9 for 2019: Habits for a Healthier New Year

January 18, 2019

9 for 2019: Habits for a Healthier New Year will begin at 12:00 PM ET

Upcoming Webinars

Updates on the New Federal Income Tax Law
Tuesday, January 29
We will discuss changes to the federal income tax law and how that will impact you when you filing your tax return.

Tax Preparation Tips & Resources
Wednesday, February 6
An IRS representative will lead discussion and demonstrate free tax preparation options and resources.

Build a Better Breakfast
Friday, February 22, 2019
Is breakfast really the most important meal of the day? Learn what the research says and find easy ways to start your day with a healthy breakfast.

Healthy Lunches and Snacks
Friday, March 22
Maintain energy and concentration by eating a healthy lunch and snacks. Includes ideas, examples and recipes.

University of Florida IFAS Extension

- Institute of Food and Agricultural Sciences (IFAS)
  - Part of federal-state-county partnership dedicated to developing knowledge in agriculture, human and natural resources, and the life sciences, and enhancing and sustaining the quality of human life by making that information accessible.

- IFAS includes:
  - Teaching
  - Research
  - Extension

- Extension
  - Outreach from IFAS at local level
  - All 67 counties in Florida have an Extension presence
  - Most have a Family & Consumer Sciences Agent

Webinar Team

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Chat Box
Chat Box
Chat Box
Chat Box
May have to hover page to get Tools to show up
Can send chat to Panelists only or post for All Participants

Chat Box
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Please complete the short evaluation that will be sent following the webinar. We need your feedback.

Additional Presenter

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Self Care in 2019

• Healthy eating
• Physical activity
• Overall health
• Self time
Habits to Consider

1. Create a healthy routine
2. Manage stress
3. Be well rested
4. Plan your plate
5. Cook more, eat out less often
6. Move more
7. Increase your strength and flexibility
8. Stay current with health screenings
9. Connect to the world around you

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

–Aristotle

1. Create a Healthy Routine

Ready to make a change?

1. Identify the behaviors you want to change
2. Choose one
3. Look for cues, replace the habit
4. Make a plan and keep it simple
5. Check-in with yourself
6. Reward
7. Repeat
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Making a Change?

1. Identify the behaviors you want to change
2. Choose one

Making a Change?

3. Look for cues, replace the habit
4. Make a plan and keep it simple

Ready to make a change?

5. Check-in with yourself
6. Reward
7. Repeat

Create a Healthy Routine

- Identify the behaviors you want to change
- Choose one
- Look for cues, replace the habit
- Make a plan and keep it simple
- Reward
- Check-in with yourself
“habits come to guide behavior instead of intentions”

Wood and Neal, 2017

2. Manage stress

Stress

- Long-term/chronic
  - Heart health
  - Fatigue
  - Muscle reduction
  - Problems with reproduction
  - Harder to de-stress when no stressors are present

Manage Stress

- Stress
  - How do you know when you are stressed?
- Identify your stressor
  - Is it within your control?
- Stress management technique(s)
  - Positive self-care
  - Breathing and/or relaxation techniques
  - Ask for help
Positive self-care

- Positive self-talk
- Regular exercise
- Healthy eating pattern
- Getting adequate sleep
- Positive relationships
- Practice mindfulness

Breathing/Relaxation Techniques

- Abdominal breathing
- Autogenic relaxation
- Body Scan
- Progressive Muscle Relaxation
- Massage/Heat
- Visualization

Ask For Help

- Family
- Friends
- Physician
- Mental Health Professional
- Counselors
- Faith Based Leader/Community

For more information on Stress Reduction Techniques and Improving Sleep:
https://vimeo.com/261211101
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3. Be Well Rested - Get Your ZZZs

Health Effects of Long-Term Sleep Loss

- Diabetes
  - 3 times greater risk to develop
- High Blood Pressure
  - 3½ times greater risk
- Heart Disease
  - Can lead to higher cholesterol, triglycerides, stress hormones, blood pressure and substances that indicate inflammation
  - Sleep apnea increases risk especially among those who don’t use a breathing machine
- Mental Illness
  - More likely to develop depression including post-partum
- Viral Infections
  - Increased susceptibility
- Weight gain
  - Link especially strong among children
  - Lack of sleep tends to disrupt hormones that control hunger and appetite

Importance of a Good Night’s Sleep

Sleep affects:
- Emotional well-being
- Cognitive function
- Daytime function
- Physical health

Create a Sleep Environment

- Tame your technology
- Temperature
- Bed and bedding
- Light
- Quiet (or white noise)
- Pets and children?

