

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

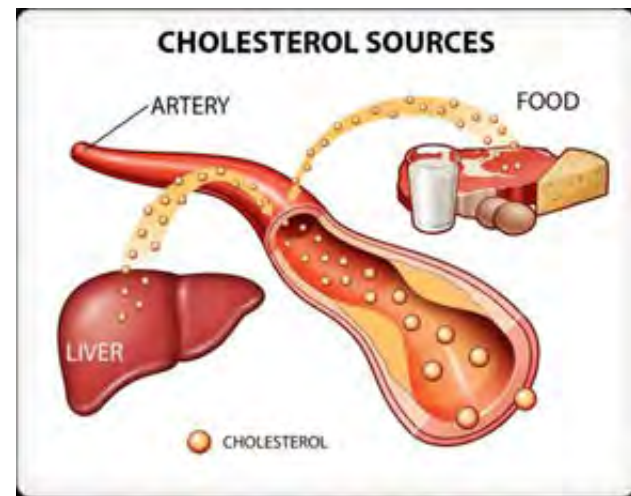
- Risk factors for heart disease, diabetes, etc.
- Interpret results in broad context
- Share results with your physician

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

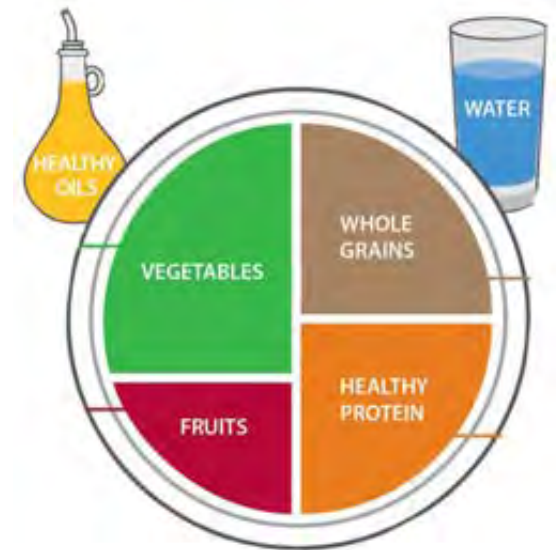


What to do:

