

Wellness Education

Promoting Health Literacy

Supporting Positive Health Behavior Change

Welcome!

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Washington State

Department of Social and Health Services

Aging and Long-Term Support Administration



You Will Learn:

- What is special about Wellness Education?
- How it is different?
- What makes it successful?
- What has the impact been for participants?



Challenges

- Living with complex health issues
- Low health literacy
- Disconnect between daily habits and health
- Isolation, gaps in social support

Rising to the Challenge Wellness Education

Goals:

- Health literacy
- Empowerment
- Independence
- Self-management



What is Wellness Education?



Wellness Education is an individualized monthly newsletter provided by the Department of Social and Health Services featuring useful health and wellness information.



Wellness Education

Wellness Education

- Monthly newsletter
- Printed and mailed to 35,000+ participants
- Translated in multiple languages
- Duplicates sent to personal representatives



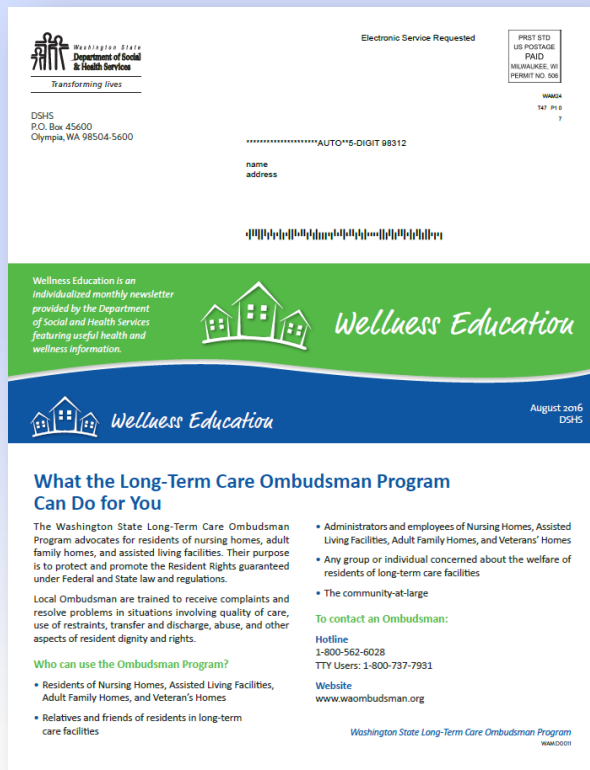
Wellness Education Access

Available as a waiver service option:

- *Aging and Long-Term Support Administration*
COPEs or Residential Services waivers
- *Developmental Disabilities Administration*
Basic Plus, Core, or IFS waivers

Wellness Education - Setup

Three articles in each newsletter



Outside



Inside

Wellness Education - Setup

Outside article
goes to
everyone

Washington State
Department of Social
& Health Services
Transforming lives

Electronic Service Requested

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Wellness Education

August 2016
DSHS

What the Long-Term Care Ombudsman Program Can Do for You

The Washington State Long-Term Care Ombudsman Program advocates for residents of nursing homes, adult family homes, and assisted living facilities. Their purpose is to protect and promote the Resident Rights guaranteed under Federal and State law and regulations.

Local Ombudsman are trained to receive complaints and resolve problems in situations involving quality of care, use of restraints, transfer and discharge, abuse, and other aspects of resident dignity and rights.

- Administrators and employees of Nursing Homes, Assisted Living Facilities, Adult Family Homes, and Veterans' Homes
- Any group or individual concerned about the welfare of residents of long-term care facilities
- The community-at-large

To contact an Ombudsman:

Hotline
1-800-562-6028
TTY Users: 1-800-737-7931

Website
www.waombudsman.org

Who can use the Ombudsman Program?

- Residents of Nursing Homes, Assisted Living Facilities, Adult Family Homes, and Veteran's Homes
- Relatives and friends of residents in long-term care facilities

Washington State Long-Term Care Ombudsman Program
WMM0001

Wellness Education - Setup

Inside articles
targeted
to each individual



The image shows a newsletter page with a green header containing a house icon and the text "Wellness Education" and "August 2016 DSHS". The main content is divided into two articles. The first article, "Prevent Falls by Choosing Safe Footwear", includes a list of footwear recommendations and a photo of a person using a walker. The second article, "Add Variety to Your Vegetables", includes a list of vegetable types and a photo of a vegetable salad. Both articles cite the National Institute of Health (NIH) as the source.

Wellness Education August 2016 DSHS

Prevent Falls by Choosing Safe Footwear

To help prevent falls, it's important to carefully select your footwear. Shoes and slippers should be comfortable, non-slip, and stay secured to your foot with each step you take.

Supportive footwear to choose

- Sensible, low-heeled shoes that fit well and support your feet.
- Shoes or slippers with non-slip soles.
- Shoes or slippers that completely surround your feet.

