

# Choose Health!

Pitt Partners For Health Lifestyle Medicine Newsletter



## Lifestyle Medicine Week

(May 30 through June 5, 2021)

Lifestyle Medicine Week is a global celebration of healthy behaviors and a public awareness campaign on the impact our choices can have on chronic disease.

This week focuses public awareness on the six essential Lifestyle elements that optimize health – nutrition, exercise, sleep, stress, substance abuse, and social connection.

In celebrating this week, we empower all people to ask their health professional: 1) to be educated about Lifestyle Medicine as an evidence-based, growing field of medicine, 2) to treat with lifestyle interventions first, and 3) to spread health by living by example.

DEFINITION: Lifestyle Medicine is the use of a whole food, plant-predominant diet, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection as a primary therapy for the treatment and reversal of chronic disease. For more details on LM: <https://www.slideshare.net/LeslieCasey/lifestyle-medicine-defined>

Join the movement. Share #LMWeek #LifestyleMedicine on Social.

Learn about the global movement at: [lifestylemedicineglobal.org](http://lifestylemedicineglobal.org)

Information obtained from <https://lmweek.org>

Do you have questions about Lifestyle Medicine (LM)? See page 4 of this newsletter to have them answered!

eat plants

keep moving

sleep well

be present

stay calm

love people

## This Issue:

Lifestyle Medicine Week ..... 1

Our Successes ..... 2

Lifestyle Medicine To Manage Stress & Improve Your Sleep.... 3

Ask Dr. Michael: Questions About Lifestyle Medicine..... 4

Alzheimer’s and Brain Awareness Month..... 4

Recipe of the Month: Tex-Mex Pita Pizzas .... 4



Pitt Partners for Health

[www.facebook.com/PittPartnersForHealth](https://www.facebook.com/PittPartnersForHealth)

[www.PittPartnersForHealth.org](http://www.PittPartnersForHealth.org)

*“Eat food. Not too much. Mostly plants.”*

*– Michael Pollan*

# OUR SUCCESSES

First, remember the definition of success from the May edition of Choose Health! What successes have you had today, last week or month? This question will be asked in each edition to get us into a habit of improving our mindset. Please email your successes to [Stefanie.cabaniss2@vidanthealth.com](mailto:Stefanie.cabaniss2@vidanthealth.com) so we can share!!

## Working Together for a Healthier Community

In the October 9, 2019 edition of The Daily Reflector, Pitt Partners for Health celebrated its 24th anniversary. That was almost two years ago, but the story highlighted in that article bears revisiting. The following was written by one of Pitt Partner's members to explain how she learned about PPH, engaged with, and benefited from partnership.

"My journey with PPH began about three years ago when I was introduced to the Healthy Lives, Healthy Choices group. The group's director invited me to attend a Pitt Partners for Health meeting and I was blown away by all the resources available to help people.

"I was about to sponsor an upcoming health fair at my church. I was so happy to be able to share all the great information that I had tapped into with all the agencies and their services offered."

"Following the health fair, my next venture was to get my seniors more active. The easiest way to get moving was, of course, by walking. I was overjoyed to find out that there was already an established eight-week walking program with weekly incentives to boot."

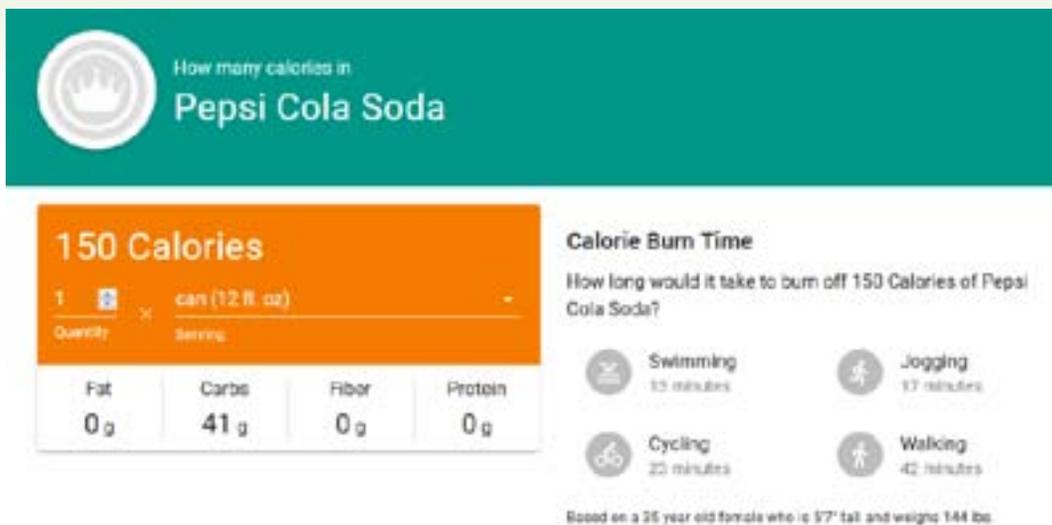
"In addition to the WalkWise, NC walking program, I was introduced to two ladies at the Health Department who helped with the installation of walking trails, signage and a blood pressure monitoring station at our church. We were taught how to be certified in checking our blood pressures because you can't control it if you don't know it."