- 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

- ↓ 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

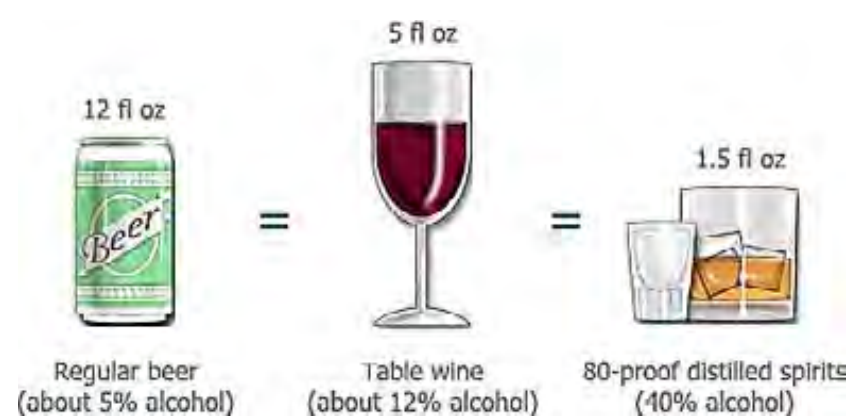
Black cod

Herring

Rainbow trout

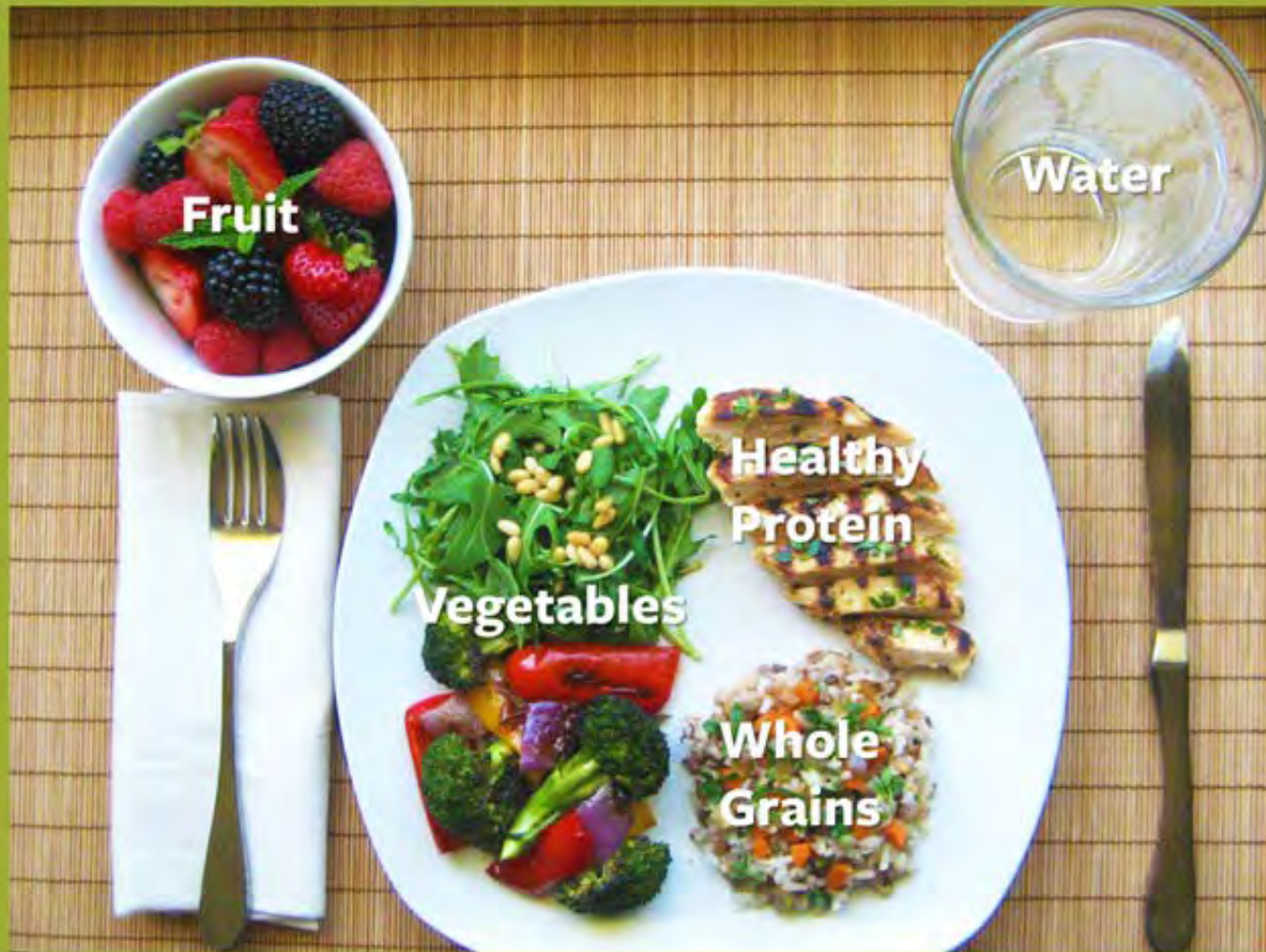


Nutrition



- 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



Hunger Scale

- 10 -- Extremely stuffed, nauseous**
- 9 -- Stuffed, very uncomfortable**
- 8 -- Overfull, somewhat uncomfortable**
- 7 -- Full but not uncomfortable**
- 6 -- Satisfied, but could eat a little more**
- 5 -- Starting to feel hungry**
- 4 -- Hungry, stomach growling**
- 3 -- Uncomfortably hungry, distracted, irritable**
- 2 -- Very hungry, low energy, weak and dizzy**
- 1 -- Starving, no energy, very weak**

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

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Sugar Savvy Challenge

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Resources



Fooducate

eat a bit better™



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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WorkFit

Quit Smoking

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

uhs.berkeley.edu/smokingcessation

Effects of Stress

On the body

- **Muscle tension**
- **Fatigue**
- **Stomach upset**
- **Sleep problems**

On mood

- **Anxiety**
- **Restlessness**
- **Lack of focus**
- **Irritability**
- **Sadness**

On behavior

- **Overeating or undereating**
- **Drug or alcohol abuse**
- **Tobacco use**

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
 - **S**pecific
 - **M**easurable
 - **A**ction-oriented
 - **R**ealistic
 - **T**ime-bound

Questions?

WEB:

uhs.berkeley.edu/facstaff/healthmatters

MONTHLY NEWSLETTER



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