How to use your diet to help prevent chronic diseases

To help prevent heart disease, you need to keep your blood pressure under control. A healthy, well-balanced, calorie-controlled diet that includes plenty of fruits, vegetables, and whole grains can help you do this. A diet rich in fruits, vegetables, and whole grains may help lower your blood pressure if you have hypertension. You should also include low-fat dairy products, lean meats and poultry, and fish. Avoid过多的钠, 高脂肪, 高胆固醇, and sugary beverages. Emphasize consuming fruits and vegetables, whole grains, and low-fat dairy products.

To help prevent high blood sugar levels and type 2 diabetes, you need to eat a diet rich in whole grains and lean, low-fat proteins and to limit refined carbohydrates, unhealthy fats, added sugars, sodium, and processed foods. A healthy, calorie-controlled diet that includes plenty of fruits, vegetables, and whole grains can help you do this. You also need to keep your weight in a healthy range and be physically active every day.

To help prevent cancer, you need to eat a diet rich in fruits, vegetables, whole grains, and low-fat dairy products. Avoid overweight and obesity, and limit alcohol consumption. Avoid or limit consumption of red and processed meats. A healthy, calorie-controlled diet that includes plenty of fruits, vegetables, and whole grains can help you do this. You also need to avoid or limit consumption of red and processed meats.

To help prevent obesity, you need to eat a diet rich in fruits, vegetables, whole grains, and lean, low-fat proteins and to limit refined carbohydrates, unhealthy fats, added sugars, sodium, and processed foods. A healthy, calorie-controlled diet that includes plenty of fruits, vegetables, and whole grains can help you do this. You also need to keep your weight in a healthy range and be physically active every day.

For more information about how to use your diet to help prevent chronic diseases, visit the Heart Healthy, Heart Disease, and Chronic Disease Prevention sections at verdanthealth.org.

NUTRITION’S ROLE IN DISEASE PREVENTION

Estimated that the health of our overall community will thrive. Verdant will continue to build and support community settings. We firmly believe that by providing prizes, which frequent walkers can earn and motivation to improve your habits and performance. To help prevent heart disease, you need to keep your blood pressure under control. A healthy, well-balanced, calorie-controlled diet that includes plenty of fruits, vegetables, and whole grains can help you do this. A diet rich in fruits, vegetables, and whole grains may help lower your blood pressure if you have hypertension. You should also include low-fat dairy products, lean meats and poultry, and fish. Avoid过多的钠, 高脂肪, 高胆固醇, and sugary beverages. Emphasize consuming fruits and vegetables, whole grains, and low-fat dairy products.

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Summer Highlights
Fun, games, walks, and outdoor activities for the whole family

Did you know?

• Verdant provides grants to community organizations for health and wellness events.
• Verdant is governed by a publicly elected board tasked with maintaining low-cost healthy lifestyles.
• Verdant offers free or low-cost healthy lifestyle classes at the Verdant Community Wellness Center in Lynnwood.

How to use your diet to help reduce your risk of disease

1. Plan ahead and mark your calendar now. Verdant will again host its Verdant Healthier Community Conference in early 2018 after successful events in 2016 and 2017. Please join us on Monday, March 12, 2018 at the Lynnwood Convention Center as we bring together keynote speakers and host breakout sessions to help our community learn about ways we can live our healthiest lives. For registration information, including fees and scholarship opportunities, visit verdanthealth.org in January 2018 for details.


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4. Summer Highlights
Fun, games, walks, and outdoor activities for the whole family

- More than 170 people participated in the South County Walks event in Lynnwood.
- The Edmonds Senior Center in Lynnwood offers free or low-cost health and wellness events.
- The Verdant Healthier Community Conference helps prevent chronic diseases.
- The Nutrition and Activity programs at our Community Wellness Center help residents learn behaviors that will prevent chronic diseases.

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6. Prevention From Multiple Angles
Message from the Superintendent

Benjamin Franklin once said, “An ounce of prevention is worth a pound of cure.” Knowing that good health is not just about good medical care, the Verdant Health Commission supports and funds programs that help our community’s residents be healthy where they live, where they work, and where they play.

The nutrition and activity programs at our Community Wellness Center help residents learn behaviors that will prevent chronic diseases. Check out the Monthly Wellness Messages for details.

- Spend the Day with Verdant. In January 2018 for details.
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7. What are SMART goals?

SMART goals are something new and something you can easily make a part of your life. By making goals SMART, you’re much more likely to achieve those goals. Here’s how to create SMART goals that work:

• Specific: What exactly will I be doing?
• Measurable: How long, how often, or how much?
• Achievable: Is this realistic for my current needs and schedule?
• Relevant: Does this help me toward my big-picture goals?
• Time-bound: When will I do this?