Avoid

- Footwear that leaves marks on your feet
- Wearing only socks
- Floppy slippers
- Backless shoes
- Smooth-soled shoes



For more ideas about preventing falls, talk to your healthcare provider. He or she can help you assess your risk of falling and provide information about other things you can do to prevent falls.

*National Institute of Health
NIH/CDC*

Add Variety to Your Vegetables

Changes can help control weight

From arugula to zucchini, vegetables come in many flavors and textures. Adding variety to the vegetables you eat can improve your diet, make meals more interesting, and help control weight.

Nutritional experts recommend that adults eat at least 2-3 cups of vegetables every day and eat a wide variety of different types of vegetables that include:

- Dark green vegetables such as collards, spinach, or broccoli
- Red and orange vegetables such as sweet potatoes, red cabbage, and carrots
- Starchy vegetables such as white potatoes, corn, and peas
- Legumes such as kidney beans, black beans, and split peas



Tips for eating more vegetables

Try eating a vegetable at each meal. Add a vegetable to your scrambled eggs, snack on carrots and celery, have a salad with your lunch, and steam some broccoli for your dinner!

Vegetable servings equal to a one cup portion:

- 5 broccoli florets
- 1 large sweet potato
- 2 medium carrots
- 2 large stalks of celery
- 1 large bell pepper

*Office of Disease Prevention and Health Promotion
NIH/CDC*

How the Magic Happens

Internal Staff

- CARE client assessment
- Data reports
- Contract management
- Quality assurance
- Articles

Vendor

- Graphic Design
- Article Translation
- WE System
- Operations
- Production reports
- QA reports
- Survey tracking

How the Magic Happens

Four Major Components:

1. Data
2. Articles
3. Targeting rules for each article
4. Wellness Education System



Wellness Education Data

Washington's Client Assessment - CARE

- Happens at least once a year
- Covers many life areas
- Results stored in database
- CARE information used to create health and well-being indicators

Wellness Education Data

Washington's Client Assessment - CARE

Anxiety Disorder	Asthma	Cardiovascular Disease	Conflict Management
Depression	Diabetes	Down Syndrome	Emphysema
Falls Risk	Hypertension	Pain	Post-Traumatic Stress Disorder
Grief	Sleep Issues	Smoking	Substance Abuse
Traumatic Brain Injury	Caregiver Stress	Employment	Suicide Risk
Adjustment to Change	Transportation Needs	Animal Companion	Social Skills

Wellness Education Data

- ✓ HIPAA Compliant
- ✓ Secure



Wellness Education Articles

Article Standards

- Brief
- Simplified language
- Focused
- Action oriented



Wellness Education Articles

Make an Anxiety Self-Care List

Ways to manage your anxiety

Anxiety can be overwhelming. Having a list of self-care actions you can take when anxiety feels overwhelming may help you. Here are some ideas to include on your list:

1. **Call a support person.** This can get your mind off anxious thoughts.
2. **Move around.** Movement helps get rid of the fight-or-flight reaction.
3. **Stay in the present.** Focus on the objects around you in your immediate environment.
4. **Do something that requires focused concentration.** Try doing math problems, knitting, or working on a puzzle.
5. **Imagine a comforting scene.** Imagine the scene with as much detail as you can.
6. **Replace anxious thoughts with calming and supportive statements** (“I am calm. I am strong”).



7. **Practice abdominal breathing.** Breathe slowly and deeply from your abdomen.

8. **Practice muscle relaxation.** Tighten/raise shoulders, hold for 10 seconds, release, and repeat.

Talk to your healthcare or mental health care provider about other ways to manage anxiety. If you are overwhelmed and need to talk with someone immediately, call the Washington Recovery Helpline at 1-866-789-1511.

WAMC0129

Positive...Solution Focused...Actionable

Wellness Education Articles

Oral Health and Diabetes

See a dentist for regular checkups

Diabetes can lead to problems in your mouth:

- Some diabetes medications can cause **dry mouth**, a condition that can make it hard to eat, taste, swallow, or even talk. Dry mouth can quickly lead to tooth decay, especially at the gumline. Let your dentist or physician know if you have dry mouth.
- You might develop painful **mouth sores** because wounds heal more slowly when you have diabetes.
- Preventing **gum disease** is an important part of managing diabetes. You lower your risk of getting gum disease by regular brushing and flossing.

Be sure to tell your dental provider if you have diabetes and discuss how often you may need routine oral health check-ups.



Washington Dental Service Foundation

WAMC0190

Wellness Education Articles

Breaking down big topics

What Should I Do if My Blood Sugar Gets Too Low?

Anyone with diabetes can have low blood sugar. Low blood sugar (when your blood sugar levels are below 70) is dangerous and needs to be treated right away.

What to do

- Carry supplies for checking and treating low blood sugar with you.
- If you feel shaky, sweaty, very hungry, or think you might have low blood sugar, check your blood sugar.

If your blood sugar is lower than 70, do one of these things right away:

- Chew 4 glucose tablets.
- Drink 4 ounces of fruit juice.
- Chew 4 pieces of hard candy.



