

# City of Tampa Healthy Heartbeat



March 2023

## Presenting: the 2023 Maintain, Don't Gain Champions!!



### November 2022 – January 2023

- Objective: Maintain within 2lbs of starting weight over the holidays (or lose weight)
- Initial Weigh-In: 111 people
- Finished the challenge: 77 people

• **Total lost: 54 lbs!**



Clockwise from top left: Juanita Gonzalez-Torres, Chris Way, Tony Riley, Chris Thompson, Aurea Rosa, Freddie Taylor (not pictured but also a big winner: Romona Williams)

## March is National Nutrition Month!

### Everyday nutrition

A person's diet is an essential component of their current and future state of wellness. Healthy eating has many benefits. Eating a healthier diet may increase energy levels, improve heart health, prevent diabetes, and help with weight management.

### Healthy eating tips

Although there are countless "diets" and differing food philosophies, most will agree on some basic healthy eating habits, including:

- Eating at regular intervals
- Eating a variety of foods
- Aiming for balanced meals
- Drinking water regularly and abundantly
- Including a lot of vegetables and moderate amounts of fruits in many colors

### Understanding portion sizes

Eating healthier is the goal; however, the portions of healthier foods are also important, especially for weight loss and maintenance. Calorie counting may be tedious and is not an exact science. A better strategy may be to use visual representations to ensure proper portions.

Examples include:

- Fist = 1 cup, use for vegetables
- Deck of cards or computer mouse = 3 to 4 ounces, use for protein
- Tennis ball = ½ cup, use for grains such as rice or starchy carbohydrates such as potatoes
- Cupped handful = 1 ounce, use for nuts
- Tip of thumb = 1 tablespoon fat, use for butter or oil

Using smaller serving dishes or eating from a salad plate may help manage your portion sizes.

To read the full article: [Click Here](#)

Another great resource for healthy eating made simple is MyPlate: [www.myplate.gov](http://www.myplate.gov)



Worksite Wellness | City of Tampa

**"I totally regret eating healthy today"....said no one ever!**

[myplate argentinean grilled steak salsa criolla](#)

## 6 Healthy Living Habits

The idea of healthy living may sound relatively simple, but maybe you're struggling with how to form healthy habits. A few nudges in the right direction, along with practical advice might help you take control of your health and your lifestyle habits. After all, it's easy to tell someone to eat more fruits and veggies or get regular exercise, but how do you put those things into action every single day? There are so many habits — big and small — that you can do to keep your health in check and help you live a longer, happier life. Here are 6 healthy living habits that can help you on your way:

1. Get up and exercise
2. Plan what goes on your plate
3. Cut back on those not-so-good-for-you habits
4. Get a good night's rest
5. Focus on your mental health
6. Check in with your doctor

To read the full article and learn more: [Click Here](#)

## Want more motivation?

- **Rally Missions:** Several related missions focusing on healthier eating and nutrition exist, including:
  - Eat Heart-Healthy Fruits
  - Listen to Your Appetite
  - Eat slowly
  - Don't Skip Meals
  - Bring your lunch to work
  - Choose low-fat or fat-free dairy
  - Cook at home more

About to eat my vegan, gluten free, soy free, antibiotics free, raw, non GMO, organic, fat free, low carb dinner





## Colorectal Cancer Awareness:

### Understanding colorectal (colon) cancer

Your gut is a powerful, complicated system that can easily get out of balance. Nutrition, stress and lifestyle habits all help play an important role in gut health. The colon (large intestine) is a part of our system that helps absorb water and minerals and eliminate waste. But, if cells grow abnormally in the colon or rectum, colon polyps may form. And, depending on the type of polyp, it might turn into colorectal cancer (colon cancer) over time.

### Colon cancer risk factors

Most people have about a 4% chance of being diagnosed with colon cancer in their lifetime. However, the rate of diagnosis continues to drop because more people are getting screened and making lifestyle changes that lower their risk. The list below shows which factors might increase your risk for colon cancer:

- **Poor health:** Diabetes, obesity, smoking, alcohol, inactivity and diet all may play a crucial role in your chances for getting colon cancer. The good news? These are all things you can change! Talk with your doctor about lifestyle habits to help lower your risk.
- **Older age:** Most cases happen in people 50 or older.
- **Race:** African-Americans have a greater chance of getting colon cancer.
- **Personal and family history:** If you or a close family member has been diagnosed, you're more likely to develop it (or get it again).
- **Previous radiation treatment:** If you've had radiation therapy around the abdomen, your chances may go up.
- **Inflammatory intestinal conditions:** Conditions like ulcerative colitis and Chron's disease may increase your risk.

### Signs and symptoms of colon cancer

It's important to pay attention to how your gut is functioning because it might be trying to tell you something. Here's a list of symptoms that colon cancer might cause:

- Diarrhea, constipation or change in bowel movements
- Rectal bleeding or bloody stool
- Constant abdominal pain or cramps
- Feeling like your bowel doesn't empty all the way
- Weakness or fatigue
- Unexplained weight loss

Keep in mind, early stages of colon cancer may likely not cause any symptoms at all. But, if any of these sounds familiar, schedule a visit with your doctor right away.

### Colon cancer screenings

There are multiple screening tests available. Talk to your doctor about which one is best for you.

**Stool test:** There are three types of stool tests. Two of these tests look for blood in your stool (which may be invisible to the eye). Blood could be an indicator that there's a polyp or cancer. The third kind of stool test checks for DNA that could indicate actual cancer cells in the stool. Stool tests are recommended every 1 or 3 years.

**Flexible sigmoidoscopy:** A small tube is inserted into the rectum and lower part of the colon to check for polyps or cancer. This is done every 5 years (or every 10, along with that stool DNA test mentioned above).

**Colonoscopy:** This is similar to the flexible sigmoidoscopy, but it checks the rectum and the *entire* colon. During a colonoscopy, the doctor may remove any suspicious tissue or polyps. The colonoscopy is recommended every 10 years for people at average risk. It can also be a follow-up test if something concerning is found in one of the screenings listed above.

The test you choose may depend on your health, risk factors and personal comfort level with getting screened. The important thing is to talk to your doctor who can help you pick one – and have it done regularly.

### Who should I see if I'm concerned about colon cancer?

If you think you might have symptoms of colon cancer, or you're concerned about your risk level, schedule a visit with your primary care provider (the doctor or provider you might see for your yearly physical). Bring a list of your symptoms, family history and any questions you want answered. If your doctor thinks you may have signs of colon cancer, they may order one or more of those tests we mentioned above. Or you might be referred a gastroenterologist for further evaluation.

[Colorectal cancer | UnitedHealthcare \(uhc.com\)](https://www.uhc.com/colorectal-cancer)

### Your Dedicated United Healthcare Team



**Onsite Representative**  
Savio Crasto

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**Health Coach**  
Stephanie Olstad, BSW

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### March 2023 UHC Webinars:

Earn \$100 towards your Wellness Incentives!

### Digestive Health

Wed March 8, 2023 12-1PM



- Gain understanding around the importance of digestive health
- Identify some common digestive health conditions
- Learn about different dietary patterns and other healthy habits to help maintain a healthy gut.

To register [Click Here](#) or scan the QR code below



### Living With Diabetes: What Can I Eat?

Wed March 15, 2023 12 – 1PM



- Learn how different types of foods do/do not impact our blood sugar levels
- Review different meal plans that can help you keep your blood sugar levels under control
- Identify available resources that will help you take the first step towards creating healthier eating habits and making them stick.

To register [Click Here](#) or scan the QR code below

