

# Get Healthy Now!!!

A Toolkit for Providers to Make Saratoga County Healthy



Picture by: <http://pixshark.com/happy-fit-people.htm>

**Saratoga County** *New York*



*31 Woodlawn Avenue - Suite 1  
Saratoga Springs, NY 12866  
(518) 584-7460  
Hours: 8 am - 5 pm Monday - Friday*

## Audience for this Toolkit:

This toolkit and all the resources enclosed are intended to be a valuable tool for your entire practice team including nurses, nurse practitioners, physician assistances, physicians, clinical managers, and administration staff to better communicate effectively with patients.

## Campaign Overview:

*Get Healthy Now!!* is an all ages campaign created by Saratoga County Public Health to help providers promote a healthy lifestyle among their patients. This awareness campaign is to help providers stress beneficial and wholesome nutritional advice,

as well as put a great emphasis on daily exercise habits. The overarching goal of this campaign is to prevent chronic disease through reduction of obesity at each age level. Join *Get Healthy Now!!* and make Saratoga County residents as healthy as possible.



Picture provided from:  
<http://www.communicationstudies.com/matching-communication-styles-to-patients-beliefs-study>



Picture Provided from:  
<http://www.healthyfamilymatters.com/catalog/>

## Key Messages

**The campaign aims to promote healthy lifestyles from a young age to ensure positive growth. Also the campaign is aimed towards any aged adult looking to change their lifestyle to promote overall health.**

### **Daily Exercise:**

According to the CDC, Adults need at least 2 hours and 30 minutes (150 minutes) of activity (i.e. brisk walking) and muscle strengthening activities on major muscle groups (legs, hips, back arms) every week.

According to the CDC, children and adolescents should do 60 minutes (1 hour) or more of physical activity each day, as well as muscle strengthening activities, such as gymnastics or push-ups, at least 3 more days per week.

### **Nutritional Food Intake:**

Follow MyPlate dietary guidelines for all age groups. More information can be found on <http://www.choosemyplate.gov/dietary-guidelines.html>



Picture Retrieved from:  
<http://ourhealth.org.au/news/star-rating-scheme-packaged-food-gets-green-light>

# Toolkit Resources

There are many ways to reach your patients to help them understand the importance of a healthy lifestyle and the implications of an unhealthy lifestyle. First talking to your patients about the possible chronic diseases they may develop can be a critical first step in making the change. This toolkit gives you effective

resources to take simple but important steps to get your patients healthy now, leading to an overall healthy individual and an overall healthier county.



Picture Retrieved from:  
<http://www.popsugar.com/fitness/How-Stretch-Sides-Your-Torso-3143398>

## List of what the toolkit includes:

- Campaign Overview
- Key Messages
- Startling Facts
- Relaying the Important Messages
- Last Minute Advice
- Additional Resource List
- Calendar Printout to help patients make and keep their goals

# Startling Facts to Share with Patients

## Quick Facts!!

### Data from the National Health and Nutrition Examination Survey, 2009–2010

- ❖ More than 2 in 3 adults are considered to be overweight or obese
- ❖ More than 1 in 3 adults are considered to be obese
- ❖ More than 1 in 20 adults are considered to have extreme obesity
- ❖ About one-third of children and adolescents ages 6 to 19 are considered to be overweight or obese
- ❖ More than 1 in 6 children and adolescents ages 6 to 19 are considered to be obese

### Overweight and obesity are risk factors for type 2 diabetes, heart disease, high blood pressure, and other health problems such as those listed below...

- ❖ Nonalcoholic fatty liver disease (excess fat and inflammation in the liver of people who drink little or no alcohol)
- ❖ Osteoarthritis (a health problem causing pain, swelling, and stiffness in one or more joints)
- ❖ Some types of cancer: breast, colon, endometrial (related to the uterine lining), and kidney
- ❖ Stroke

### Physical Activity Facts

- ❖ Research suggests that staying active may lower a person's chance of getting heart disease, stroke, some cancers, type 2 diabetes, and other conditions.
- ❖ Researchers believe that some physical activity is better than none. Extra health benefits can be gained by increasing how often and intensely one exercises and how long each session lasts.
- ❖ All these statistics can be found on the official website of the National Institutes of Health (NIH) at <http://win.niddk.nih.gov/statistics/> - b