Wait for 15 minutes, then check your blood sugar again. Repeat these steps until your blood sugar is above 70. After your blood sugar gets back up, eat a snack if your next meal is 1 hour or more away.

Talk to your healthcare provider about other things you can do to prevent or treat low blood sugar episodes.

National Institute of Health
NIH/NIDDK

Can Smoking Make My Diabetes Worse?

Now is the time to quit

It's a known fact — smoking is a serious risk to your health. But, did you know that smoking can worsen diabetes? People with diabetes who smoke have a harder time balancing blood sugar levels and have higher risk for dangerous diabetes complications. If you still smoke, it's time to think about ways to quit.

For free resources to help you quit tobacco for good, visit smokefree.gov.



Take steps to stop smoking today:

- Talk to your doctor about nicotine replacement therapy and medications that may help you quit.
- Use a smartphone app for support and help planning your quit day.
- Find a local support group for people quitting tobacco.
- Ask someone you trust to be your quit buddy.
- Plan for how you will get through withdrawals and cravings without smoking.
- Make a list of all the reasons for quitting and read it every time you have tobacco cravings.
- To talk to an expert on quitting tobacco, call 1-877-448-7848.

National Institute of Health
NIH/NIDDK

Diabetes and Self-care

Helping yourself to feel better

Most of the time, having diabetes is not a problem, you just deal with it. Other times it can be tough and you may not always feel good about yourself. These feelings are normal. A lot of people feel down sometimes.

Things You Can Do to Help Yourself Feel Better

- **Get support for other life issues.** When you are stressed, it can be harder to control your diabetes.
- **Be physically active.** Being active can help lower stress.
- **Eat healthy foods.** Good eating habits may help you feel better over time.
- **Take time to do things you enjoy.** Focusing on fun activities may lower stress and improve mood.



If you feel down most of the time, talk to your health care provider. They can help you get the support you need. If you have been thinking about hurting or killing yourself tell someone right away. You can get support from the National Suicide Prevention Hotline at 1-800-273-8255, or visit www.suicidepreventionlifeline.org.

Centers for Disease Control and Prevention
CDC

Good Dental Health Can Help Manage Diabetes

If you have diabetes you are twice as likely to develop gum disease. Having gum disease can make it harder to control blood sugar. Preventing gum disease will help you manage your diabetes, saving you and your wallet unnecessary pain.



To prevent gum disease:

- Floss every day.
- Brush twice daily with fluoride toothpaste.
- Use a mouth rinse with fluoride.
- Drink water instead of sugary drinks.
- Choose healthy snacks like low-fat cheese, fresh fruit, vegetables, or nuts.
- Visit the dentist regularly for a check-up.

Be sure to tell your dental provider if you have diabetes and discuss how often you may need routine dental health check-ups.

Washington Dental Service Foundation
WDSF

Wellness Education Articles

Translated into 17 languages

¿Ya se vacunó contra la gripe (influenza) este año?

La gripe es una enfermedad que puede ser grave y potencialmente mortal. El virus de la gripe se propaga cuando una persona infectada tose, estornuda o habla. ¡Las personas con gripe pueden contagiar a otros aun si están a seis pies de distancia! La gripe también puede propagarse al tocar superficies que tienen

Tome medidas para protegerse:

- ✓ Obtenga la vacuna contra la gripe cada año.
- ✓ Obtenga su vacuna contra la gripe a principios de

今年你得过流感吗?

流感是一种可能带来严重后果的疾病，甚至可以威胁生命。流感病人咳嗽、打喷嚏或讲话都会使病毒传染。流感病人最远可以将病毒传染给6英尺之外的人！触摸了带流感病毒的物体表面的手如果在直接触摸嘴巴或者

预防措施:

- ✓ 每年注射流感疫苗。
- ✓ 尽量在“流感季节”通常是9月至次年3月之

ਕੀ ਤੁਸੀਂ ਇਸ ਸਾਲ ਆਪਣਾ ਫਲੂ (ਇਨਫਲੂਐਂਜ਼ਾ) ਦਾ ਲੋਚਾ ਲਗਵਾਇਆ ਹੈ?

ਫਲੂ ਇੱਕ ਬਿਮਾਰੀ ਹੈ ਜੋ ਗੰਭੀਰ ਅਤੇ ਜੀਵਨ ਲਈ ਮਾਰੂ ਹੋ ਸਕਦੀ ਹੈ। ਫਲੂ ਦਾ ਵਾਇਰਸ 6 ਫੀਟ ਤੋਂ ਵੱਧ ਦੂਰੀ ਤੱਕ ਫੈਲ ਸਕਦਾ ਹੈ, ਜਿਵੇਂ ਕਿ, ਜਾਂ ਗੱਲਬਾਤ ਕਰਦਾ ਹੈ। ਫਲੂ ਦੇ ਮਰੀਜ਼ ਇਸਨੂੰ ਛੇ ਫੁੱਟ ਤੋਂ ਵੱਧ ਤੱਕ ਥੋੜੇ ਲੋਕਾਂ ਤੱਕ ਵੇਲਾ ਆ ਸਕਦੇ ਹਨ। ਫਲੂ ਉਹਨਾਂ ਸਤ੍ਹਾ ਨੂੰ ਛੂਹਣ ਨਾਲ ਵੀ ਫੈਲ ਸਕਦਾ ਹੈ ਜਾਂ ਸਕਦਾ ਹੈ ਜਿੰਨ੍ਹਾਂ 'ਤੇ ਫਲੂ ਦੇ ਜੀਵਾਣੂ ਹੋਣ ਅਤੇ ਹੋਰ ਤੁਸੀਂ ਆਪਣੇ ਮੂੰਹ ਜਾਂ ਨੱਕ ਨੂੰ ਛੂਹ ਲਓ।

