



There are many ways to love your body, but fueling your body with nutritious food is the highest form of self-respect.

-Ania Drosnes

March is National Nutrition Month and I love the theme for this year-Fuel for the future. It's finally about time people talked about food being fuel. We certainly don't put soda in our cars to make them go, we use gasoline because that is what makes the engine work. (My very crude explanation of how gas fuels cars.) Nutritionally dense food can fuel our bodies in the right way. So what is a nutritionally dense food? One that is rich in vitamins, minerals and other nutrients important for health, such as fruits, vegetables, whole grains and low fat dairy, fish and seafood, nuts, legumes and lean meat. It is so important to fuel our bodies with the right nutrients. An entire host of health issues can happen when we fuel our bodies in the wrong way with sugar, processed foods, excess salt and junk. The microbiome in our gut is full of super healthy bacteria, fungi, parasites and viruses that help us to process the foods we eat and work in a symbiotic relationship with each other. However when we don't eat healthy, this relationship deteriorates and causes dysbiosis and the body becomes susceptible to diseases. In fact, scientists are now classifying our gut microbiome as another organ system of the body as it is responsible for so many of our body processes, including stimulating the immune system, helping to control our metabolism and even our neurobehavioral traits (mental health). So fueling with the right types of foods can truly make all of the systems in our body work efficiently and at the top of their game.

Next time you the grocery store, think about the fuel your body needs to run efficiently. The "fuel" that you are putting in your body either helps your organs, muscles, your brain, etc to run efficiently or stops them from performing at their best, think cleanse or clog when buying food!

Carmen M. Terry, MS, ATC, NBCHWC
Health and Wellness Coordinator
PO Box 3609
Williamsport, PA 17701
Office 570-323-8561 x1067
Fax 570-320-1348
cterry@iu17.org
<http://health.iu17.org>

In This Issue

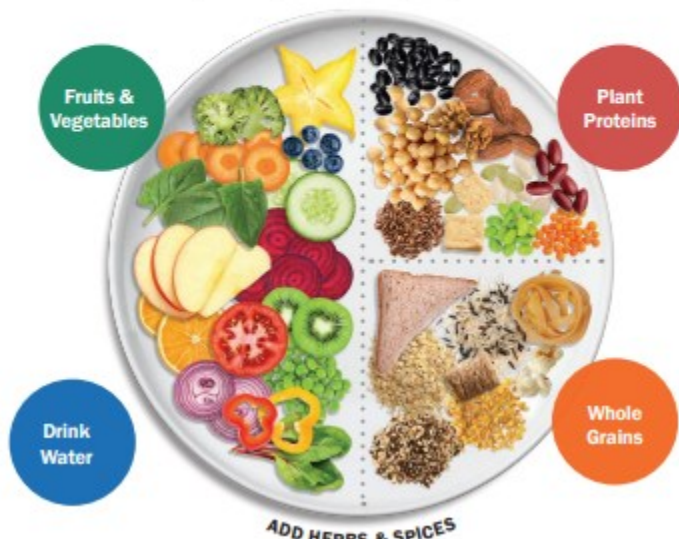
- ◆ Nutrition and Macronutrients
- ◆ Embrace Your Path 21-22
- ◆ Wake Up and Learn Sleep program-Sleep Surveys still open
- ◆ Employee Assistance Program
- ◆ Health Advocate



A WHOLE FOOD, PLANT-BASED PLATE

Nutrition Prescription for Treating & Reversing Chronic Disease

The American College of Lifestyle Medicine Dietary Lifestyle Position Statement for Treatment and Potential Reversal of Disease: ACLM recommends an eating plan based predominantly on a variety of minimally processed vegetables, fruits, whole grains, legumes, nuts and seeds.



The right type of food!

