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
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
<table>
<thead>
<tr>
<th></th>
<th>Hunger Scale</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

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- Cook Well Berkeley
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Resources

Fooducate
eat a bit better™

HEALTHY EATING PLATE

- Use healthy oils (like olive and canola oils) 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.
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- 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.bjsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu
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
  - Step tracker
  - Mobile apps
On Campus

- Walk w/coworker
- Workshops
- Berkeley Walks
- RSF - Free trial
- WorkFit
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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>
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</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
  - Consistent bedtime
  - Exercise
  - Avoid stimulants
  - Associate bed with sleep
  - Electronics
Sleep Resources

• healthysleep.med.harvard.edu
Goal Setting

• **SMART** Goals
  o **S**pecific
  o **M**easurable
  o **A**ction-oriented
  o **R**ealistic
  o **T**ime-bound
Questions?

WEB:
uhls.berkeley.edu/facstaff/healthmatters

MONTHLY NEWSLETTER

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