Leading a Healthy Lifestyle

Health*Matters
Wellness Program for Faculty & Staff
Disclosure

This presentation is provided for informational purposes only and is not intended to provide specific medical advice, diagnosis, or treatment. You should always seek advice from a physician or other qualified health care provider for your individual medical needs.
Agenda

- Know your numbers
- Healthy lifestyle
- Goal setting
Know Your Numbers

- Cholesterol
- Triglycerides
- Glucose
- Blood Pressure
- Waist Size

Offered twice a year
Your Numbers & Health

• Risk factors for heart disease, diabetes, etc.
• Interpret results in broad context
• Share results with your physician
Cholesterol

Sources

1. Body: produced mainly in the liver
2. Diet: animal products

Saturated and trans fats have more of an impact than dietary cholesterol
Cholesterol

Sure, I'm bad, as in raising your bad cholesterol. But, I'm sooo good at it.

Ok, I clog your arteries. Forget about it, We can have so much fun.

Don't let them break your heart.
Cholesterol
Triglycerides

- Type of fat in blood
- Sources
  - Calories eaten that aren’t immediately used
Triglycerides

What to do:
• Exercise
• Limit processed foods (added sugar and refined grains)
• Fiber
• Omega-3 fats
• Avoid/limit alcohol
• Normalize blood sugar if high
Glucose

- Needs to stay stable for our body to function
- Insulin helps maintain balance
- Normal: 70-100 mg/dl
High Blood Pressure

- No symptoms
- Affects 1 in 3 adults
- Another 30% have prehypertension
Blood Pressure – what to do

- Exercise
- Eat whole, unprocessed foods
- ↓ salt, sugar, and red meat
- Manage stress
- ↓ alcohol
- Quit smoking
Waist Size

Recommended:
• Women: <35 inches
• Men: <40 inches
Metabolic Syndrome

3 of 5 risk factors:

- Large waistline
- High triglycerides
- Low HDL cholesterol
- High blood pressure
- Elevated fasting blood sugar
Nutrition

- Eat whole, unprocessed foods
- ↓ sugar and refined grains
- Enjoy fiber-rich whole grains, fruit, vegetables
- Enjoy healthy fats
- ↓ alcohol
Diets

• Diets don’t work
• May work in the short term, but most people regain weight
• Food should be enjoyable
• Ditch the “diet” mentality
Start with something small

- Reduce sugar added to coffee/tea by $\frac{1}{4}-\frac{1}{2}$
- Have a savory breakfast 1-2 times a week
- Try 1 new recipe
Nutrition

• Eat whole, unprocessed foods
Nutrition

- ↓ sugar and refined grains
- Instead:
Nutrition

• ↓ sugar and refined grains
• Instead:
Nutrition

• Enjoy fiber-rich whole grains, beans, fruit, vegetables
Nutrition

• Enjoy healthy fats
Omega-3 Fats

- Wild salmon
- Sardines
- Mackerel
- Black cod
- Herring
- Rainbow trout
Nutrition

- Alcohol in moderation, if at all
- “At-Risk” drinking:
  - **Men** > 4 drinks on any day, > 14 drinks in 1 week
  - **Women** > 3 drinks on any day, > 7 drinks in one week
HEALTHY MEAL MODEL

Fruit

Vegetables

Healthy Protein

Whole Grains

Water
# Hunger Scale

<table>
<thead>
<tr>
<th>Rating</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Extremely stuffed, nauseous</td>
</tr>
<tr>
<td>9</td>
<td>Stuffed, very uncomfortable</td>
</tr>
<tr>
<td>8</td>
<td>Overfull, somewhat uncomfortable</td>
</tr>
<tr>
<td>7</td>
<td>Full but not uncomfortable</td>
</tr>
<tr>
<td>6</td>
<td>Satisfied, but could eat a little more</td>
</tr>
<tr>
<td>5</td>
<td>Starting to feel hungry</td>
</tr>
<tr>
<td>4</td>
<td>Hungry, stomach growling</td>
</tr>
<tr>
<td>3</td>
<td>Uncomfortably hungry, distracted, irritable</td>
</tr>
<tr>
<td>2</td>
<td>Very hungry, low energy, weak and dizzy</td>
</tr>
<tr>
<td>1</td>
<td>Starving, no energy, very weak</td>
</tr>
</tbody>
</table>
Meal Planning

• Think about your schedule
• Make it look like a typical week but with a few small changes
• Set 1-2 hours on one day/evening to cook for several days.
• Cook once, eat twice
• Try 1-2 new recipes
On Campus

Eat Well Berkeley
Cook Well Berkeley
Sugar Savvy Challenge
I CAN! Commit to Activity and Nutrition
On Campus

Eat Well Berkeley

Cook Well Berkeley

Sugar Savvy Challenge

I CAN! Commit to Activity and Nutrition
On Campus

Sugar Savvy

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Berkeley
UNIVERSITY OF CALIFORNIA
Resources

Fooducate
eat a bit better™

HEALTHY EATING PLATE

- Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fats.

- The more veggies – and the greater the variety – the better. Potatoes and French fries don’t count.

- Eat plenty of fruits of all colors.

- Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

- Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

- Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu

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Stay Active!
Exercise

• Aim for 30 minutes of moderate activity most days of the week
• Consult with physician
Increase Exercise Gradually

• Walking – Try walking for 10 minutes
• + 5-minute increments
• Track your exercise
  o Step tracker
  o Mobile apps
On Campus

Walk w/coworker
Workshops
Berkeley Walks
RSF - Free trial
WorkFit
On Campus

First Steps into Functional Fitness

Walk w/coworker
Workshops
Berkeley Walks
RSF - Free trial
WorkFit
On Campus

- Walk w/coworker
- Workshops
- Berkeley Walks
- RSF - Free trial
- WorkFit

Berkeley WALKS
On Campus

- Walk w/coworker
- Workshops
- Berkeley Walks
- RSF - Free trial
- WorkFit
On Campus

Walk w/coworker
Workshops
Berkeley Walks
RSF - Free trial
WorkFit
Quit Smoking

- UC Medical Plans
- Helplines, classes, online programs, and support groups
- CARE Services – coping skills

uhs.berkeley.edu/smokingcessation
# Effects of Stress

<table>
<thead>
<tr>
<th>On the body</th>
<th>On mood</th>
<th>On behavior</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muscle tension</td>
<td>Anxiety</td>
<td>Overeating or undereating</td>
</tr>
<tr>
<td>Fatigue</td>
<td>Restlessness</td>
<td>Drug or alcohol abuse</td>
</tr>
<tr>
<td>Stomach upset</td>
<td>Lack of focus</td>
<td>Tobacco use</td>
</tr>
<tr>
<td>Sleep problems</td>
<td>Irritability</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sadness</td>
<td></td>
</tr>
</tbody>
</table>
Manage Stress

How?

• Breath exercises
• Exercise
• Imagery/meditation
• Talk therapy
• Gratitude journal
• Distraction
Stress Resources

- Calm.com
- UC Cheer Up Videos
  www.campusrec.uci.edu/ucop-smartbreak/cheerup.html
Sleep

Insufficient sleep can lead to obesity, diabetes, hypertension and heart disease

• Good Sleep Hygiene
  o Consistent bedtime
  o Exercise
  o Avoid stimulants
  o Associate bed with sleep
  o Electronics
Sleep Resources

• healthysleep.med.harvard.edu
Goal Setting

• **SMART** Goals
  - Specific
  - Measurable
  - Action-oriented
  - Realistic
  - Time-bound