

Make the Choice to Be Healthy

Presented by  
CIGNA Employee Assistance Program



# Seminar Goals

- Become aware of the health risks facing men and women today
- Learn about lifestyle choices that can reduce those risk factors and improve health
- Understand preventive care and recommended screening tests
- Learn about resources available to support healthy choices

# The Current State of Men's Health

- The leading causes of death for males are heart disease, lung cancer, stroke and diabetes (*Centers for Disease Control*)
- These conditions can be attributed in large part to **modifiable health risks** - including high stress, tobacco use, body weight, activity levels and nutritional habits.
- In 2007, 41 percent of men reported engaging in regular physical activity **per week** (*2008 National Health Information Survey*)
- In 2004, 70% of the male population was overweight or obese (*Centers for Disease Control*)
- Depression affects 6 million men per year (*National Institute of Mental Health*)

# The Current State of Women's Health

- The top 3 leading causes of death in females are heart disease, cancer and stroke (*Centers for Disease Control*)
- All three of these conditions can be attributed in large part to **modifiable health risks** - including high stress, tobacco use, body weight, activity levels and nutritional habits.
- In 2005, only 50.9 percent of women reported engaging in at least 10 minutes of moderate leisure-time physical activity **per week** (*Women's Health USA 2007*)
- In 2006, 63% of the female population was overweight or obese (*Centers for Disease Control, Healthy People 2010 Database*)
- Depressive disorders afflict almost 10 percent of the United States population, with 2-3 times more females than males affected. (*Burt VK, Stein K. Epidemiology of depression throughout the female life cycle*)

## Now the Good News...

- Smart choices can prolong your life *and* improve the quality of your life.



# Tip # 1: Eat Healthy

- 5-a-day
- Watch your beverage choices
- Reduce saturated fats and try to eliminate trans fats
- Eat complex carbs instead of fast-acting carbs
- Don't skimp on protein
- [Mypyramid.gov](http://Mypyramid.gov)

## Tip# 2: Maintain a Healthy Weight

- Avoid the yo-yo diet dangers
- Weight management vs. a short-term diet
- Make lifestyle changes that you intend to stick with
- BMI Calculator at [www.cdc.gov/HealthyLiving](http://www.cdc.gov/HealthyLiving)

## Tip# 3: Get Active/Stay Active

- Do moderately intense cardio 30 minutes a day, five days a week

***Or***

Do vigorously intense cardio 20 minutes a day, 3 days a week

***And***

Do eight to 10 strength-training exercises, eight to 12 repetitions of each exercise twice a week

- You can break this up to fit into your schedule
- Mix it up
- Schedule this like other high-priority appointments
- Make it family time and create good habits for everyone
- Healthy Rewards Discounts

## Tip# 4: Be Smoke-Free

- Health concerns associated with smoking include cancer and lung disease.
- Smoking triples the risk of dying from heart disease among those who are middle-aged.
- Health risks begin to reverse within hours of quitting
- What is *your* motivation for quitting?
- Consider a support program and investigate Nicotine Replacement Therapy options

## Tip# 5: Get Routine Health Screenings

- Routine screenings can save your life
- Always start with a visit to your PCP
- Use your birthday as your reminder

## Tip# 6: Manage Stress

- Stress contributes to many physical ailments
- Managing stress effectively can improve your overall health and your energy level
- Identify and change the stressors you *can* control and modify your reaction to the stressors you *can't* control
- Your Employee Assistance Program can help

## Tip# 7: Know Yourself and Your Risks

- Family history, habits, lifestyle and environment all contribute to our health risks
- Know your “numbers”
- Take a “Health Risk Assessment”
- Make necessary changes to reduce your risk factors

## Tip # 8: Be Safe

- What does being safe mean to you?
- Safety at home
- Safety at work
- Safety on the road

## Tip# 9: Make Good Health a Priority!

- Good health is a *lifestyle*
- Don't get in your own way by putting off preventive care
- Going to the doctor can detect hidden problems and prevent emergencies
- Be good to yourself

***What is one thing you can do  
in the next 24 hours that will  
put you on the path to better  
health?***



# References

- The leading causes of death for males are heart disease, lung cancer, stroke and diabetes (*Centers for Disease Control: [www.cdc.gov/men/lcod.htm](http://www.cdc.gov/men/lcod.htm)*)
- These conditions can be attributed to **modifiable health risks** - including high stress, tobacco use, body weight, activity levels and nutritional habits.
- In 2007, 41 percent of men reported engaging in at regular physical activity **per week** (*National Health Information Survey: [www.cdc.gov/nchs/data/nhis/earlyrelease/200803\\_07.pdf](http://www.cdc.gov/nchs/data/nhis/earlyrelease/200803_07.pdf)*)
- In 2004, 70% of the male population was overweight or obese (*Centers for Disease Control [www.cdc.gov/nchs/data/hus/hus07.pdf#074](http://www.cdc.gov/nchs/data/hus/hus07.pdf#074)*)
- Depression affects 6 million men per year (*National Institute of Mental Health: [www.nimh.nih.gov/health/topics/depression/men-and-depression/depression-in-men.shtml](http://www.nimh.nih.gov/health/topics/depression/men-and-depression/depression-in-men.shtml)*)