# Relaying the Important Messages:

## Getting Started:

- **Building on Knowledge**
  - Applying Physical Activity to Daily Life
    - Use stairs instead of elevators/escalators
    - Walking during lunch hours and breaks
    - Take part in different activities such as swimming or dance classes
    - Enter into runs or walks for charity
    - Sign up for exercise groups
  - Benefits of Staying Active
    - Increases your chances of living longer
    - More confidence
    - Sleeping better
    - Maintain and reach a healthier weight
  - Applying healthy eating habits to your daily life
    - Pack your own lunch
    - Visit local farmers markets that sell fresh fruit and vegetables
    - Eat lean meat
    - Choose fat-free or low-fat milk, yogurt, or cheese
    - Use small amounts of fats and oils
    - Know serving sizes- Picture on the right explaining appropriate serving sizes



Picture Provided from: <http://remakemyplate.com/wp-content/uploads/2012/06/serving-portion.jpg>

# Relaying the Important Messages Continued:

- Key Messages about nutrition
  - Make half your plate fruits and vegetables
  - Enjoy your food, but eat less
  - Avoid oversized portions
  - Make at least half your grains whole
  - Drink water instead of sugary drinks
  - Compare the sodium in your foods
  - Switch to fat free or low fat (1%) milk
- Drink Lots of Water!!
  - Water makes you feel full faster
  - Substitute water and tea for drinks such as soda and high caloric drinks such as vitamin water
  - If a person does not like water, provide them with ideas of how to make it more enjoyable
    - Such as adding fruit or green tea packet
- Team up with partners!!
  - Why are partners important?
    - They can help you with: Ideas, support, and/or feedback
    - These partners can be anyone from friends, family, community groups, places of worship and faith, healthcare providers, etc.
- Tracking Progress
  - One of the best ways to stay motivated is for a patient to track their progress. Attached is a printable calendar where they can write goals, keep track of weight, record healthy foods and daily physical activity.
- Evaluation
  - What worked well
  - Whether you have met your activity goals
  - What needs to be improved for next time
  - How to improve the activity

# Last Minute Advice!

- ❖ Have your staff get in shape too!
- ❖ Have your patients check out advice on social networking sites and Pinterest to get ideas to tailor their healthy living to their own lives.
- ❖ Use technology to guide your patients in the right direction
  - Examples free apps such as MapMyRun, MyFitnessPal, DailyWorkouts, MyPlate Calorie, DailyWater (a free reminder to help your patients remember to drink water throughout the day), and many others applications available



# Additional Resources

## Additional Resources for Your Practice and for your Patients:

### **NUTRITION/HEALTHY EATING AND PHYSICAL ACTIVITY**

**U.S. Department of Agriculture  
Food and Nutrition Information Center**

National Agricultural Library  
10301 Baltimore Boulevard, Room 304  
Beltsville, MD 20705-2351 301-504-5719

<http://www.nal.usda.gov/fnic>

**U.S. Department of Agriculture  
Center for Nutrition Policy and Promotion**

North Lobby, Suite 200  
1120 20th Street, N.W.  
Washington, DC 20036  
202-418-2312

<http://www.usda.gov/cnp>  
pBuilding, Room 738G  
Washington, DC 20201  
202-401-6295

<http://www.healthierus.gov/steps/>

**Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion**

1600 Clifton Road  
Atlanta, GA 30333  
800-311-3435

<http://www.cdc.gov/nccd/php/>

**Steps to a HealthierUS**

**U.S. Department of Health and Human Services  
Office of Public Health and Science  
Office of Disease Prevention and Health Promotion**

200 Independence Avenue, S.W.  
Hubert H. Humphrey Building, Room 738G  
Washington, DC 20201  
202-401-6295

<http://www.healthierus.gov/steps/>

**President's Council on Physical Fitness and Sports**

200 Independence Avenue, S.W. Room 738  
Washington, DC 20201-0004  
202-690-9000

<http://www.fitness.gov>

**National Institute of Diabetes & Digestive & Kidney Diseases  
Weight-Control Information Network (WIN)**

1 WIN Way Bethesda, MD 20892-3665  
202-828-1025 or 877-946-4627

<http://www.niddk.nih.gov/health/nutrit/win.htm>

**National Cancer Institute  
5 A Day Program EPN 232**

6130 Executive Boulevard, MSC 7330  
Bethesda, MD 20892-7330  
800-4-CANCER

[5aday.gov](http://5aday.gov)

