

health sense

Questions & Answers

Q. I don't have time to exercise. How can I improve my health?

A. There are many ways to fit exercise into your day. Even small amounts of exercise are good for you. Walk for 10 minutes 3 times a day, for instance. Just like that, you have exercised for a half-hour!

Source: American Heart Association

Q. Can violent TV and video games harm my child?

A. Yes. Media violence can hurt children, research shows. They can learn to use violence to solve problems. They also might start to look at the real world as a mean and scary place. But there are ways you can take control. Limit the time your child watches TV and plays video games to no more than 2 hours a day. Choose programs and games that are not violent. And tell your child that real violence hurts people.



Source: American Academy of Pediatrics

Give gifts of good health

Do the holidays make you think about gifts? If so, think about this too: You can give fun, healthy presents. And they don't have to cost a lot.

How about giving:

- A basket of fruits or vegetables.
- A pretty box with a favorite healthy recipe and all the ingredients to make it.
- Offers to your child to go ice-skating or to a friend to go walking every day.
- Gym shoes or workout clothes.
- A jump rope, basketball or bike helmet.
- A pedometer.
- A subscription to a health magazine.
- Exercise videos or DVDs.



Gifts like these may make your friends and family smile and can give their health a boost too. That's something that can last much longer than the holidays.

Sources: American Council on Exercise; American Dietetic Association

Moving forward

If you just found out that you have diabetes, you might feel a bit overwhelmed.

That's to be expected. But try not to worry too much. You'll get the hang of it.

First, you'll need to know how to control your diabetes so you'll feel better and have a lower risk for serious health problems.

Learn all you can

You probably have lots of questions about your disease. What can I eat? What makes blood sugar rise or fall?

Your health care team can help you learn about diabetes and how you can manage it. Make sure to ask any questions you have.

Take control

Here are some steps you will

need to take to manage diabetes and protect your health:

Eat well. Your doctor or a dietitian can help you plan healthy meals and choose the right portion sizes. Your favorite foods can fit into your plan.

Stay active. Walking and other exercise can help you control diabetes and stay healthy in other ways.

Track your blood sugar. Your doctor can tell you about when and how to check your blood sugar. This helps you see how diet, exercise and other things affect your blood sugar—then you can make changes if needed.

Your doctor can also test your



blood several times a year. This is called an A1C test. It helps show how well your diabetes plan is working over time.

Take your medicines as directed. If your doctor says you need diabetes pills, take them as prescribed.

These steps can also help you stay healthy:

- If you smoke, quit.
- Learn your blood pressure and cholesterol levels and how to keep them under control.
- Ask how often you need checkups, which can help prevent problems.

Take control of diabetes and make a difference in your health.

Sources: American Diabetes Association; National Institutes of Health

Watch for signs of diabetes

Could you have diabetes and not know it?

Definitely. In fact, millions of people do.

Some people don't notice any symptoms, or their symptoms don't seem all that bad.

However, you should take any warning signs seriously.

Diabetes can cause very serious health problems. So if you have diabetes, it's best to find out sooner rather than later. Then you can start taking steps to help protect your health.

Be alert for these signs:

- Increased thirst or hunger.
- Feeling very tired.
- Urinating often.
- Losing weight without trying.
- Blurry vision.
- Sores that heal slowly.
- A lot of infections.
- Very dry, itchy skin.
- Tingling or loss of feeling in your feet.

If you have any of the signs, tell your doctor right away. He or she can test your blood to check for diabetes.

Sources: National Institutes of Health; U.S. Centers for Disease Control and Prevention

» action

take Learn to live well with diabetes. Find out about our Diabetes Program on page 5.



Check your local ads for deals on food that is healthy and affordable. Clip the coupons that you will use when you visit the store. If there is a good deal on frozen or canned fruits or vegetables, stock up.

If you shop when you are hungry, you are more likely to pick foods that are unhealthy. So have a snack before you go shopping. This will help you stay focused on the items on your list.

Use what you buy

Remember to use everything you bought at the grocery store so you don't waste food or money.

If you are making a large meal that cannot be eaten in one day, put it in the refrigerator. You can also freeze food for later.

Teach your family about correct portion sizes so that they do not eat too much. This is also a big part of having a healthy weight and overall good health.

You can stay on a budget. It just takes some planning.

Shopping on a budget

Shopping on a budget sounds like an easy thing.

You have some money for groceries and you don't spend more than that. But for many families, keeping a budget can be hard.

At the grocery store, "specials" and unhealthy food choices can make you miss your food budget.

Here are some tips that any shopper can follow.

Plan before you go

If you go to the grocery store with no idea of what you want or need, you might spend too much.

Before you go to the store, think about what meals you will be making.

Then make a list of the things you need. This will help keep you from getting food that you do not need.