ਆਪਣੀ ਰੱਖਿਆ ਕਰਨ ਲਈ ਕਾਰਵਾਈ ਕਰੋ:

- ✓ ਹਰ ਸਾਲ ਫਲੂ ਦਾ ਲੋਚਾ ਲਗਵਾਓ।
- ✓ “ਫਲੂ ਦੇ ਮੌਸਮ” ਵਿੱਚ, ਜੋ ਅਕਸਰ ਸਤੰਬਰ ਅਤੇ ਮਾਰਚ ਵਿੱਚ ਹੁੰਦਾ ਹੈ, ਜਲਦੀ ਹੀ ਫਲੂ ਦਾ ਲੋਚਾ ਲਗਵਾ ਲਓ।
- ✓ ਆਪਣੇ ਪਰਿਵਾਰ, ਦੋਸਤਾਂ, ਅਤੇ ਸੰਬੰਧਤ ਕਰਮਚਾਰੀਆਂ ਨੂੰ ਪੁੱਛੋ ਕੀ ਕਿ ਉਹਨਾਂ ਨੇ ਫਲੂ ਦਾ ਲੋਚਾ ਲਗਵਾਇਆ ਹੈ।
- ✓ ਆਪਣੇ ਹੱਥ ਅਕਸਰ ਧੋਵੋ ਅਤੇ ਆਪਣੇ ਮੂੰਹ ਜਾਂ ਨੱਕ ਨੂੰ ਛੂਹਣ ਤੋਂ ਪਰਹਿਜ਼ ਕਰੋ।

ਇਸਨੂੰ ਵਧੇਰੇ ਖਤਰਾ ਹੁੰਦਾ ਹੈ?
ਫਲੂ ਕਿਸੇ ਵਾਸਤੇ ਵੀ ਇੱਕ ਜੀਵਨ-ਮਾਰੂ ਬਿਮਾਰੀ ਹੋ ਸਕਦੀ ਹੈ, ਪਰ ਤੁਹਾਨੂੰ ਸਭ ਤੋਂ ਵਧੇਰੇ ਖਤਰਾ ਹੁੰਦਾ ਹੈ ਜੇ ਤੁਸੀਂ:

ਕੀ ਉੱਠੀ ਨੇੜੇ ਸ਼ੁੱਕਰ ਫਲੂ ਵਜੋਂ ਪਛਾਣਿਆ ਜਾਣ ਵਾਲੇ ਸ਼ੁੱਕਰ ਫਲੂ (ਸ਼ੁੱਕਰ ਫਲੂ) ਹੈ?

ਸ਼ੁੱਕਰ ਫਲੂ ਇੱਕ ਜੀਵਨ-ਮਾਰੂ ਬਿਮਾਰੀ ਹੈ ਜੋ ਗੰਭੀਰ ਅਤੇ ਜੀਵਨ ਲਈ ਮਾਰੂ ਹੋ ਸਕਦੀ ਹੈ। ਸ਼ੁੱਕਰ ਫਲੂ ਦਾ ਵਾਇਰਸ 6 ਫੀਟ ਤੋਂ ਵੱਧ ਦੂਰੀ ਤੱਕ ਫੈਲ ਸਕਦਾ ਹੈ, ਜਿਵੇਂ ਕਿ, ਜਾਂ ਗੱਲਬਾਤ ਕਰਦਾ ਹੈ। ਸ਼ੁੱਕਰ ਫਲੂ ਦੇ ਮਰੀਜ਼ ਇਸਨੂੰ ਛੇ ਫੁੱਟ ਤੋਂ ਵੱਧ ਤੱਕ ਥੋੜੇ ਲੋਕਾਂ ਤੱਕ ਵੇਲਾ ਆ ਸਕਦੇ ਹਨ। ਸ਼ੁੱਕਰ ਫਲੂ ਉਹਨਾਂ ਸਤ੍ਹਾ ਨੂੰ ਛੂਹਣ ਨਾਲ ਵੀ ਫੈਲ ਸਕਦਾ ਹੈ ਜਾਂ ਸਕਦਾ ਹੈ ਜਿੰਨ੍ਹਾਂ 'ਤੇ ਸ਼ੁੱਕਰ ਫਲੂ ਦੇ ਜੀਵਾਣੂ ਹੋਣ ਅਤੇ ਹੋਰ ਤੁਸੀਂ ਆਪਣੇ ਮੂੰਹ ਜਾਂ ਨੱਕ ਨੂੰ ਛੂਹ ਲਓ।