Source: An Integrative Review of sleep for Nutrition Professionals, Advances in Nutrition, Volume 5, Issue 6, 1 November 2014

For more information, visit the National Sleep Foundation at https://www.sleep.org
Tracking - Keep a Sleep Journal

- Daily sleep pattern including naps
- How long and well you slept
- Food and beverages including time of consumption
- Emotions and stress level
- Medications
- Physical activity
- Pre-sleep activities
- Electronic trackers
  - May or may not be accurate


Still Can’t Sleep?

- Talk to your healthcare provider if:
  - Regularly have trouble sleeping
  - Tired or fall asleep during the day even if you had sufficient sleep
  - Partner mentions you snore and/or sometimes stop breathing

Sleep Resources

- National Heart, Lung and Blood Institute
  [https://www.nhlbi.nih.gov/about/org/ncsdr/patpub](https://www.nhlbi.nih.gov/about/org/ncsdr/patpub) (free)
  - including Your Guide to healthy Sleep
- Improving Sleep, Harvard Medical School
  Special Reports available at

4. Plan Your Plate
MyPlate
- Helps Americans choose healthy eating patterns
- Based on cultural and personal preferences
- Visually plan your plate
- Eat colorful fruits and vegetables
- https://www.choosemyplate.gov

Mediterranean Diet
- Lifestyle not a diet
- Plant-based, not vegetarian
- Incorporates foods you enjoy
- Many options, no one specific “diet”

Focus on Fresh and Seasonal Foods
- Fruits
- Vegetables
- Whole grains
- Legumes
- Nuts
- Fish
- Lean meat
- Healthy fats

For more information on Mediterranean Diet
http://medinsteadofmeds.com
https://oldwayspt.org
Downloadable handouts, videos and recipes on the websites
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Dietary Approaches to Stop Hypertension (DASH)

- **Recommends:**
  - Vegetables
  - Fruits
  - Low Fat or Fat Free Dairy Products
  - Whole grains
  - Fish
  - Poultry
  - Beans
  - Nuts
  - Vegetable Oils

- **Limits:**
  - Sodium
  - 2,300 or 1,500 mg
  - Sweets
  - Sugar-Sweetened Beverages
  - Red Meats
  - Saturated Fats
  - Trans Fats
  - Tropical Oils
    - Coconut
    - Palm Kernel
    - Palm Oils

DASH Eating Plan Calorie Needs: 1,800

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<thead>
<tr>
<th>DASH Eating Plan</th>
<th>Calorie Needs: 1,800</th>
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<tbody>
<tr>
<td>Grains</td>
<td>6 servings</td>
</tr>
<tr>
<td>Vegetables</td>
<td>4-5 servings</td>
</tr>
<tr>
<td>Fruits</td>
<td>4-5 servings</td>
</tr>
<tr>
<td>Fat-Free or Fat Dairy</td>
<td>2-3 servings</td>
</tr>
<tr>
<td>Lean Meats, Poultry or Fish</td>
<td>6 or less</td>
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<tr>
<td>Nuts, Seeds, Legumes</td>
<td>4 per week</td>
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<tr>
<td>Fats &amp; Oils</td>
<td>2-3</td>
</tr>
<tr>
<td>Sweets/Added Sugars</td>
<td>5 or less per week</td>
</tr>
<tr>
<td>Daily Sodium Limit</td>
<td>2300 mg</td>
</tr>
</tbody>
</table>

For more information, go to [https://www.nhlbi.nih.gov/health-topics/dash-eating-plan](https://www.nhlbi.nih.gov/health-topics/dash-eating-plan) or search on-line for National Heart Lung and Blood Institute and DASH

Healthy Eating Tips

- Aim towards a more plant-based diet
- Watch out for added sugars
- Aim for nutrient and fiber rich foods
- Make half your plate fruits and vegetables
- Eat a variety of colors
- Make wise choices when eating out
- Watch portion sizes
- Try to get nutrients from food, not supplements
- Choose healthier oils

5. Cook More, Eat Out Less Often
Get a Plan

- Try to plan for a week
  - At least weekdays
- Create a collection of go-to meals
- Cook once – eat 2 times more
- Let technology help you
  - Apps, meals planning, couponing sites
- Involve children in process
  - They are more likely to try new foods if they are involved in preparation
  - Can help more as they get older
  - Learn an important life skill