Need a flu shot?

Influenza, or the flu, is an infection of the nose, throat and lungs caused by a virus. Most people get better without problems, but for some people the flu can be deadly.

Every year thousands of people end up in the hospital because of the flu. Getting a flu shot each fall can help you stay healthy.

Should kids get a flu shot?

Children in school often pass the flu around. The flu shot

can stop them from getting sick, missing school and bringing the flu home. A sick child can make everyone else in the family sick too.

Babies older than 6 months should get a flu shot. A baby or a young child with a serious case of flu may need to be hospitalized.

If you are pregnant, a flu shot will protect you and your baby.

Should adults get a flu shot?

Flu shots are important for adults older than 50. Flu shots should also be given to people who have asthma, diabetes or other

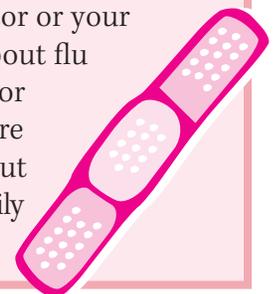
chronic conditions.

You should not get the flu shot if you:

- Are allergic to eggs.
- Have a rare nerve disorder called Guillain-Barré syndrome.
- Are already sick. If you are ill and have a fever, wait until you get better to get the shot.

Ask your doctor or your child's doctor about flu

shots. Your doctor can give you more information about keeping your family safe from the flu.



What to know about urgent care

When you are hurt or sick, it can be hard to know what to do. Here are some tips to help you next time you need urgent care.

Know your Primary Care Provider (PCP). As a Contra Costa Health Plan (CCHP) member, you should find a provider quickly and know who that provider is.

Have information ready and know how to contact your PCP's office.

Use urgent care services properly. Urgent care treats people with serious illnesses and injuries and gives treatment that cannot wait.

Advice Nurses help members. If you have questions, Advice Nurses can help you over the phone.

Based on how bad your symptoms are, they can help you know what kind of care you need.

The Advice Nurse can also help you get to the right place for emergency or urgent care.

The Advice Nurse number is on the back of your member health plan ID card.

If you do not know if you need urgent care, please call our Advice Nurse Unit.

The Advice Nurse can make sure you go to the right place for care, and that services will be paid for by the health plan. In case of a true emergency, call 911 right away.



Do you have a health care question? You can call an Advice Nurse anytime.

Patients must follow up with their PCP. If patients need treatment after their urgent care visit, our contracted urgent care providers will send you back to your PCP.

Avoid the hassle

CCHP members can call our accredited Advice Nurse Unit at **877-661-6230, option 1**. It's the best urgent care option.

The Advice Nurse Unit is available to all CCHP members 24 hours a day, 7 days a week, 365 days a year. Please call if you have an urgent care question.

Albuterol inhalers are changing

The U.S. Food and Drug Administration will be removing chlorofluorocarbon (CFC) propelled albuterol inhalers (also named Ventolin and Proventil). They will not be in pharmacies after Dec. 31. Inhalers that contain CFCs are bad for the environment. Health care professionals should have prescribed you the

more environmentally friendly hydrofluoroalkane (HFA) propelled albuterol inhaler.

Look at your inhaler and see if it has the letters "HFA" on it. If it does, you have one of the new inhalers and you do not need to change anything. If you do not have a new inhaler, talk to your provider about changing.

There is plenty of time to change,

so do not worry. Please note that Contra Costa Health Plan uses the HFA albuterol inhaler "Ventolin HFA."

HFA inhalers may taste and feel different than CFC inhalers, but their medicines are similar to the CFC inhalers. The force of the spray of an HFA inhaler may feel softer than that of a CFC inhaler. Inhalers work best if used with spacers. Talk to your provider if you need one.

programs and services for you

Health education

» Asthma Program

Helps Contra Costa Health Plan (CCHP) members manage their asthma.

We provide:

- Educational materials.
- Asthma-control tools and supplies.
- Telephone counseling with a nurse.
- Health education at Contra Costa County clinic sites.
- Home visits to find out what causes your asthma.

For help, call **925-313-6917** or (toll-free) **877-313-6905**.

» Baby Watch Program

The Baby Watch program is part of CCHP's Perinatal Case Management program.

The Baby Watch program helps you get good prenatal care so you can have a healthy baby.

All pregnant CCHP members can get up to \$50 worth of Target gift cards.

To learn more about Baby Watch or to refer a CCHP member, please call **925-957-7436**.



» Healthy Start Program

The Healthy Start Program at Contra Costa Regional Medical Center and Health Centers offers complete health care to pregnant women.

Women get care from doctors, nurses, medical social workers and public health aides.

