

THE EDUCATOR >>>>



Information you can use to **TAKE CONTROL** of your health

Issue 1, 2022

START WITH YOUR WHY >>>>

2022 is here, and with it comes time to reflect on the year ahead. While many focus on what they want to accomplish, we encourage you to start by thinking about why you want to accomplish it.

By starting with the whole picture, you can more easily define measurable, time-based goals that can help you take smaller, achievable steps to accomplish your larger goal. It's all part of what are called "**SMART**" goals.

To the right, you'll see an outline that can help you think through your goals in a new light. Rather than saying, I want to lose weight, we encourage you to take it a step further by defining why you want to lose weight. Do you have a class reunion coming up and want to impress your old classmates? Making your why front and center helps maintain motivation to achieve your goal.

For help setting and achieving **SMART** goals, talk with your TakeControl educator who can help you answer these questions and provide support to keep you accountable throughout the year.

S SPECIFIC
M MEASURABLE
A ACHIEVABLE
R RELEVANT
T TIMELY

CREATE YOUR OWN **SMART** GOAL:

• *What do I want to change?*

• *Why do I want to change this?*

• *What is my **SMART** goal?*

- **S**pecific (what, how, when)

- **M**easurable (what will you count)

- **A**chievable (is it realistic)

- **R**elevant (why it matters to you)

- **T**imely (when you will finish it)

• The whole goal in one sentence:

Example: *I will track my food and beverage intake on my Fitbit app 7 days per week through Memorial Day.*

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TAKE CONTROL >>>>

CONDITION MANAGEMENT PROGRAM

Interested in learning more? Call today to schedule a session with a TakeControl educator.

Newport News: (757) 327-4183

Ingalls: (228) 205-7667

takecontrol@quadmedical.com

HEART DISEASE AND DIABETES >>>>

Heart disease causes 1 in every 4 deaths in America. That makes it the leading cause of death. And if you are living with diabetes, your risk of heart disease increases 2 to 4 times. While some of the risk factors are out of your control, such as family history, there are many actions you can take to lower your risk.

REDUCE SALT INTAKE



Aim for less than 2300 mg per day

BE ACTIVE



Try your best to get 150 minutes of activity each week, spread out over at least 3 days

TAKE MEDICATIONS AS DIRECTED



Better glucose management can also improve your cholesterol

MONITOR REGULARLY



Use at-home devices and stay up to date with provider appointments to check A1C, cholesterol and blood pressure

ELIMINATE TOBACCO USE



Your risk of heart disease is cut in half after just one year of quitting

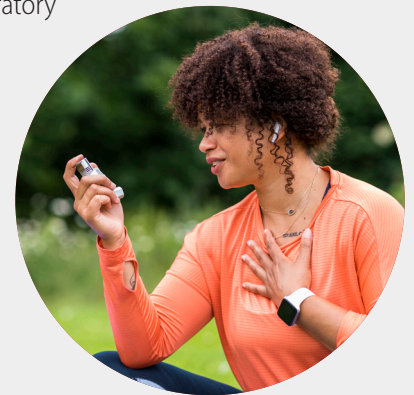
High blood pressure, smoking, high cholesterol, physical inactivity and poor eating habits all contribute to a higher risk. If you struggle with any of those, make it a goal to improve behaviors in those areas. Make sure your goal is **SMART** and talk with your TakeControl educator to keep yourself on track.

HOW WEIGHT AFFECTS ASTHMA >>>>

While weight is often associated with diabetes or high blood pressure, it also has a lot to do with asthma. People with a body mass index (BMI) of 30 or more have a higher risk of having asthma than those with a lower BMI. In addition, obese people with asthma are more prone to inflammation which can lead to respiratory symptoms, flare ups and therefore increase respiratory medications needs than someone in a healthy weight range.

The trouble with asthma is that while losing weight helps, it can be particularly challenging if asthma makes it difficult to exercise. If that's the case, look for other areas you can improve, including:

- **Eat a healthy diet –**
Reduce carbs and eat plenty of fruits, vegetables and lean meats
- **Reduce saturated fat in your diet –**
Fatty foods increase inflammation, which can constrict your airways
- **Choose low-impact exercises –**
Try to walk every day to manage weight and help you breathe easier



MEMBERSHIP HAS ITS REWARDS >>>>

If you haven't already, we encourage you to become an **active** member of TakeControl.

As part of the HII benefits plan incentive, **active** members are eligible for \$0 fees on all QuadMed-operated services at the HII Family Health Center –meaning all health care, physical therapy and lab visits are provided at no cost. Completion of sessions with TakeControl educators, annual or semi-annual health checks and two well-being activities are all that are required by the benefits plan to maintain the \$0 fee incentive and remain an active member.

Contact a TakeControl educator to learn more about becoming an **active** member.

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Scan the code to access the TakeControl website today.