SMART can help you reach your SMART goals with the Healthy Living Coaching Group. Learn more at verdanthealth.org.

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Why am I Getting This Newsletter?

About the Verdant Health Commission

The Verdant Health Commission was established in 1998 as a result of the merger of the Federal Way and Kent Community Health Districts. Verdant Health Commission works closely with Public Hospital District No. 2, Snohomish County to ensure that all residents, regardless of income or health status, have access to high-quality, affordable health care.

Current Programs & Community Investments

Community Investments

The Verdant Health Commission has made grant commitments of $6.1 million in 2017, including the four programs listed in the complete list at the right. Please visit verdanthealth.org/programs for a complete list of organizations supported by Verdant in 2017, including the four programs that received the most support.

About the Verdant Health Commission

The Verdant Health Commission is governed by the elected commissioners of Public Hospital District No. 2, Snohomish County. Each member is elected to a five-year term. Regular meetings of the commission take place the third Wednesday of each month, except for November and December (third Wednesdays). Meeting information is available at verdanthealth.org/public-meetings.

Connect with Verdant

There are several options to better connect with the Verdant Health Commission online.

Meals on Wheels

Nurture older adults and people with disabilities to enjoy nutritious meals with the Meals on Wheels program, coordinated by Heat and Serve, for seniors on fixed incomes and families of all ages who need help preparing and delivering nutritious meals. For more information about the health and wellness services available in South Snohomish County, please visit verdanthealth.org.

Volunteers of America Western Washington

A national service organization with more than 70 years of experience in providing holistic care to individuals and families in need of support. Volunteers of America offers a variety of programs and services to help people improve their health and quality of life, including the Meals on Wheels program, coordinated by Heat and Serve, for seniors on fixed incomes and families of all ages who need help preparing and delivering nutritious meals. For more information about the health and wellness services available in South Snohomish County, please visit verdanthealth.org.

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fat diet. Obesity is a strong risk factor for a healthy weight by eating a balanced, low-fat diet, such as skim milk, low-fat yogurt, and broccoli. The best prevention is to make small, gradual changes in your lifestyle. The American Institute for Cancer Research (AICR) has found that eating a diet rich in fruits, vegetables, and whole grains, and to include lean protein sources and low-fat dairy products, provides good protection, according to the American Institute for Cancer Research (AICR).

Verdant health coaching program participants who create a community’s healthy lifestyle behaviorally, where they live, where they work, and where they play. The nutrition and activity programs at Verdant help participants modify unhealthy behaviors that will prevent chronic diseases. Foods rich in fruits, vegetables, and whole grains, and include lean protein sources and low-fat dairy products, provide good protection, according to the American Institute for Cancer Research (AICR). This prevention starts at age 50 and beyond.

The Canopy, a program of Verdant, helps individuals interested in improving their health or the health of others under the umbrella topic of wellness. To help prevent heart disease, you need to keep your blood pressure, cholesterol, and blood sugar levels within healthy ranges. To maintain a healthy weight includes a variety of fruits, vegetables, and include lean protein sources and low-fat dairy products, provides good protection, according to the American Institute for Cancer Research (AICR). This prevention starts at age 50 and beyond.

What are SMART goals?• Specific: one or two words that define the goal
• Measurable: a way to measure progress toward the goal
• Achievable: realistic, not over-ambitious
• Relevant: means that this goal makes sense for you
• Time-Related: establish a deadline for completing the goal

Get involved: Free Community Health & Wellness Events
Learn about these free events and others, by visiting verdanthealth.org/events. All events listed below take place at the Verdant Health Commission/Verdant Health Wellness Center, 4720 16th St. SW, Lynnwood, 425-582-8800. Pre-registration required.

Verdant offers programs, cooking demonstrations, and coaching sessions to help you make the kind of lifestyle changes that can help you live longer and healthier lives, free of disease. These classes are designed to help you learn about our programs and find ways to support your health by engaging with us. To see our events and activities, visit verdanthealth.org.

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Nutmrition’s Role in Disease Prevention
Evidence is mounting that a healthy diet can help protect you from many chronic diseases. What you eat and how often you eat it can impact your risk of heart disease, cancer, osteoporosis, and type 2 diabetes. What is a healthy diet? A healthy diet is a nutrient-dense diet that limits your intake of saturated fat, cholesterol, and total fat, as well as red meat, processed meats, and sugary beverages. Emphasize consuming fruits, vegetables, whole grains, and include lean protein sources and low-fat dairy products, provides good protection, according to the American Institute for Cancer Research (AICR). This prevention starts at age 50 and beyond.

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Non-fiction book: Why We Eat What We Eat: The Science and Culture of Human Hungryness

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Message from the Superintendent

Superintendent Daniel J. Meyer

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Verdant provides grants to Verdant healthier community

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