Services include:

- Classes about childbirth preparation.
- Counseling about how the baby develops.
- A car seat program.
- Information about how to have a healthy baby.
- Breastfeeding education.
- Newborn care.
- Birth control education.
- Diabetes education.
- WIC (Women, Infants and Children) referrals.
- Perinatal testing referrals.
- Health education and referrals for special services.

To learn more or to start prenatal care, call Healthy Start at **925-370-5495** in Martinez, **510-231-1340** in Richmond and **925-431-2345** in Pittsburg.

» Diabetes Program

CCHP's Diabetes Program helps people live well with diabetes.

Over the phone, a nurse can help you learn to manage diabetes and help you join the Target \$30 gift card program.

A nurse can also:

- Explain how you can get the \$30 Target gift card.
- Help you understand diabetic tests and ways to control your blood sugar.
- Tell you about other agencies or programs that can help you.
- Give you free educational materials.

This program is for CCHP members and for people who get care at any of the Contra Costa county clinics. This is a free service. To learn more, call **925-313-6060**.

» Free Diabetes Support Groups

■ **John Muir Medical Center, Concord**
Fourth Tuesday of each month
7:30 p.m.

Call **925-674-2077**.

■ **Sutter Delta Medical Center**
Edna Fallman Center
Call **925-779-3570** to sign up.

■ **John Muir Medical Center, Walnut Creek Campus**
Second Saturday of each month
Call **925-372-6947**.



» Insulin Pump Support Group

John Muir Medical Center, Walnut Creek Campus
First Tuesday of every other month
7 to 8:30 p.m.

Call **925-941-5076**.

programs and services for you

» Health Education at the County Clinics

You can get a health education appointment at Contra Costa Regional Medical Center and county clinics.

Some of our clinics have healthy eating and diabetes health classes.

We also give one-on-one appointments for health concerns you might have, such as quitting smoking, diabetes, high cholesterol, asthma, weight management, meal planning and birth control.

Call **800-495-8885** to set up a session.

» Senior Nutrition Services

Gives meals to adults 60 and older, five days a week at senior and community centers in the county.

The program also delivers meals to elderly people in Contra Costa County who cannot leave their homes. To learn more, call **925-646-9137**.

» Child Health and Disability Prevention Program

Through the Child Health and Disability Prevention (CHDP) program, babies, children and youth can get:

- Help finding medical care and making wellness care appointments.
- Help finding dental care and making appointments.
- Baby checkups and shots.
- School entrance checkups.
- Sports physicals.
- Health and dental information and referral.
- Help getting follow-up care for medical and dental problems found during wellness examinations.

The health checkups are given free to people up to age 21. Medi-Cal members may be able to get limited health care services. Spanish-speaking staff members are available.

For help, families should call the CHDP administrative office in Martinez at **925-313-6150**.

» Other Community Health Education Resources

Sutter Health offers free health education classes open to the community.

For classes in your area, please call **925-779-3570**.

» NEW (Nutrition, Exercise and Wellness) Kids Program

Contra Costa Health Services offers free classes for families with overweight children ages 6 through 12.

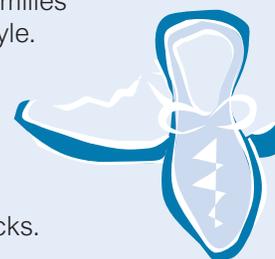
The NEW (Nutrition, Exercise and Wellness) Kids Program, with the Los Medanos Community Healthcare District and Kaiser Permanente, helps children have a healthy weight.

This 6-week session helps families learn how to live a healthy lifestyle.

Weekly session topics include how to:

- Cook and eat healthy with more fruits and vegetables.
- Read food labels.
- Plan healthy meals and snacks.
- Eat out and stay healthy.
- Increase family exercise every day.
- Set and reach your behavior change goals.

To enroll your child, call Julie Vasquez at **925-890-0767** in Pittsburg and Bay Point or the NEW Kids recorded line at **925-313-6860** in Concord.



» Contra Costa Online Resource Database

Visit CORD (Contra Costa County Online Resource Database) at www.irissoft.com/cccc. You can learn about health, human services, transportation and hundreds of other resources in Contra Costa County. If you need information regarding local resources, please call **211**.

» Contra Costa Health Plan's Health Education Department

CCHP can mail you simple health education handouts on several health topics. Some of these topics include diabetes, asthma, weight management, recipes, parenting and more.

If you need more help or have problems getting into a program, please call our Health Education Specialist Patricia Sanchez at **925-313-6019**.



Clip & Save





Helping your overweight child

How can I help my child trim down? That's a really important question if your child weighs too much.

Overweight kids are teased a lot. Kids who are very heavy can even get diabetes.

Overweight children also tend to grow into overweight adults. And overweight adults are at risk for health problems like heart disease.

You can take an active role in

helping your child and your whole family learn healthy habits that will last a lifetime.

