



10 Healthy Habits For Busy Women

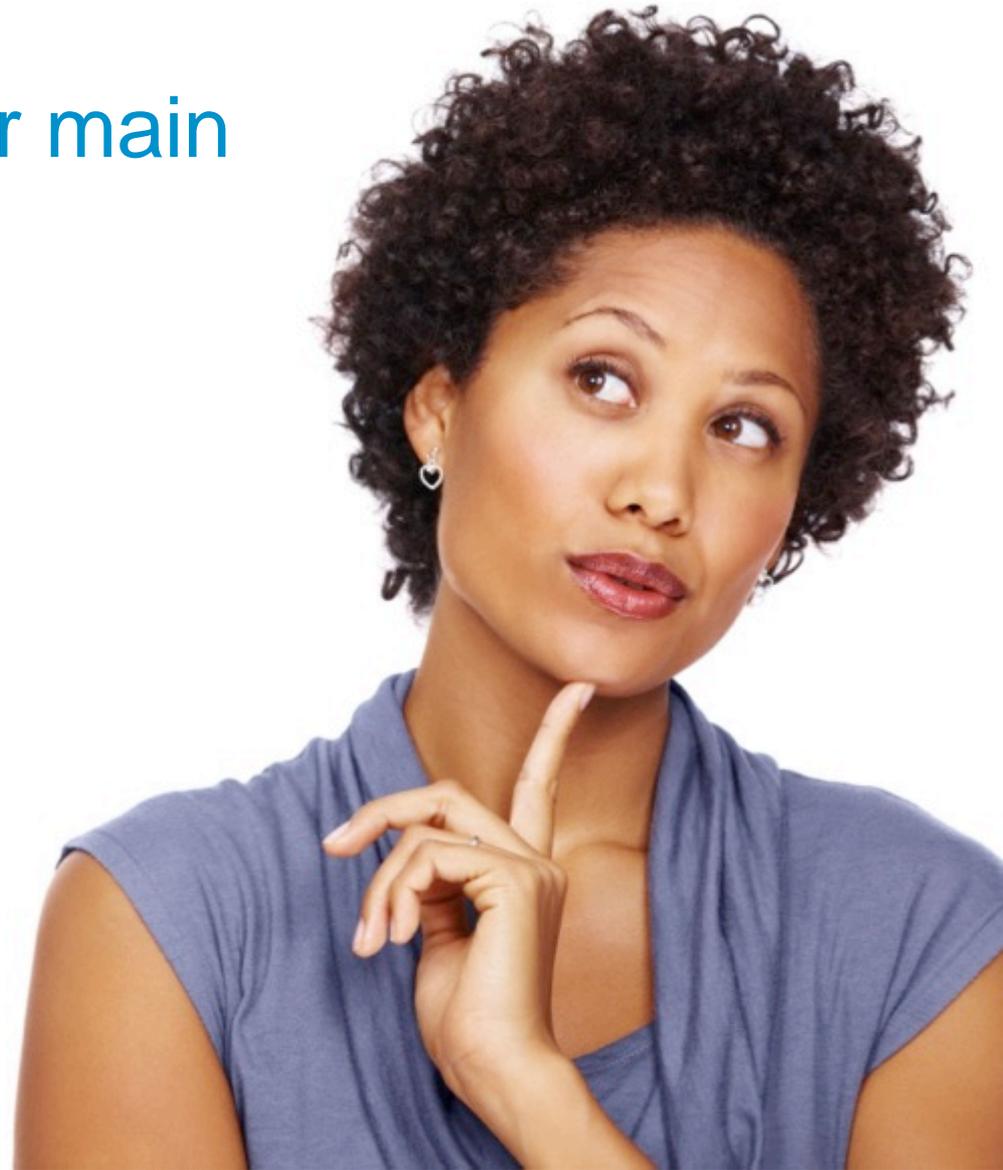
Presenter Name, Presentation Date

Goals Of This Presentation

- Identify your risks for health conditions that affect women
- Provide lifestyle tips to prevent or treat these conditions
- Describe screening tests for these conditions
- Create an action plan for good health based on 10 healthy habits

What are some of your main health concerns?

