



# Wellness Buddy Tip

Providing guidance and support to make the "healthy choice the easy choice."

Chronic Disease Health Promotion and Education Program  
Jackson County Health Department

## Practice "Balance" for Health

Our society has developed predispositions toward sedentary activity and use of pre-prepared high-sugar, high-fat foods with technological advances. "Progress" has often led to obesity and overweight. Obesity and overweight are associated with increased risk of development of chronic diseases such as coronary heart disease, stroke, arthritis, cancers, type 2 diabetes, hypertension, osteoporosis, and/or to cognitive limitations such as Alzheimer's disease.

According to the National Center for Health Statistics and National Health Survey, the typical US adult over the age of 18 is living with 7 chronic health conditions.

The immediate impact we suffer from chronic disease—all related to overweight and obesity—cannot be discounted, as it is directly preventable through the practice of balancing



informed nutrition choices with regular exercise.

Choose more vegetables. The best choices are fresh, frozen, and canned vegetables and vegetable juices without added sodium, fat or sugar. If using canned or frozen vegetables, look for ones that say no salt added or low sodium on the label. As a general rule, frozen or canned vegetables are higher in both fat and sodium. For good health, try to eat at least 3-5 servings of vegetables a day. This is a minimum and more is better. A serving of cooked vegetables is ½ cup or vegetable juice or 1 cup of raw vegetables.

Choose more fruits. The best choices with fruits are any that are fresh, frozen or canned without added sugars. Choose canned fruits

packed in juices or light syrup. Dried fruit and fruit juice are also nutritious choices, but the portion sizes are small so they may not be as filling as other choices.

Including dairy products in your diet is an easy way to get calcium and high-quality protein. Many dairy products, like no-sugar added, fat-free yogurt, can be eaten as dessert. The higher the fat content of milk and yogurt, the more saturated fat and cholesterol it has. One cup equals 8 fluid ounces or ½ pint. If you choose 2% or whole-milk foods, be aware of the extra fat.

Saturated and trans fats increase your risk of heart disease and stroke. Lard shortening, butter, cream cheese, bacon, cream, and salt pork are just a few of the fats that are considered saturated. Unsaturated fats include mono- and polyunsaturated fats that are good for your heart.

## Fitness Has LOTS of Benefits

Physical fitness helps prevent range of motion and mobility problems. Mental acuity, muscle tone, and bone density are additional physical benefits of exercise while social interaction and higher spirits are pluses of participating in programs outside of the home environment.

Churches, local city and county recreation programs, and community centers often offer classes geared to one's schedules and interests.

Healthy active individuals ward off the development of chronic diseases by consuming a variety of foods regularly and participating in physical activities such as

walking or flower and/or vegetable gardening 3 to 4 times a week. Sound nutrition habits and frequent exercise maintains health, quality of life and prevents physical and mental dependency.



Volume 2, Issue 1  
February 10, 2010

### Special points of interest:

- *CDC Mission—To promote health and quality of life by preventing and controlling disease, injury and disability.*
- *Quality of life means living a well-rounded lifestyle.*
- *Physicians have often used health-related quality of life to measure the effects of chronic illness in their patients to better understand how an illness interferes with a person's day-to-day life.*



### Contact Information

Mary Beth Gurganus, LD/N  
3045 4th Street  
P O Box 310  
Marianna, FL 32447  
Phone: 850-526-2412 ext 282  
Fax: 850-482-9564  
Email: WellnessBuddy@doh.state.fl.us  
Website: www.jacksonchd.org