ਸੁਭਾਸ਼ਿਤ ਕਰਨ ਲਈ ਕਾਰਵਾਈ ਕਰੋ:

- ✓ 99% ਲਈ ਸ਼ੁੱਕਰ ਫਲੂ ਵਾਕੀਨਾ ਲਗਵਾਓ।
- ✓ 99% ਲਈ ਸ਼ੁੱਕਰ ਫਲੂ ਵਾਕੀਨਾ ਲਗਵਾਓ।
- ✓ ਸੁਭਾਸ਼ਿਤ ਕਰਨ ਲਈ ਕਾਰਵਾਈ ਕਰੋ।
- ✓ ਨਾਨ-ਫਲੂ ਵਾਕੀਨਾ ਲਗਵਾਓ।
- ✓ ਸ਼ੁੱਕਰ ਫਲੂ ਵਾਕੀਨਾ ਲਗਵਾਓ।
- ✓ ਸੁਭਾਸ਼ਿਤ ਕਰਨ ਲਈ ਕਾਰਵਾਈ ਕਰੋ।

ਸੁਭਾਸ਼ਿਤ ਕਰਨ ਲਈ ਕਾਰਵਾਈ ਕਰੋ:
ਸ਼ੁੱਕਰ ਫਲੂ ਵਾਕੀਨਾ ਲਗਵਾਓ। ਸੁਭਾਸ਼ਿਤ ਕਰਨ ਲਈ ਕਾਰਵਾਈ ਕਰੋ। ਸੁਭਾਸ਼ਿਤ ਕਰਨ ਲਈ ਕਾਰਵਾਈ ਕਰੋ।

Năm Nay Quý Vị Đã Chích Ngừa Cúm Chưa?

Cúm có thể trở nên nghiêm trọng và nguy hiểm đến tính mạng. Vi rút cúm lây lan khi người bị cúm ho, hắt hơi, hoặc nói chuyện. Người bị cúm có thể làm lây bệnh sang người khác, ở khoảng cách tới sáu feet! Cúm cũng có thể lây lan khi chạm vào các bề mặt có

Hành Động Tự Bảo Vệ Bản Thân:

- ✓ Chích vắc-xin ngừa cúm hàng năm.
- ✓ Chích ngừa cúm ngay từ đầu "mùa cúm", thường khoảng giữa tháng Chín và tháng Ba

Делали ли Вам в этом году прививку от гриппа?

Грипп – это болезнь, которая может быть тяжелой и опасной для жизни. Вирус гриппа передается, когда зараженный человек кашляет, чихает или разговаривает. Люди, зараженные гриппом, могут передавать его другим на расстоянии до шести футов (двух метров)! Грипп может также распространяться при касании поверхностей, на

Примите меры, чтобы защитить себя:

- ✓ Ежегодно делайте прививку от гриппа.

برای محافظت از خود اقدام کنید:

- ✓ هر سال واکسن آنفولانزا دریافت کنید.
- ✓ واکسن آنفولانزای خود را در اوایل "فصل شیوع آنفولانزا" که معمولاً بین سپتامبر تا مارس است دریافت کنید.
- ✓ از اعضای خانواده، دوستان و مراقبت کنندگان خود بپرسید که آیا واکسن آنفولانزا دریافت کرده اند یا خیر.
- ✓ دست های خود را مرتب شسته و از لمس کردن دهان یا بینی خود

آیا امسال واکسن آنفولانزای خود را دریافت کرده اید؟

بیماری آنفولانزا می تواند وخیم و مهلک باشد. ویروس آنفولانزا از سرفه، عطسه افراد مبتلا یا حتی صحبت کردن یا آنها سرایت پیدا می کند. افرادی که آنفولانزا دارند می توانند آنرا به دیگران که حتی در فاصله شش فوتی هستند منتقل سازند! آنفولانزا از لمس کردن سطوحی که ویروس آنفولانزا روی آنها وجود دارد و سپس دست زدن به دهان یا بینی هم منتقل می شود.

چه کسانی بیشتر در معرض خطر هستند؟
آنفولانزا می تواند برای همه مردم

올해 독감(인플루엔자) 예방 주사를 맞으셨나요?

독감은 심해질 경우 생명을 위협할 수 있는 질환입니다. 독감 바이러스는 감염된 사람이 기침을 하거나, 코를 풀거나, 말할 때 전파됩니다. 독감에 걸린 사람들은 최대 1.8m 거리에 있는 사람들에게 바이러스를 전파할 수 있습니다! 독감은 독감 바이러스가 있는 표면을 만진 손으로 입이나 코를 만지는 경우에도 전파될 수 있습니다.