- Heart disease
- Cancer
- Diabetes
- Osteoporosis
- Arthritis
- Depression



10 Healthy Habits



1. Know your body and your risks
2. Get regular checkups
3. Be smoke-free
4. Stay active
5. Eat a healthy diet
6. Maintain a healthy weight
7. Get a good night's sleep
8. Manage your stress
9. Limit alcohol intake
10. Stick with your healthy habits

Meet Betty

- Betty has pain in her knees and other joints
- Her best friend has breast cancer

**Betty is 58 years old
and 20 pounds
overweight.**



Betty Took Action

She had screening tests:

- Breast cancer — mammogram and clinical breast examination
- Cervical cancer — Pap test

She talked with her health care provider about her:

- Aches and pains



Betty Got Results

Her breast and cervical cancer test results were negative (no cancer).

Her aches and pains are osteoarthritis:

- Exercises
- Pain medicine



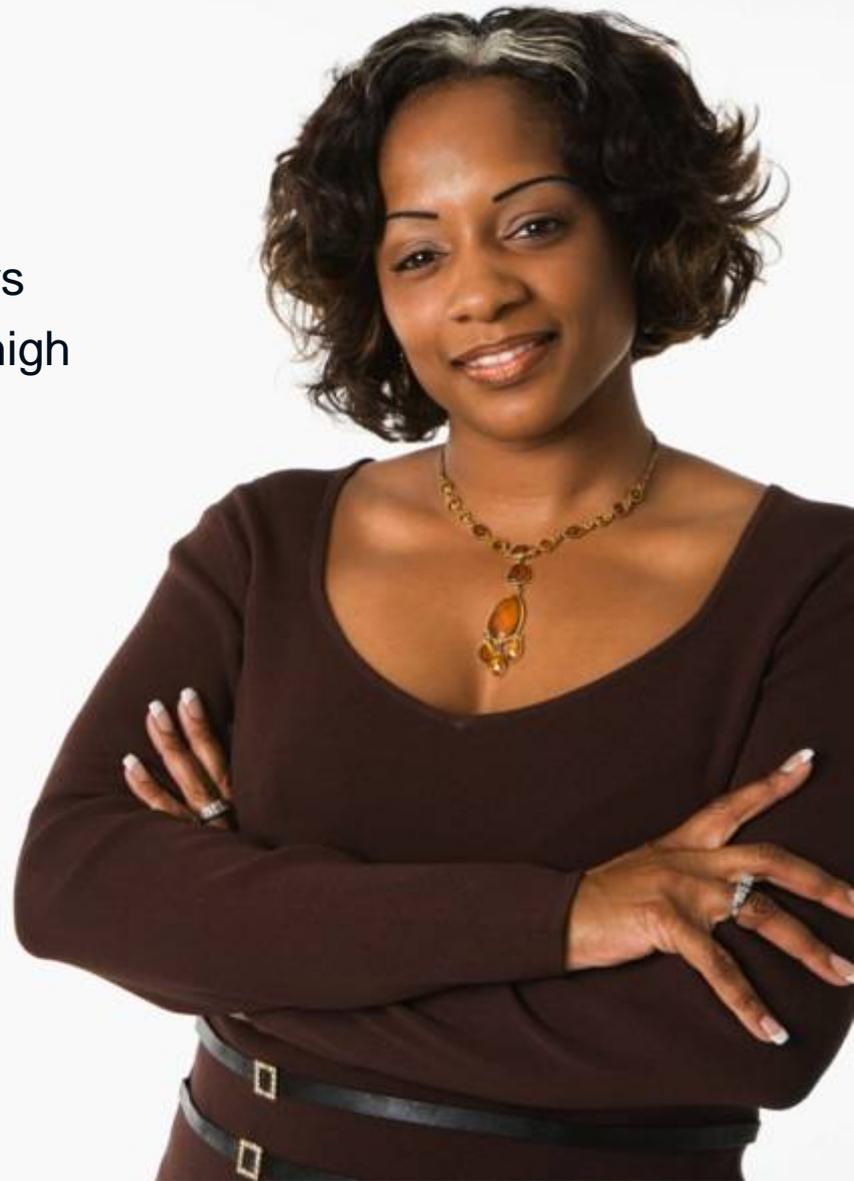
What increases your risk for cancer?

