



Notes from Dr. K

Advice from Associate Medical Director, Dr. Kathleen Bowen

In this issue of the BeHealthy Newsletter, there are several great articles and a delicious recipe to help you eat well and live a safer, healthier life. As a physician, I found the article “Setting the Stage for Change” very intriguing and filled with opportunities. Why? Changes in behavior can significantly change long-term health outcomes. It is simple: decrease behaviors that add health risks and increase behaviors that alleviate health risks to change your future.

There are several disease states that can be avoided through lifestyle modification:

- **Type 2 diabetes:** Two-thirds of diabetes cases can be avoided by changing behaviors such as an unhealthy diet and a sedentary lifestyle.
- **Cancer:** Thirty percent of cancers can be avoided through lifestyle modification. Limiting sun exposure, quitting tobacco, having an active lifestyle that prevents obesity, and following preventive screening guidelines can lower your risks for certain cancers.
- **Hypertension:** Seventy-five percent of people with hypertension can link their hypertension to obesity, sedentary lifestyle and poor food choices.

These are just a few examples; heart disease, arthritis, depression and many other diseases have also been linked to unhealthy lifestyle behaviors. The good news is these diseases are preventable. Small changes in behaviors, specifically concerning food choices, exercise and tobacco cessation can make huge changes in your health outcomes. Commit to learning to change behavior and then use those learned lessons to lead a healthy lifestyle! Serious health concerns and life changing diseases can be avoided. Make a behavior change and see your health change... for the better!



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Be Healthy

Delivering Prenatal Wellness to You

Expectant mothers need special care. When you are pregnant, everything you do can affect the health of your baby. The **Baby Yourself** program ensures that you and your baby receive the best possible healthcare during pregnancy. This program is available at no cost to you or your spouse as a part of your health plan.

Baby Yourself participants are assigned to a Baby Yourself nurse, who is experienced in prenatal care, labor and delivery, and newborn care. You also have access to many benefits that encourage healthy habits



and proper prenatal care. **Baby Yourself** participants enjoy:

- Useful gifts that support healthy habits for the mom-to-be and your baby.
- Literature that educates and highlights the importance of good prenatal care.
- Support for both parents and siblings that may be affected by the changes and challenges that pregnancy brings.

An exciting new addition to **Baby Yourself** is the Lactation Program. It is designed to encourage, support and educate new mothers who are breastfeeding. Your nurse will answer questions and address your concerns related to breastfeeding for up to six months or until breastfeeding is discontinued.

Care for you and your baby should begin as early as possible. Register online at www.behealthy.com or call 1-800-222-4379.



Be Healthy Recipe

Tuna Tapenade

Preparation time: 30-60 minutes. Makes 2 cups, for 16-1 oz. servings.

MAKE AHEAD: You can make this dish 2 to 3 days in advance. Cover and refrigerate. Bring to room temperature before serving.



Source: Alere Healthy Living Kitchens

- 3 cloves garlic, halved
- 1 cup pitted black Kalamata olives, roughly chopped
- 3 tbsp capers, rinsed and chopped
- 1 tsp dried herbs de Provence or mixed Italian herbs
- 1-6 oz can albacore tuna packed in water, drained and flaked
- 2 jarred roasted red peppers, finely chopped
- 1 tbsp olive oil
- 1 to 2 tbsp lemon juice
- Freshly ground black pepper

With food processor on, drop garlic through food chute and process until finely minced, scraping bowl as necessary. Add olives, capers and herbs; pulse until olives are minced. Add tuna and peppers and pulse until combined. Transfer the mixture to a bowl. Stir in olive oil, lemon juice and pepper to taste.

Nutritional information per serving:
54 calories 2g carbohydrate
4.2g fat 0.2g Fiber
0.5g saturated fat 407mg Sodium
3g protein

Did you know?

- Environmental Tobacco Smoke (ETS), also known as second-hand smoke, is the smoke that escapes from a cigarette, pipe or cigar.
- ETS is found in the smoke that is exhaled by a smoker.
- It contains more than 4,000 chemicals – including tar, carbon monoxide, formaldehyde and arsenic.
- ETS is estimated to cause approximately 3,000 lung cancer deaths per year among nonsmokers.

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Nutrition 101 : Fats

The good, the bad and the ugly

The body needs some dietary fat to function properly. The 2010 Dietary Guidelines for Americans, issued by the Department of Agriculture, recommends that total daily fat intake should be between 20-35% of your daily calories. Based on a 2,000 calorie diet, that equals between 44-78 grams of total fats.

The “good” fats that have health benefits are unsaturated fats. There are 2 categories of good fats: monounsaturated and polyunsaturated. These fats may decrease the risk for heart disease, lower blood pressure, combat LDL (bad) cholesterol, fight inflammation and protect the brain and nervous system.

The unhealthy fats are saturated fats and trans fats. The Dietary Guidelines recommend that no more than 10% of daily fat intake be saturated; only 7% if you are trying to reduce your risk for heart disease. These fats are primarily found in animal products and fried foods. They are known to increase risk for heart disease and type 2 diabetes. The guidelines recommend that you avoid trans fats which are present in many processed foods.

Learn to make healthy choices and small changes to your diet to include healthy or “good” fats. For example, snack on a small handful of nuts or seeds instead of chips. When you plan your weekly meals, substitute fish twice a week instead of meat, or have a vegetarian meal at least once a week.

GOOD FATS

Unsaturated Fats

- Fatty fish (salmon, tuna, mackerel, herring, trout, sardines)
- Olive, canola, sunflower oil
- Nuts
- Peanut butter
- Sunflower and flax seeds

BAD FATS

Saturated Fats

- High-fat cuts of meat (beef, lamb, pork)
- Chicken with skin
- Whole-fat dairy products (milk, cheese, butter, ice cream)
- Lard

UGLY FATS

Trans Fats

- Commercially-baked pastries, cookies
- Packaged snack foods
- Chips, crackers
- Stick margarine
- Fried foods

Setting the Stage for Change

We can all agree that living a healthy lifestyle is good for the body, but with today's busy schedules, that can be difficult. We get busy and tend to slip into behaviors that can damage our health. We eat the wrong foods, let our stress get the best of us, sit too much and use tobacco. Changing these health behaviors can be difficult.

Understanding what it takes to make behavior changes may be helpful. According to the Transtheoretical Model, there are the 5 stages of change that most people go through.

The Basics of Change

Stage 1: Not Ready to Change (Pre-contemplation): Not thinking about making a change and unaware there is a problem.

Stage 2: Thinking about Changing (Contemplation): Intending to change behavior within the next 6 months and learning the pros and cons of the unhealthy behavior.

Stage 3: Ready to Change (Preparation): Start changing behavior in the next 3 months and beginning to make small lifestyle changes.

Stage 4: Making Change (Action): Have changed behavior for 6 months and are continuing to make positive healthy lifestyle modifications.

Stage 5: Maintaining Behavior (Maintenance): Have maintained the behavior change for 6 months and are actively working to maintain these positive changes.



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for a healthy lifestyle.