Spring 2022

Health & Welfare e-Newsletter

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Being fully vaccinated provides good protection from severe illness. But over time, the primary COVID-19 vaccines become less effective. Getting a booster shot is the best protection against hospitalization for you and your loved ones.

Visit **kp.org/covidvaccine** to schedule a vaccine or booster – and update your record if you were boosted outside of Kaiser Permanente.

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HEART HEALTH

Know your numbers

You can help avoid future heart problems by knowing your numbers and making healthy changes today. The same habits that help keep your heart strong also reduce your risk for other conditions — making you healthier and feeling better!

Reduce your cholesterol

Lower cholesterol reduces your heart attack and stroke. You can reduce your LDL (low-density lipoproteins) or "bad cholesterol" by eating more fruits and vegetables, moving more often, and taking your medications as prescribed. Increase your HDL (high-density lipoproteins) or "good cholesterol" through eating healthy fats like fish, olive oil and avocado. As an added benefit, HDL helps clear out LDL, providing further reductions in heart attack risk

Control your blood pressure

There are multiple ways to control your BP (blood pressure) and keep it under 120/80. Start by measuring your BP regularly (most retail pharmacies have a machine). Next, start with one of these scientifically proven methods for reducing BP – limiting alcohol, eating more fruits and vegetables, moving more, quitting tobacco, or managing stress and taking your medications as prescribed. Low blood pressure is in your control and reach.

Reduce your BMI

A BMI (body mass index) over 25 is considered overweight, and a BMI over 30 is considered "obese". You can reduce your BMI and your risk of heart disease by eating a hearty healthy diet and by increasing your physical activity. Speak to your primary care physician before beginning your weight loss journey, and start with one simple step, then build from there. Find resources here.

Visit **kp.org/heart**

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Get support to eat healthier, sleep better and move more

Rally® can offer small steps for a healthier lifestyle—and help you earn rewards along the way.

Take the Health Survey

Use your results to help set health goals.

Get personalized recommendations

Build healthier habits with well-being programs, activities and more.

Earn rewards

Take healthy actions, achieve goals and earn Rally Coins.

Visit myuhc.com® > Health Resources > Rally

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DELTA DENTAL

How to Sidestep Dental Dangers

5 types of foods to avoid

High in sugar Promotes tooth decay. **Top culprits**: candy, cakes, cookies, jams, cereals, canned fruits, barbecue sauce, ice cream, reduced-fat dairy	**High in starch** Breaks down into sugar; easily sticks to and gets between teeth. **Top culprits:** bread, potato chips, crackers (especially saltines), cereal, white rice, pasta, pretzels	**Acidic** Wears down the enamel, leaving teeth vulnerable to decay. **Top culprits**: citrus fruits, sugary drinks, fruit juice, tomato soup	**Sticky** Gets into cracks and crevices in and between teeth to promote decay. **Top culprits:** taffy, caramel, gum drops, gummies, granola bars	**Hard to bite** May loosen weak teeth or cause chipping. **Top culprits:** hard candies, lollipops, olive pits, unpopped kernels, ice

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LIBERTY DENTAL PLAN

LIBERTY cares about more than just teeth!

Adult Care

help sheet: Snack Ideas

Health tip:
bananas are rich in Potassium and helps to prevent muscle cramps, especially when taking prescribed water pills for high blood pressure.

morning riser

toasted treat: your favorite bagel or whole grain bread topped with cream cheese or unsalted and unsweetened almond or peanut butter. Top it off with raisins or dried cranberries.

fresh or dried fruit: apple, peach, plum, grapes, strawberries, pear, apricots, cherries, orange, or watermelon.

hard-boiled eggs: an easy high-protein, snack with healthy fat for sustained energy. Use salt-free seasonings.

whole-grain goodness: grab a healthy whole grain granola bar.

morning blender

smooth and easy: grab your juicer and mix up your favorite greens and fruits for a super nutritious drink. Add fresh ginger to boost your immune system.