There is so much misinformation about nutrition and food out in the world that it is extremely difficult to decipher what is valuable and what is just nonsense. For example, when my parents were living in the 1980's everything was non fat. For them it was a no brainer as heart disease runs in my family, 3 of 4 grandparents had it and my parents were headed in that direction too. They thought that their higher cholesterol must be because of all the fat in their diet. So they moved to all those products that were labelled non-fat. But the failure in the information provided to them and to the public in general was that those products contained a higher sugar content as they had to replace the fat with something. We

know now of course that added sugar has led to another issue like Type 2 diabetes. Today, we know much more about nutrition, fats, sugar, etc, and the science behind it is much better. I am sure everyone one has a similar story or fad to talk about with their parents or even themselves. The most cringeworthy fad right now is this super low carb diet. Did you know that your brain needs carbs and it only uses carbs to think, process, calculate and problem solve? Only in extreme circumstances does your brain use fat-only if all other sources are depleted. Did you also know that carbs aren't just bread and pasta? So how do we decipher this information to be useful.

There are three major things you need in your diet and this should be no surprise to anyone: carbohydrates, fats and protein. Now the amount you need in those things can vary depending on what your lifestyle is, but in no uncertain terms you must have all of them! On the next page, I will explain how to calculate those things for yourself, but in order to have a balanced diet, they all must be included in sufficient amounts to make your body thrive.

If I told you there was a surefire way to improve your health, would you do it? Would you put in the work to be as healthy as possible? Who doesn't want to feel their best every day– to wake up full of energy, to feel physically strong and have your brain work the way you want it to. The best nutrition that is scientifically proven to help with chronic health conditions, losing weight and to improve overall health is plant based whole foods. We can get all of our carbs, fats and protein as well as the vitamins and minerals we need from these foods. Fruits, vegetables, whole grains- 100% whole wheat, brown rice, quinoa, barley, oatmeal; beans and legumes such as garbanzo beans, lentils, black beans, edamame, (there are more but these are common ones); and another important factor in healthy nutrition is water! Fuel your body so your body can work for you!

Here are two links to websites with accurate information: www.eatright.org

<https://plantricianproject.org/> If you click on resources, they have a quick start guide which includes some meal planning.

Macronutrient Nutrition

The 3 main macronutrients you need in your diet are carbohydrates, fat and protein. Here is how to calculate the range of what you need for your nutrition. First you must find your BMR (basal metabolic rate) which is what your body burns while in a complete resting state for the day.

The Harris-Benedict BMR formula:

Men: $BMR = 66 + (6.2 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.76 \times \text{age in years})$

Women: $BMR = 655.1 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Once you calculate your BMR, then you need to figure out how many calories you need for your activity level, which is called your TDEE (total daily energy expenditure). I will use my own calculation so you can see what this looks like.

TDEE= BMR x Activity level

BMR 1543.3 X 1.55 = 2392 calories/day

Activity Level	Number	Description
Sedentary	1.2	People who work desk jobs and engage in very little exercise or chores.
Lightly active	1.375	People who do chores and go on long walks/ engage in exercise at least 1 to 3 days in a week.
Moderately active	1.55	People who move a lot during the day and workout (moderate effort) at least 3 to 5 days in a
Very active	1.725	People who play sports or engage in vigorous exercise on most days.
Extra active	1.9	People who do intense workouts 6 to 7 days a week with work that demands physical activity.

So in order for me to maintain weight that is how many calories (2392) I need to eat each day. If you eat a super low calorie level between 1200-1500, then your metabolism slows down and you will not burn as many calories

at rest and when working out, which is why it is so important to make sure you are eating enough whole foods for your calorie level each day.

Right now I am trying to gain muscle (lifting 4 days a week) and put on lean weight, so I am eating around 1800-1900 calories a day– so I should lose fat based on my TDEE as I am still in a calorie deficit, but not enough to slow down metabolism. See below for where my macronutrients should be based on the chart.