- Smoking
- Drinking alcohol
- Eating a high-fat, low-fiber diet
- Being inactive
- Being overweight
- Family history

Meet Jackie

- Jackie has had high blood pressure for years
- Her sister, who is also overweight and has high blood pressure, recently had a heart attack

**Jackie is 39 years old,
smokes cigarettes
and was 50 pounds
overweight.**



Jackie Got a Checkup

Blood pressure: Aim for a blood pressure goal of less than 120/80

Cholesterol: Aim for a total cholesterol level of less than 200

Body mass index (BMI), which measures your weight in relation to your height: Aim for a BMI of less than 25



Jackie changed her life. One step at a time.

- Jackie got help from her health care provider to quit smoking
- She took classes on healthy cooking
- She and a girlfriend began walking together



What increases your risk for heart disease?

Risk factors you **can** control:

- Smoking cigarettes
- Being overweight
- Being inactive
- Eating a high-fat diet
- Abusing alcohol

Risk factors you **cannot** control:

- Age
- Family History
- Ethnic Background
- Being Past Menopause



Meet Lynne

- Lynne's mother has severe osteoporosis
- Lynne can't eat dairy foods and worries that she's not getting enough calcium



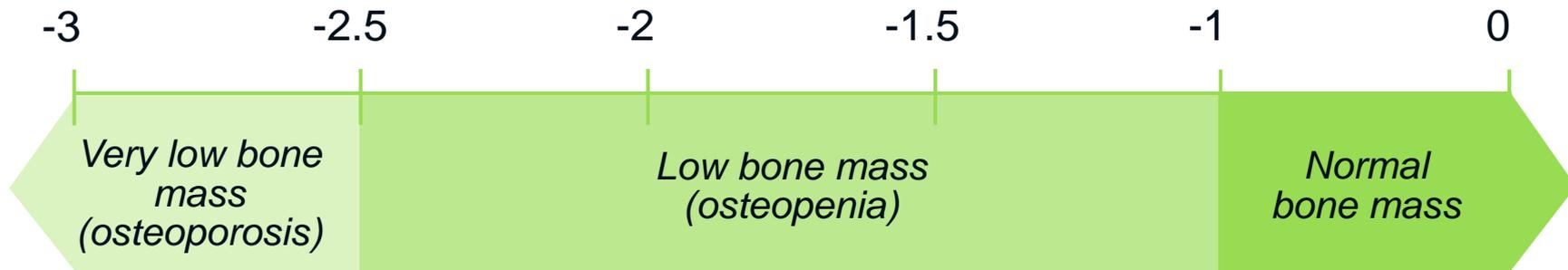
Lynne is 45 years old and in excellent health.

Lynne got a bone mineral density test.

Bone mass can be determined by measuring the density of the bones in the hip, spine, wrist, or other area of the body.

Results are described using a T-score. A T-score compares your bone mass with that of a young “normal” adult.

Possible results:



Lynne and her mom made changes.

To help her mother and herself, Lynne:

- Goes grocery shopping with her mom for foods high in calcium and vitamin D
- Convinced her mother to join a seniors' exercise class by attending the class with her
- Takes calcium supplements



Can you get osteoporosis?

Your risks of osteoporosis increase if you:

- Smoke cigarettes
- Don't get enough calcium in your diet throughout your life
- Don't get much exercise
- Drink more than 2 alcoholic drinks per day
- Are underweight

Other risk factors you can't control include:

- Family history
- Completing menopause
- Having a broken bone as an adult

Meet Rosa

- Rosa had gestational diabetes during both of her pregnancies
- The diabetes went away after the babies were born
- Ten years have passed and Rosa's diabetes is back

Rosa is 32 years old and is managing diabetes.



Rosa checked her numbers.

