



Resolve Your Sleep Impairment In The New Year

Unfortunately there are only 24 hours in a day and many demands on our time. Sleep is often an area Americans sacrifice to meet those demands.

Approximately a third of Americans get less than the 7-8 hours of sleep per night recommended by the National Institute of Health¹. A lack of sleep is closely linked to your mood and symptoms of several common mental health diagnoses like depression, anxiety, and bipolar disorder. Many mental health diagnoses are like dominos, if one area is off balance an individual's whole health can fail.

Why is it a problem?

"Sleep impairment is linked as a contributing factor in motor vehicle crashes, industrial accidents, and medical and other occupation errors. Persons experiencing sleep insufficiency are more likely to have chronic diseases such as cardiovascular, diabetes, obesity, and depression."² Clearly, getting a good night's sleep will help

you with day-to-day activities and can positively impact your overall health.

What can I do about it?

The promotion of good sleep habits and regular sleep is known as sleep hygiene. According to Healthwise, the following sleep hygiene tips can be used to improve sleep.³

- Get regular exercise
- Go to bed at the same time each night and rise at the same time each morning
- Avoid large meals before bedtime
- Avoid caffeine and alcohol close to bedtime
- Avoid nicotine
- Decrease screen time before bed (approximately 2 hours)

Get a jumpstart on 2017 and schedule next year's preventative exams including your annual physical with your PCP, dental check up's, and eye exam

For more information, or if you think a lack of sleep is impacting your mood please call the Advocate team to speak to a Social Worker at 984-215-4040.

¹Centers for Disease Control and Prevention. *Morbidity and Mortality Weekly Report*. MMWR 2011;60:1-2

²Centers for Disease Control and Prevention. *Morbidity and Mortality Weekly Report*. MMWR 2011;60:1-2

³Healthwise Staff. (2016, July 26). *Sleeping Better*. Retrieved from <https://www.healthwise.net/myuncchart/Content/StdDocument.aspx?DOCHWID=af1001spec>

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Dietitian Services Case Study

Registered Dietitians offer many services which ultimately save lives.

Dan* was referred to the UNC Personal Health Advocate Registered Dietitian, Stacey Bala, for assistance with weight loss after he discussed his goals with the case manager. His past medical history also includes Type 2 Diabetes (insulin dependent), hypertension, high cholesterol, coronary heart disease, and obesity. His blood sugar has always been under fairly good control and his last hgbA1c was 6.2%. His main concern was losing weight, which can have a positive impact on quality of life. He didn't know where to start.

He was trying to avoid foods and drinks with added sugar because of his history of diabetes, and was frequently eating no sugar added baked goods, like muffins,

cakes, and pies. He was also exercising for 45 minutes 5-6 days a week. However, Dan* was unaware of the dietary recommendations for weight loss and heart health.

Over the next 3 months he learned about portion sizes, how to read nutrition facts labels, different types of fats, sodium recommendations, how to follow a heart healthy diet, recommended daily intake of fruits and vegetables, and how to plan meals following all of these recommendations. His case manager continued to talk with him for additional support and collaborated with the dietitian, reporting concerns and progress towards his goals.

New beginnings for your Vitality account start January 1st!

Make this year your healthiest and remember to track your progress to earn points and rewards!

As a result, he significantly reduced his portion sizes, stopped eating no sugar added bakery items, and began making better dietary choices overall. Dan has lost a total of 11 lbs and gained confidence in making appropriate dietary choices, which positively impacts his overall health. He has successfully graduated from the UNC PHA program and will continue to lose weight on his own to reach his long-term goal of losing 50 lbs.

*Name has been changed

Contributed by: Stacey Bala, MS, RD, LDN

5 Tips to Make New Healthy Habits Stick

As 2017 comes upon us, you may already be planning your New Year's Resolutions. Make those changes stick with these tips!

- 1. Change one habit a week.** In his autobiography, Benjamin Franklin describes how he had the motivation to remove his flawed character traits. But he did not succeed in improving all of them at once, because as he tried to guard against one fault, he was often surprised by another. So he decided to give one week's strict attention to each one. He compared this to someone who has a garden to weed. He did not attempt to eliminate all the bad weeds at once, but rather worked on one bed of weeds at a time.
- 2. Make small-calculated changes.** The mind and body do not deal well with significant changes. For example, if you want to eat healthier, change your breakfast in week number one. Your mind and body cannot acclimate well to changing your whole diet at one time. If you want to start exercising, start with two or three workouts a week for just 10 minutes.
- 3. Track your progress.** Simply write down the habit of the week on a piece of paper or your phone and at the end of each day, mark down if you kept the habit. Add a 1 if you did, and a minus 1 if you didn't. At the end of the week, calculate the totals. You'll be able to see your progress at a glance.
- 4. Find the source.** If you broke the habit on one of the days, try to figure out why it happened. Write down where it happened and what you were feeling. That way, you'll become aware of challenging situations and be prepared next time it happens.
- 5. Change the focus habit each week.** It's important not to put too much pressure on your mind and body. Focus on the new habit of the week. This approach may seem slower than making extreme changes, but resist the urge to take on too much. If you are persistent, you will begin to notice significant changes in your lifestyle.

Mindy Body Green, December 2016
<http://www.mindbodygreen.com/0-17948/5-tips-to-make-new-healthy-habits-stick.html>



**Looking for a Challenge?
Try Couch to 5K® this New Year!**

Too many people have been turned off of running simply by trying to start off too fast. You should ease into your running program gradually. In fact, the beginners' program outlined in the Couch to 5K® program is less of a running regimen than a walking and jogging program. The idea is to transform you from couch potato to runner, getting you running three miles (or 5K) on a regular basis in just two months.

**To learn more, check out
<http://www.c25k.com/>**

Cholesterol Corner

Lower your cholesterol naturally by making a few simple changes in your diet.

Weed out trans fats

Trans fats are created by adding hydrogen to a liquid fat to help it solidify. Food manufacturers started using trans fats because they extend the shelf life of packaged baked goods. To avoid eating these dangerous fats, examine the labels on food packages before you put them in your shopping cart. If you see "partially hydrogenated" in the list of ingredients, pass that product by.

Eat more polyunsaturated and monounsaturated fats

Both polyunsaturated and monounsaturated fatty acids help lower LDL. Oils including canola, safflower, sunflower, olive, grapeseed, and peanut contain both. Fatty fish such as salmon, tuna, trout, herring, and mackerel, as well as seeds, nuts, avocados, and soybeans are also great sources.

Go crazy with colorful fruits and vegetables

Fruits and vegetables have lots of ingredients that lower cholesterol—including fiber. The heart-healthy list includes leafy greens, yellow squashes, carrots, tomatoes, strawberries, plums, and blueberries. As a rule, the richer the hue, the better the food is for you.

Avoid refined sugars and grains

Instead of refined flour and white rice, try whole-wheat flour and brown or wild rice. Old-fashioned oatmeal is also a good choice, but not the quick-cooking versions, which have had much of the fiber taken out.

Food manufacturers may boost the sugar content of low-fat salad dressings and sauces to add flavor. If you see sugar or corn syrup near the top of the list of ingredients, choose a higher-fat version without trans fats instead.

Remember to count your calories

All fats, whether good or bad, have nine calories per gram—about 100 calories a tablespoon. While you switch to a heart-healthy diet you may need to keep tabs on your calorie intake for a while.

*Harvard Women's Health Watch, December 2016
<http://www.health.harvard.edu/heart-health/how-to-lower-your-cholesterol-without-drugs>*