For more information on meal planning and downloadable worksheet, go to https://spendsmart.extension.iastate.edu/plan/menu-planning

Eating Together is Important

Take time to
- De-stress
- Communicate
- Enjoy each others company

6. Sit Less Move More

- Prolonged periods of sitting or sedentary behavior are associated with harmful health consequences independent of physical activity levels
- 50% of an average person’s waking day involves activities associated with prolonged sitting

Source: ACSM’s Guidelines for Exercise Testing and Prescription
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Sit Less Move More

• Are you at risk?
  – Cardiovascular disease incidence
  – Cancer (breast, colon, colorectal, )
  – Type 2 Diabetes

Sit Less Move More

Activities at Home:
• Walk the dog
• Dance or walk in place every other commercial
• Walk or Pace when using your mobile device
• Walk after dinner

Sit Less Move More

• Workplace:
  – Standing Workstation
  – Stretch and Move
  – Decrease email use
  – Wiggle and Jiggle

7. Increase Your Strength and Flexibility

• Who Needs it
• Benefits

Good Examples of Workplace Stretches and resistance Band Workout available at http://gatorcare.org/wellness/library/
Strength and Flexibility

Fact or Fiction?

• You burn more calories when doing cardiovascular exercise than strength training?
• Physical results from consistent weekly strength training can be seen as soon as six to eight weeks?

Strength and Flexibility

Strength and Flexibility

• Strength Training 101:
  – Remember to warm up and cool down
  – 2-5lbs for arms 10-12 repetitions for 2 sets
  – 5-10lbs for legs 10-12 repetitions for 2 sets
  – Use your own body weight or resistance bands

Strength and Flexibility

Strength and Flexibility

• Flexibility
• Often most neglected component of exercise but is just as important
• Guidelines and Precautions

Strength and Flexibility

Strength and Flexibility

• Frequency
• Intensity
• Time
• Volume
8. Stay current with health screening

Disclaimer: We are suggesting approximate timelines, and this is not a complete list of possible health screenings. The age recommendations and frequency of health checks may differ based on your personal risks and family history. Talk to your health care provider to determine the timing and screenings right for you.

https://medlineplus.gov/ency/article/007462.htm

Health screenings for ages 18-39

Blood Pressure
1x per 2 yrs.

Cholesterol
Age to start varies 20-35 yrs. for men
1x per 5 yrs. if normal

Blood Glucose
Depends on risk for diabetes

Health screenings for ages 18-39

Women’s Health
No mammograms yet
Self-exam?
Pap test 1x per 3-5 yrs.

Men’s Health
No routine screening

What about osteoporosis?

Health screenings for ages 40 to 64

Cholesterol
1x per 5 yrs. if normal

Blood Pressure
1x per year

Blood Glucose
Men ≥ 45 yrs 1x year
Women ≥ 45 yrs 1x per 3 y
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Health screenings for ages 40 to 64

- Colorectal cancer screening
  - Start at 50 yrs.

- Men's Health screening
  - Prostate exams?
  - PSA screening?

Consider lung cancer screening if smoking history

Health screenings for ages 40 to 64

- Many tests available for colorectal cancer screening depending on age and risk
  - stool tests for occult (hidden) blood
  - FIT (fecal immunochemical test)
  - stool DNA
  - ~5 years: flexible sigmoidoscopy
  - barium enema
  - CT colonography
  - Colonoscopy ~ 10 y

9. Connect to the World Around You

- Connect with family and friends
- Meet new people
- Spend time with furry friends
- Explore nature or gardening
- Take time for spirituality or community service
- Love your home environment

Social support vs. Social media

- Enhances quality of life
- Offers a “protection” or “buffer” during a crisis
- Reduces stress levels
- May also increase longevity
What would YOU like to do to improve your health?

1. Create a healthy routine
2. Manage stress
3. Be well rested
4. Plan your plate
5. Cook more, eat out less often
6. Move more
7. Increase your strength and flexibility
8. Stay current with health screenings
9. Connect to the world around you

Steps to Create a Healthy Routine

Identify the behavior you want to change
Choose one
Look for cues, replace the habit
Make a plan and keep it simple
Check in with yourself
Reward

Please complete the short evaluation that will be sent later today