Blood Sugar

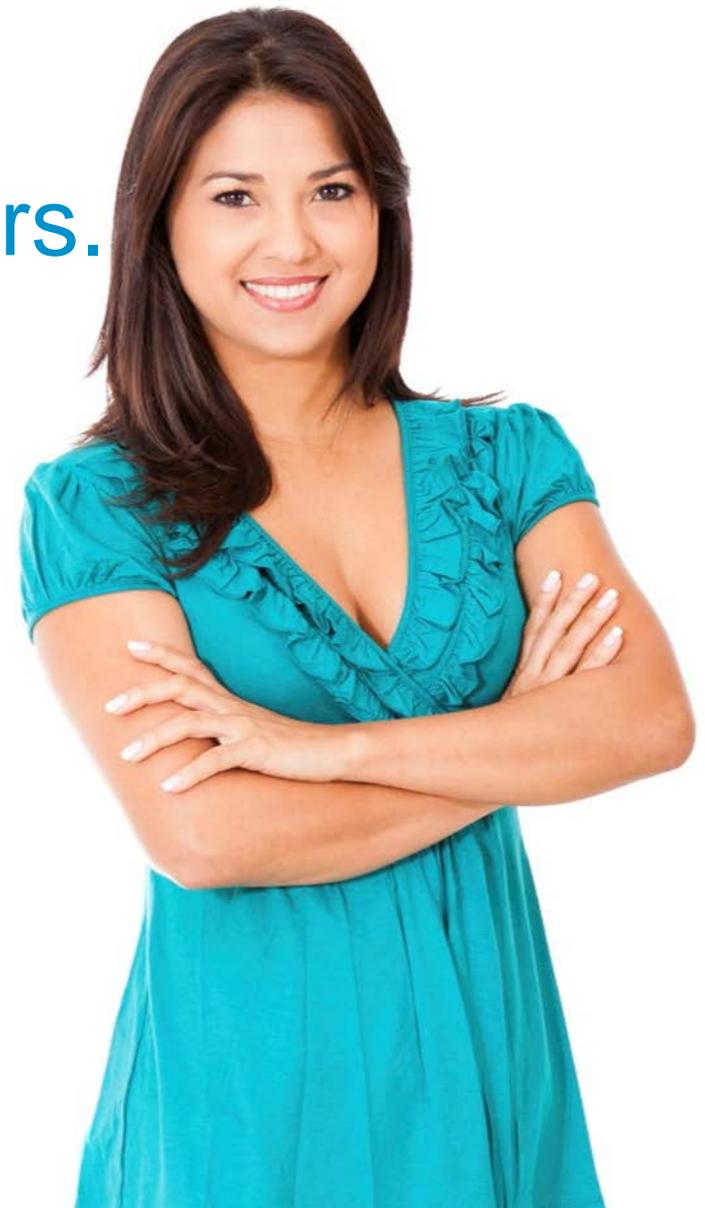
- Aim for less than 110 when fasting and before meals
- Aim for less than 140 two hours after meals
- Aim for an A1C of 6.5% or less

Blood pressure: Aim for a blood pressure goal of less than 120/80

Cholesterol: Aim for a total cholesterol level of less than 200

Body mass index (BMI): Aim for a BMI of less than 25

See your health care provider for your individual goals



Rosa made some changes.

- Rosa has improved her diet
- Rosa fits exercise into each day



Who's at risk for diabetes?

You are at risk for diabetes if you:

- Are overweight or obese
- Don't get much exercise
- Eat a high-fat diet

Other risk factors you can't control:

- Age
- Family history
- Having gestational diabetes
- Race/ethnicity



Follow a healthy eating plan.

- Get your calcium-rich foods
- Make half of your grains whole grain
- Include fruits and vegetables
- Go lean with protein
- Know the limits on fats, salt, and sugar

Discuss goals with your health care provider.

Your health care provider can help you understand how different foods and the amounts you eat affect your blood sugar and your health.



What are risks for depression?

Your risk factors may include:

- Being a woman
- Having a family history of depression
- Changing hormones
- Experiencing stressful life events
- Having a long-term illness or change in health
- Having had episodes of depression in the past



Choose a place to start.

Pick the change that:

- Is the most urgent
- Protects you against the most health conditions
- Is easiest to make
- Will make you the happiest



Being healthy can fit a busy schedule.

If you have:

- 5 minutes: Dance to your favorite song
- 10 minutes: Take a stretch break
- 15 minutes: Find a tasty low-fat recipe
- 20 minutes: Walk with a buddy
- 60 minutes: Get a mammogram



Today, we learned about these healthy habits:

10 Healthy Habits Summary



1. Know your body and your risks
2. Get regular checkups
3. Be smoke-free
4. Stay active
5. Eat a healthy diet
6. Maintain a healthy weight
7. Get a good night's sleep
8. Manage your stress
9. Limit alcohol intake
10. Stick with your healthy habits

Get healthy. One day at a time.

- Pick 1 healthy habit and do it
- Do it again the next day to keep going

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Questions?

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