- 65세 이상인 사람
- 당뇨병, 심장병 또는 기타 만성적인 건강 문제가 있는 사람

독감에 걸릴 위험이 가장 높은 사람은 누구일까요?
독감은 누구에게나 생명을 위협하는 질환이 될 수 있지만 다음에 해당하는 사람이 가장 위험합니다.

- 매년 독감 백신을 접종합니다.
- “독감철”(일반적으로 9월-3월)의 초기에 독감 예방 주사를 접종합니다.
- 가족, 친구, 간병인에게 독감 예방 접종을 맞았는지 물어봅니다.
- 손을 자주 씻고 입이나 코를 만지지 않습니다.
- 독감 증상이 있는 사람 근처에 가지 않습니다.
- 독감 증상이 있는 경우 즉시 의료 제공자에게 문의합니다.

Wellness Education Articles

Articles continually used without repeating

Wellness Education System:

- Remembers every article sent to every client
- Always sends new articles



Targeting

Health and Well-Being Targeting Indicators

Anxiety disorder	Asthma	Cardiovascular disease	Conflict management
Depression	Diabetes	Down syndrome	Emphysema
Falls Risk	Hypertension	Pain	Post-traumatic Stress disorder
Grief	Sleep Issues	Smoking	Substance abuse
Traumatic Brain Injury	Caregiver stress	Employment	Suicide risk
Adjustment to change	Transportation needs	Animal companion	Social skills

Wellness Education Targeting

Matches articles to the individual



Reducing Risk of Falling at Home

Steps you can take to protect yourself

The following checklist can help older adults reduce the risk of falling at home:

- Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.
- Install handrails and lights on all staircases.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.



- Put grab bars inside and next to the tub or shower and next to your toilet.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang lightweight curtains or shades to reduce glare.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

More information and tips can be found at <http://www.cdc.gov/Features/OlderAmericans/>

Wellness Education Targeting

- CARE Assessment provides indicators for targeting
- Each article targets specific indicators

Targeting Rules

Have You Had Your Flu (Influenza) Shot This Year?

The flu is an illness that can be severe and life-threatening. Flu virus spreads when an infected person coughs, sneezes, or talks. People with the flu can spread it to others, up to six feet away! Flu can also be spread by touching surfaces that have flu germs and then touching your mouth or nose.

Who is most at risk?

The flu can be a life-threatening illness for anyone, but you are most at risk if you:

- Are age 65 or older.
- Have diabetes, heart disease, or other chronic health conditions.



Take Action to Protect Yourself:

- ✓ Get the flu vaccine every year.
- ✓ Get your flu shot early in the “flu season,” usually between September and March.
- ✓ Ask your family, friends, and caregivers if they have had a flu vaccination.
- ✓ Wash your hands frequently and avoid touching your mouth or nose.
- ✓ Avoid being around people who have flu symptoms.
- ✓ If you have flu symptoms, contact your health care provider right away.