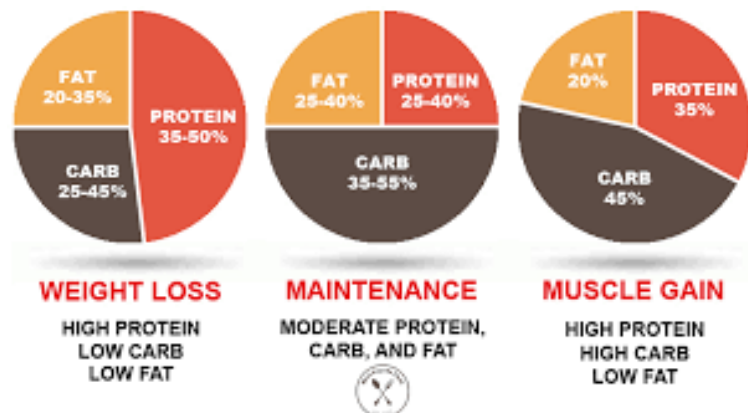
Carbohydrates .45 x 1850= 832 calories a day or 208 grams

Protein .35 x 1850 = 647.5 calories a day or 162 grams

Fat .20 X 1850 = 370 calories a day or 41 grams

I wanted to give you an example of how you can use macronutrients instead of always counting calories for what you need.

If you would like more information on this, you can take my course coming up on March 20th where I dive deeper into this and help you with how to prep and plan meals.





Last Chance for your Health Screening-March 25th 8:30-9:30am

For those unable to make their building health screenings or for spouses unable to come, we have one last chance for a health screening. Or for those that need to have a re-screening done. Screening will be at BLAST IU 17, 2400 Reach Rd, Williamsport.

To sign up use this link: <https://upmchealthypartners.as.me/LCIC>

LCIC Health Courses

If you are in the platinum level, one of the requirements is to take a health course that is offered through the LCIC. We only have a couple more left for the year, so if you haven't take one yet, here is your chance! Platinum courses are 25pts each course you take.

Examining Your Sleep March 7th from 5-6pm with Dr. Morse of Geisinger Would you like to stress less, improve your work/life balance, be more productive, or maybe lose some weight? If so, then examining the state of your sleep is a good place to start! You are invited to attend a presentation with Dr. Anne Marie Morse, Geisinger Pediatric Neurologist and Board Certified Sleep Specialist, as she explores how the timing, duration, and quality of your sleep impacts every aspect of your waking hours. Please see next page of newsletter if you haven't taken the sleep evaluation and you would still like to do that. **This class is worth 40points.**

To register for the class: <https://www.elnr.org/Register.aspx?ScheduleID=5720>

Nutrition Basics 2.0 Monday, March 20th 5-6pm, BLAST IU 17, 2400 Reach Rd, Williamsport.

Have you ever wondered how to focus on your nutrition more wholly without counting a bunch of calories. This class will focus on your basal metabolic rate and where your macronutrients need to be to be healthy, full of energy and able to do the things you want to do. And of course I will have samples of foods for this class for you to try. This class will be different from the last Nutrition Basics course, it's a ramped up version of that class with new material, including Menu Planning.

To register click here: <https://www.elnr.org/Register.aspx?ScheduleID=5721>

Cooking with Carnie, March 30th, 6-7pm, Breakfast and Snacks

To register click here: <https://www.elnr.org/Register.aspx?ScheduleID=5716>

Cooking with Carnie, April 24th, 6-7pm, Vegetarian Dinner

To register click here: <https://www.elnr.org/Register.aspx?ScheduleID=5723>

Experiential Mindful Meditation Class. May 2nd 6-7pm - We do a lot of talking and doing...but what about BEING? This class will be an experiential mindfulness class that will help you tune-in to the present moment through a series of different kinds of mindful meditations. In practicing mindful meditation, we can work on shifting our relationship with many of the experiences that often take us away from the present moment (ie, from generally "being") and generate a great deal of stress/distress. The class will have a very brief introduction to mindfulness; however, the bulk of the class will be engaging in meditation practices.

To register, click here: <https://www.elnr.org/Register.aspx?ScheduleID=5685>

EMBRACE

Wake Up and Learn-Sleep Survey

If you haven't completed the sleep surveys, there is still time to do so. You may complete two short, validated surveys online: the Epworth Sleepiness Scale (ESS) and the Sleep Disorders Symptom Checklist (SDS-CL-25). After completing the surveys, participants are given *immediate feedback* as to whether their responses indicate a high or low risk for sleep problems. Those in the high-risk category are given the opportunity to complete a more comprehensive online survey (Alliance Sleep Questionnaire, ASQ). The ASQ, which is reviewed by a program-affiliated sleep professional, allows for the identification of specific sleep pathology, and includes depression and anxiety screeners. Participants are sent a *personalized letter* outlining the finding of the ASQ and offering strategies to address the identified sleep problem(s). (This is a confidential program-no one will know the results of your surveys except the Geisinger Wake Up and Learn Team).