**U.S. Food and Drug Administration**

**Center for Food Safety and Applied Nutrition**

5100 Paint Branch Parkway  
College Park, MD 20740  
Outreach and Information Center 888-723-3366

<http://www.cfsan.fda.gov/list.html>

**Other Federal Government Web sites:**

<http://www.healthfinder.gov>

<http://www.nutrition.gov>



# March 2015

Goals for the Month:

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Current Weight:

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Goal Weight:

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Exercise Goals and Ideas:

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Notes (What is working and what is not working)

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Evaluation: Did you meet your goals this month?

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



# April 2015

Goals for the Month:

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Current Weight:

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Goal Weight:

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Exercise Goals and Ideas:

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Notes (What is working and what is not working)

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Evaluation: Did you meet your goals this month?

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			



# May 2015

Goals for the Month:

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Current Weight:

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Goal Weight:

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Exercise Goals and Ideas:

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Notes (What is working and what is not working)

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Evaluation: Did you meet your goals this month?

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



# June 2015

Goals for the Month:

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Current Weight:

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Goal Weight:

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Exercise Goals and Ideas:

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Notes (What is working and what is not working)

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Evaluation: Did you meet your goals this month?

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



# July 2015

Goals for the Month:

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Current Weight:

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Goal Weight:

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Exercise Goals and Ideas:

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Notes (What is working and what is not working)

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Evaluation: Did you meet your goals this month?

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



# August 2015

Goals for the Month:

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Current Weight:

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Goal Weight:

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Exercise Goals and Ideas:

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Notes (What is working and what is not working)

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Evaluation: Did you meet your goals this month?

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



# September 2015

Goals for the Month:

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Current Weight:

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Goal Weight:

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Exercise Goals and Ideas:

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Notes (What is working and what is not working)

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Evaluation: Did you meet your goals this month?

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



# October 2015

Goals for the Month:

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Current Weight:

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Goal Weight:

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Exercise Goals and Ideas:

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Notes (What is working and what is not working)

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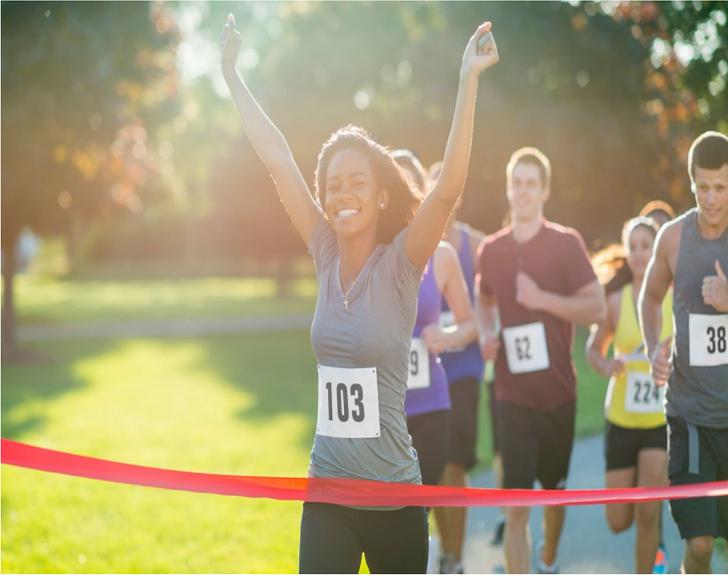
Evaluation: Did you meet your goals this month?

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Goals for the Month:

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Current Weight:

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Goal Weight:

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Exercise Goals and Ideas:

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Notes (What is working and what is not working)

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Evaluation: Did you meet your goals this month?

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# November 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



Goals for the Month:

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Current Weight:

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Goal Weight:

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Exercise Goals and Ideas:

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Notes (What is working and what is not working)

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Evaluation: Did you meet your goals this month?

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# December 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			