orange gold: 1-2 scoops of protein powder blended with 100% fresh orange juice and a scoop of vanilla sorbet for a dessert-like treat!

mid-day energy

skinny dipping: raw vegetables (broccoli, carrots, celery cauliflower, cucumber slices) with low-fat dressing.

stuffed celery: raw celery stuffed with cream cheese or unsalted and unsweetened almond or peanut butter.

devil-licious: deviled eggs. Instead of mayo, try plain yogurt and salt-free herb seasoning.

fish & crisp: whole grain wheat or rye crisps topped with tuna or albacore.

fresh or dried fruit: apple, peach, plum, grapes, strawberries, pear, apricots, cherries, orange, or watermelon.

grab a handful: 1 serving of your favorite trail mix blend will satisfy cravings and provide afternoon energy.

cookie-licious: for an occasional cheat treat grab a fresh-baked oatmeal peanut butter cookie with walnuts.

before the gym

on-a-roll: 1 banana, sliced and rolled in wheat germ and or chopped almonds.

yogurt: yogurt cup with almonds.

liquid gold: 1-2 scoops of protein powder blended with your favorite juice, or blended with 1 cup cooked oatmeal, 30g of walnuts and 1/2 a banana.

evening cravings

lite & delicious: air-popped popcorn with salt-free Spike seasoning sprinkled with dried Parmesan cheese.

easy cheesy: whole grain wheat or rye crisp crackers topped with cheese or cottage cheese and sliced tomatoes.

cheese please: string cheese or a couple slices of your favorite cheese.

hi-protein: scrambled egg whites with fresh salsa and a slice of fat-free cheese.

orange gold: 1-2 scoops of protein powder blended with 100% fresh orange juice and a scoop of vanilla sorbet.

fact: sugar promotes cavities

Sugar may be yummy in the tummy, but bad for teeth. Sugar feeds bacteria in the mouth which can lead to cavities. **Always rinse your mouth with water after eating sugary foods or drinks.**

tip: drink water after dark

If thirsty before bed drink water and ***not fruit juice or sodas.*** Water will keep your mouth cleaner, preventing bacteria which leads to tooth decay. **Brush your teeth before bed!**

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Health Tip

Healthy Dental Habits

Due to water fluoridation and fluoride toothpaste, the baby boomer generation is the first to keep their natural teeth over their entire lifetime. However, **poor oral hygiene** poses a risk of dental complications to all generations. Poor oral hygiene is correlated with other diseases including heart disease, diabetes, pneumonia and rheumatoid arthritis.[2]

Risk factors for **oral cancer** are tobacco use, alcohol use, poor oral hygiene and human papilloma virus (HPV).

Gum disease develops when plaque is allowed to build up along and under the gum line. Warning signs include bad breath, tender, bleeding gums, loose teeth, receding gums and pain.

A healthy mouth for a lifetime includes:[1]

- Regular dental visits
- Brush twice a day for at least 2 minutes and floss once a day
- DO NOT use tobacco products
- Limit sugary and alcoholic beverages

Brushing is probably the most obvious mouth hygiene component. It's recommended that you brush your teeth twice a day for at least 2 minutes. Gently brush back and forth in short strokes. Be sure to brush outer, inner and chewing surfaces of the teeth and the tongue. It is a good idea to replace your toothbrush every 3-4 months.

Other ways to maintain good oral hygiene:

- Proper nutrition
- Drink plenty of water
- Limit the number of snacks you eat
- Eat a variety of foods from each of the five major food groups, including:
  - whole grains
  - fruits
  - vegetables
  - lean sources of protein
  - low-fat/fat-free dairy foods

Did you know?[2]

27%
of adults in the U.S. have **tooth decay.**

46%
of adults 30 and older have signs of **gum disease.**

70%
of adults 65 and older have **periodontal disease.**

Oral cancer affects
51,500
people in the U.S. each year.

1. American Dental Association. https://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth, accessed August 29, 2019.
2. Centers for Disease Control. https://www.cdc.gov/oralhealth/basics/adult-oral-health/index.html, accessed August 29, 2019.

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