Link to survey: <https://redcap.link/lycomingwellness>



The ESS survey-This survey specifically distinguishes reports of dozing behavior and estimates SSP's from feelings of fatigue and drowsiness/sleepiness in the sense of weariness from exertion. (SSP-Situational Sleep Propensity)

Sleep Disorders Symptoms Checklist-This survey screens for sleep disorders from insomnia, narcolepsy, restless leg syndrome, circadian rhythm sleep-wake disorders and others.

This is a great free opportunity offered to all employees of our districts and Penn College so that employees who may have sleep issues or sleep disorders find the resources they need to get help.

Employee Assistance Program

EAP stands for employee assistance program. It is an employee benefits program provided by a company to help employees resolve issues that could impact their life. The idea is to address personal issues before they interfere with work performance. The employee assistance program is one of the top benefits employers offer in North America—for a good reason. EAPs traditionally have assisted workers with issues like alcohol or substance misuse; however, most now cover a broad range of issues such as child or elder care, relationship challenges, financial or legal problems, wellness matters and traumatic events like workplace violence. Programs are delivered at no cost to employees by stand-alone EAP vendors or providers who are part of comprehensive health insurance plans. Services are often delivered via phone, video-based counseling, online chatting, e-mail interactions or face-to-face.

Examples of situations EAPs support include:

- **Family situations**, such as divorce, adoption assistance, or childcare.
- **Social or professional relationships**, like conflict resolution, networking, family issues, and relationship building.
- **Recovery from substance abuse and traumatic events**, like accidents or the loss of a loved one.
- **Mental wellness support** to help employees cope with stress or mental health issues.
- **Professional development**. EAPs often provide education programs for building a variety of skills.
- **Career transitions**, be it a lateral switch or a promotion. Employees get the support they need to smoothly settle into the responsibilities of the new role.

EAP websites and Phone numbers Listed by Employer

East Lycoming School District/Lyco CTC– EAPessential-1-800-460-4374 guidanceresources.com

Jersey Shore School District-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

Loyalsock Township School District-EAPessential-1-800-460-4374 guidanceresources.com

Montgomery School District-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

Montoursville School District-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

Muncy School District-EAPessential-1-800-460-4374 guidanceresources.com

Pennsylvania College of Technology-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

South Williamsport School District-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

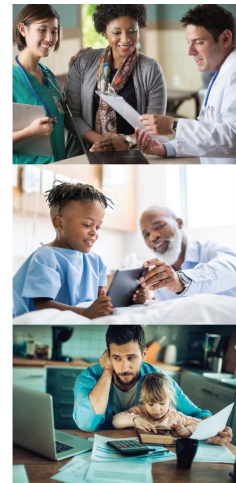
Williamsport School District-ESI Employee Assistance Program, 1-800-252-4555, www.theEAP.com

Health Advocate

DID YOU KNOW? Health advocate not only helps with our wellness piece, they can do so much more. Health Advocate can provide help for your whole family: employees, spouses, dependents, parents and parents-in-law!

Your Personal Health Advocate can help in the following ways:

- ♦ Coordinate care with your providers
- ♦ Provide support for your medical condition
- ♦ Help you find the right doctors
- ♦ Research and arrange second opinions
- ♦ Help with confusing paperwork issues
- ♦ Provide special help for Mom & Dad



Who are the Personal Health Advocates?

✓ **Registered Nurses**

with experience in clinical care, case management, nursing education, supervision and administration

✓ **Benefits experts**

with experience in claims management and provider group administration

✓ **Full-time medical directors**

✓ **Trained clinical professionals**

including social workers, behavior change counselors, nutritionists, dietitians, dental care and pharmacy

1-866-695-8622