calorie, less-nutritious foods with fruit and vegetables is a good strategy for weight loss. If you haven't been diagnosed with diabetes or have a fruit allergy, you don't need to be cautious with your intake.

### Three Questions to Ask Yourself When Cutting Back on Sugar

1. Is the sugar in this food mostly added sugar or natural sugar (e.g., from fruit, vegetables, dairy)?
2. Is the food that I am eating providing me with more than just empty calories?
3. Am I enjoying this food as part of a sensible and well-balanced diet?

## Food for thought

### Chocolate Milk vs. Regular Milk



Chocolate milk: To drink or not to drink? That's the hot-button issue on the minds of school officials, parents, and nutrition experts across the country.

All milk, flavored or not, is packed with nutrients. One cup of fortified low-fat milk contains around 100 calories and 13 grams of sugar (in the form of lactose, a sugar found naturally in milk) and about 300 milligrams of calcium (about 25 percent of kids' daily need) as well as vitamin D, vitamin A, B vitamins, and minerals like potassium and phosphorus. The same size serving of typical low-fat chocolate milk contains about 160 calories and 25 grams of sugar (the increased amount comes from added sugar), with comparable levels of vitamins and minerals.

It may not seem like a huge difference, but over time that extra sugar and calories add up, especially when they're consumed daily at school and as part of an already too-sugary diet, explains Joy Bauer, RD, nutrition and health expert for the Today show and Everyday Health. A recent Emory University study found that added sugar accounts for 20 percent of teens' daily calories; those with the highest sugar intake had lower levels of "good" HDL cholesterol and higher levels of "bad" LDL cholesterol and triglycerides, and a higher risk of heart disease and diabetes later in life. Much of the teens' sugar intake came from sweetened beverages, the study authors said.



One thing most experts can agree on: Kids need to get enough calcium (800 milligrams a day for ages 4 to 8; 1,300 milligrams a day for ages 9 to 18; 800) and milk is often an important calcium contributor in most kids' diets. To reach those amounts, children need multiple servings of calcium-rich foods a day, including milk as well as low-fat yogurt, cheese, and leafy green vegetables like spinach and broccoli. If you're concerned about your child's calcium intake, ask your pediatrician about taking supplements. *Source: [everydayhealth.com](http://everydayhealth.com)*

### Zucchini-Hummus Chicken Wrap

by [myfitnesspal](http://myfitnesspal.com)

#### Ingredients

- 1 cup shredded boneless, skinless chicken breast
- 1/4 cup crumbled feta cheese
- 1 teaspoon chopped fresh oregano
- 1/2 teaspoon coarse black pepper
- 2 medium zucchini
- 1/2 cup plain hummus
- 4 (10-inch) whole-wheat tortillas
- 2 cups spinach
- 1/4 cup thinly sliced red onion
- 1/4 cup sliced roasted red pepper



#### Directions

1. Stir together chicken, feta, oregano and pepper in a large bowl. Set aside.
2. Slice ends from zucchini, and cut lengthwise into thin ribbons using vegetable peeler or mandolin.
3. Spread 2 tablespoons hummus on each tortilla. Divide spinach and zucchini equally over hummus. Divide chicken mixture, onion and roasted red pepper equally among tortillas. Roll tightly; wrap in plastic wrap, and refrigerate until ready to serve.

#### Nutrition Information

Serves: 4 | Serving Size: 1 wrap | Per serving: Calories: 248; Total Fat: 8g; Saturated Fat: 3g; Monounsaturated Fat: 2g; Cholesterol: 38mg; Sodium: 556mg; Carb: 16g; Dietary Fiber: 13g; Sugar: 3g; Protein: 18g | Nutrition Bonus: Potassium: 172mg; Iron: 11%; Vitamin A: 35%; Vitamin C: 28%; Calcium: 13%