Try these tips from the National Institutes of Health:

Think small. At meals, don't dish up big servings of food. Your child can ask for more if he or she is still hungry.

Shop smart. Buy more fruits and vegetables and fewer soft drinks, chips, cookies and candy.

Serve breakfast. Without

Teasing troubles

Teasing kids about their weight is no laughing matter.

It may seem harmless.

But teasing—even in fun—lowers an overweight child's self-esteem. It can even make a child sad enough to think about suicide.

Teasing can also hurt kids who are a normal weight.

Often, kids who don't weigh too much are teased about being fat. They, too, can feel quite upset.

When family members tease, it is very painful.

What every child needs is love and approval.

Source: American Psychiatric Foundation

Does my child weigh too much?

You look at your child and wonder: Is my child overweight?

It's not always easy to tell.

That's because children grow at different rates at different times.

So if you're concerned, see your child's doctor.

A doctor can measure your child's height and find out your child's BMI. That's short for *body mass index*. This is used to see how your child's weight compares to other kids of the same age and sex.

If your child has a high BMI, ask the doctor how you can help your child.

Source: National Institutes of Health



breakfast, your child is likely to get hungry and overeat later in the day.

Have family meals. Eat together at the table—not in front of the TV. And serve the same healthy food to everyone.

Be active together. Help your child exercise every day. Walk in the park. Kick a ball back and forth.

Remember, your child needs to feel loved and special. So be sure to accept your child at any weight, and show how much you care.

» action

take Find ways to help your child. Learn about our Nutrition, Exercise and Wellness (NEW) Kids program on page 6.

TOOTH TALK

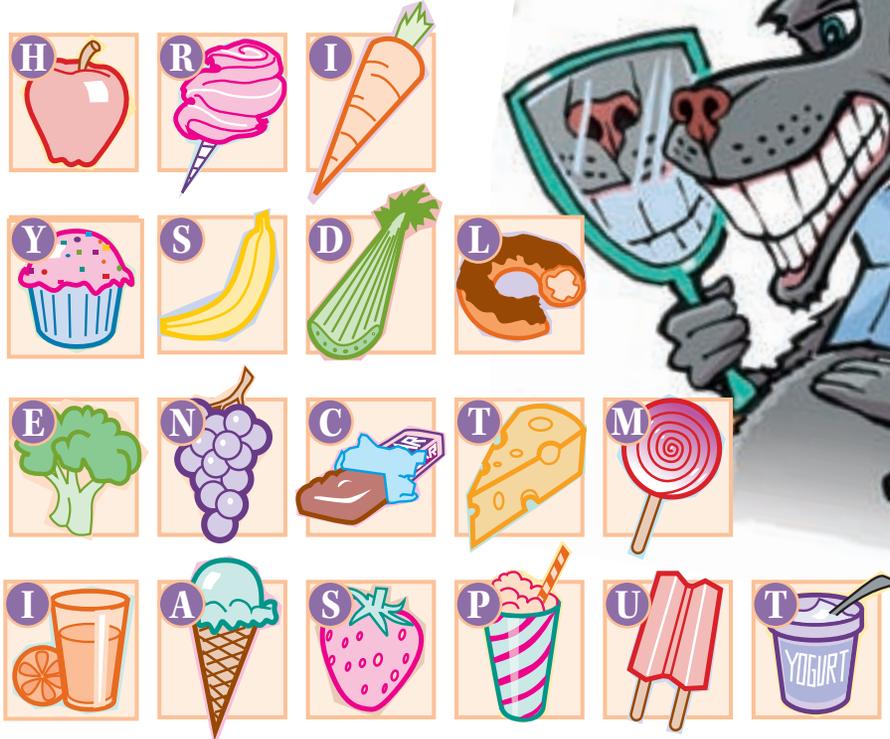
Watch what you wolf down

» Eating the right kinds of foods can help keep your teeth healthy.

Look at the pictures and put an X through the foods that are sticky or sugary. They aren't good for your teeth, so you shouldn't eat them often.

Then, in order, write on the lines below the letter that's next to each remaining picture. These foods are good for you.

When you're finished, you'll have the answer to the riddle you see here. (And it might just make you smile and show off those great teeth of yours!)



ANSWER: HIS DENTIST

What did the Big Bad Wolf eat after getting his teeth cleaned?

What you can do to keep your smile

» Here are some rules to help you keep your smile. The letters of 1 word in each sentence are scrambled. Can you put the letters in order so that the sentences make sense?

1. Brush your teeth at least **ewitc** a day.
2. Eat healthy **ofsod**.
3. At least once a day, **slofs**.
4. See your **endttsi** regularly.
5. Wear a mouth guard when you play **osrpts**.

ANSWERS: 1. twice, 2. foods, 3. floss, 4. dentist, 5. sports.