From there, our PPH member began seeing people getting out of their recliners and showing up to exercise even if they were sitting down, they were moving. She saw people "putting down a Pepsi to pick up water." These are successes!

From walking programs to blood pressure monitoring, PPH is dedicated to working together "to improve the population health of Pitt County through coalition building and partnership." This is our desire and our mission statement.

Everything you just read is a part of Lifestyle Medicine! Exciting changes happen when you begin with just one step!! Please join us! For more information on PPH or the programs mentioned, contact Mary Hall at [mphall@vidanthealth.com](mailto:mphall@vidanthealth.com). For more information on Lifestyle Medicine, email [Stefanie.cabaniss2@vidanthealth.com](mailto:Stefanie.cabaniss2@vidanthealth.com)

## Did You Know?



<https://www.calorieking.com/us/en/foods/f/calories-in-sodas-soft-drinks-cola-soda/nd3MnfHnTre3BqqDCS20-w>

# LIFESTYLE MEDICINE

Focuses on 6 Areas to Improve Health



## Develop Strategies to Manage Stress



Create a daily habit of quieting or “turning off” your mind with:

- Mindfulness
- Meditation
- Exercise
- Or any Relaxing Activity



## Improve Your Sleep



For good emotional health, 7-8 hours of sleep are needed. Think of ways you can increase activity in your daily routine. As it relates to the Coronavirus - increasing quality sleep and decreasing stress will improve the strength of your immune system.

- Decreases Cortisol Levels, Anxiety and Risk for Depression
- Increases Resiliency
- Improves Immune System

## BREATHING TIPS to Decrease Cortisol Levels, Anxiety and Risk for Depression

This is very simple yet powerful and only take a few minutes per day!

1. Breath better. When you breathe is it shallow or deep? If your chest is moving more, you are breathing shallowly... this is inefficient. If your stomach moves more, you are breathing correctly – increasing air volume into your lungs and stimulating the para-sympathetic nervous system. If you don't know, place a hand on both your chest and stomach. Which moves more?
2. Practice Deep Breathing using the following simple technique. Do this a few times a day and work up to 3-10 minutes a day.

## 4X4X4X4 or Box Breathing

- Inhale to a count of four.
- Hold your breath for a count of four.
- Exhale to a count of four.
- Hold your lungs empty for a count of four.

We breathe in and out 12 to 16 times a minute - or around 20,000 times per day - or more than 7 million breaths a year. Let's make each breath count.

# PPH



Choose Health!

# Have a Question but Don't Know Who to Ask?



## Ask Dr. Michael at the Vidant Lifestyle Medicine Clinic!

This is the perfect opportunity for you to ask a physician questions about Lifestyle medicine and chronic disease reversal, the science behind LM, the experiences of his patients or how to see a LM practicing physician.\*

Email questions to [Stefanie.Cabaniss2@vidanthealth.com](mailto:Stefanie.Cabaniss2@vidanthealth.com) and they will be answered monthly in PPH's Choose Health! Newsletter.

*\*Questions must be specific to LM and not specific personal health issues.*



## Alzheimer's and Brain Awareness Month

### Flashback Friday: Preventing Alzheimer's with Lifestyle Changes and Diet

Michael Greger M.D. FACLM July 19th, 2019  
Watch this 5-minute video on what YOU can do to decrease the risk of getting Alzheimer's.  
<https://youtu.be/ZmQ4JwBSNrM>

For other resources including a TED Talk with Dr. Neal Barnard and an Alzheimer's fact sheet with references, [click here! Alzheimer's Disease \(pcrm.org\)](#)

## Recipe of the Month: Tex-Mex Pita Pizza

When you have fresh pita bread on hand—or any other flatbread, for that matter—homemade pizza is just minutes away. Topped with a tasty corn and black bean combo, these Tex-Mex pita pizzas are assembled after the pita crusts have been crisped in the oven so they won't get soggy.

- INGREDIENTS:**
- 1 cup chopped onion
  - 1 cup chopped bell pepper, any color
  - 2 cloves garlic, minced
  - ½ teaspoon ground cumin
  - 1 15-ounce can black beans, rinsed and drained
  - 1 cup fresh or frozen corn kernels
  - 1 cup chopped avocado
  - 6 6- to 7-inch whole wheat pita rounds
  - 1 cup oil-free salsa
  - 2 tablespoons snipped fresh cilantro

- DIRECTIONS:**
- Preheat oven to 350°F. Line two baking sheets with parchment paper.
  - In a large saucepan, bring ¼ cup of water to a boil. Add the onion, sweet pepper, garlic, and cumin; cook over medium-low heat for 10 minutes or until the onion is tender, stirring occasionally and adding additional water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Stir in the beans and corn. Cook for 5 minutes more or until flavors are blended and beans and corn are heated through, stirring occasionally.
  - Meanwhile, place the pita rounds on the prepared baking sheets. Bake for 10 to 15 minutes or until lightly toasted.
  - Mash the avocado. Spread pita rounds with avocado and bean mixture. Top with salsa and sprinkle with cilantro.