Center for Disease Control

WAMC0170

Diabetes Group = Y
CV Disease Group = Y
COPD Group = Y
Age = Over 65

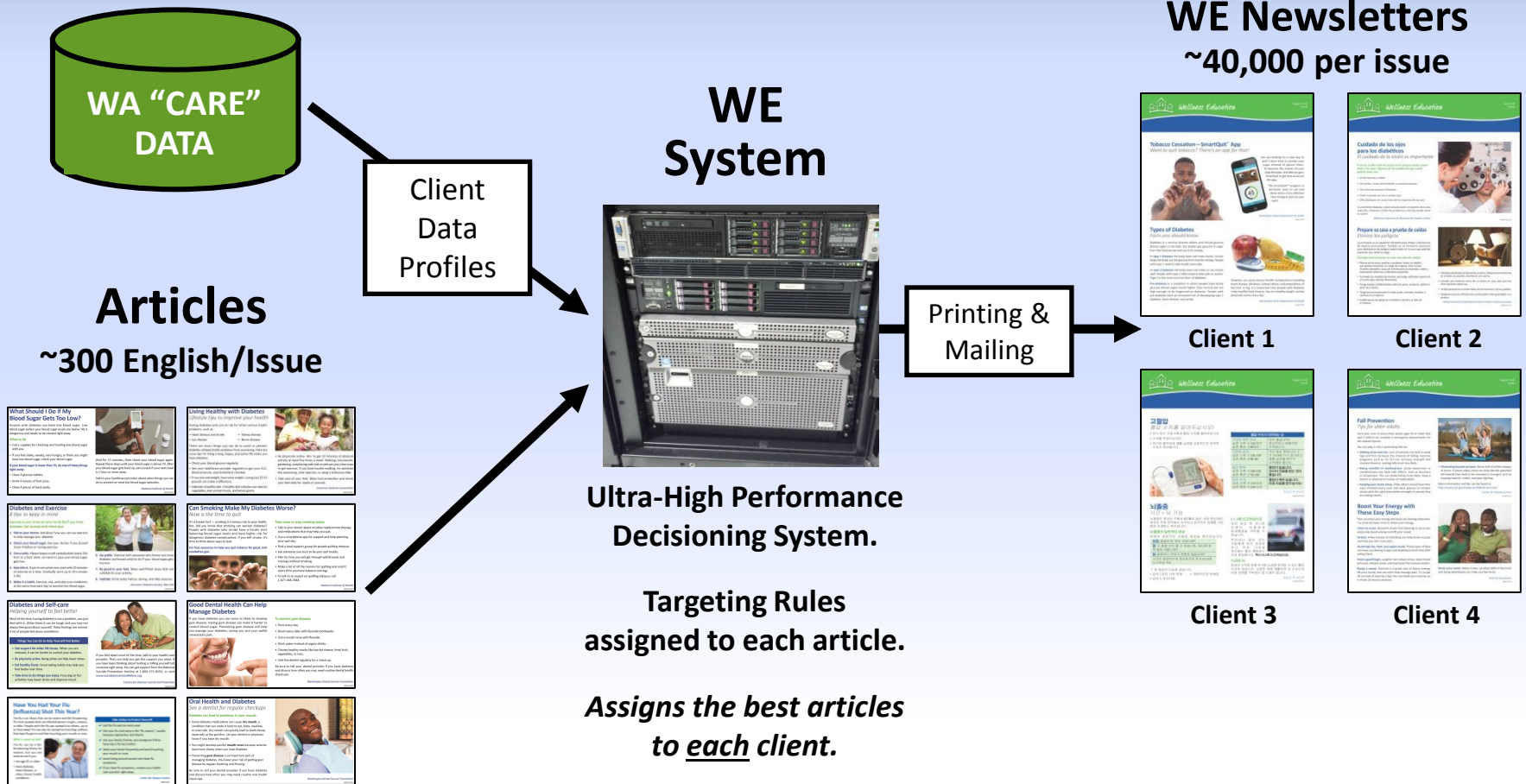
How Wellness Education Works

Four Major Components:

1. Data
2. Articles
3. Targeting rules for each article
4. Wellness Education System



Wellness Education System

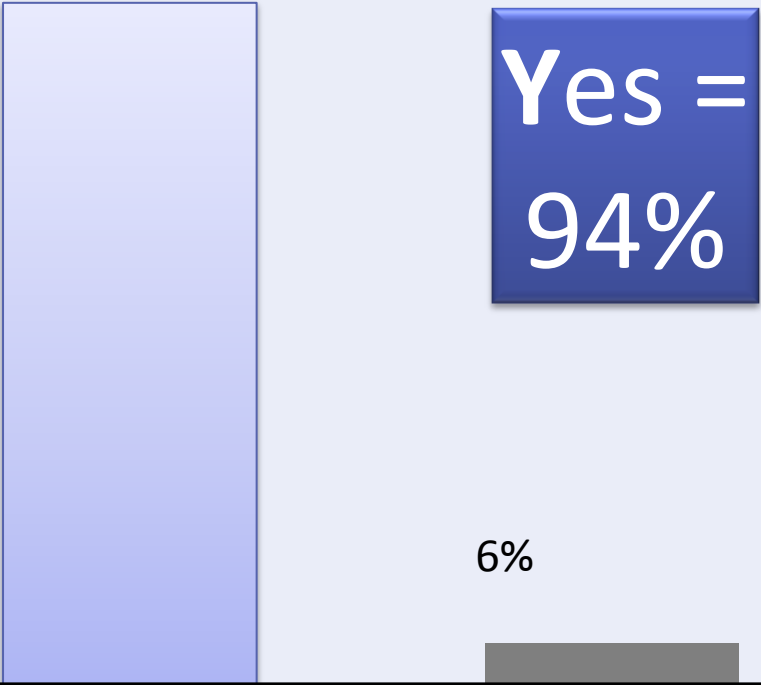


Value For Participants

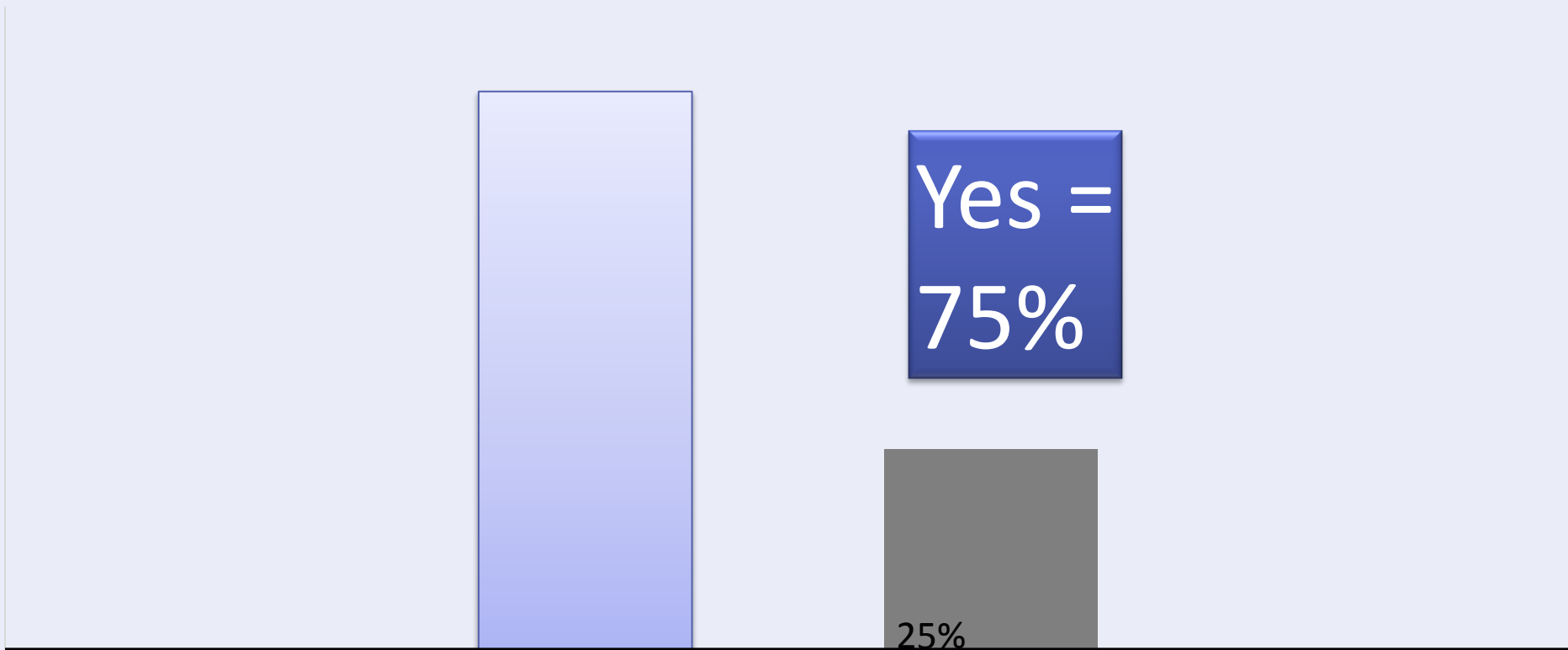
Transforming
Lives



Survey Responses

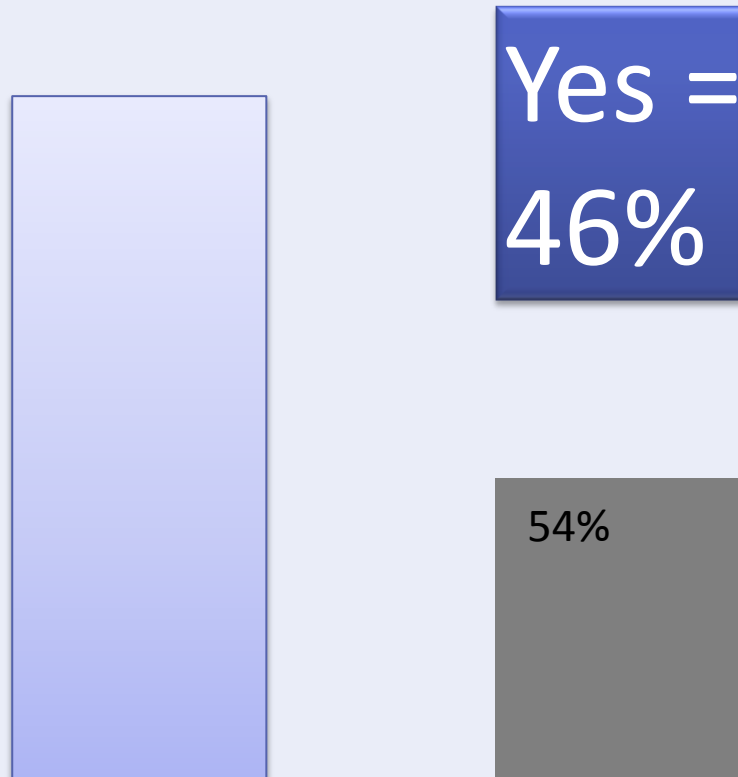


Survey Responses



DOES THE NEWSLETTER HELP YOU?

Survey Responses



Survey Responses

Most Common Reported Categories of Change

- Dietary improvement
- Chronic disease management
- Caregiver improvement
- Fall prevention
- Exercise
- Weight control
- Emotional, psychological, and social well-being
- Tobacco use
- Education about chronic condition
- Health screening
- Engagement with health care provider
- Sleep habits

Survey Responses

“I've read the articles and they helped me realize there is more I can do for my health, and I do.”

Change Your Eating Habits

Small changes can add up to big results

Making healthy food choices doesn't have to be complicated. You don't have to change all your eating habits at once. Instead, make just one or two changes you can stick with. Over time, you can add other healthy habits.

Get support by talking to family, friends, or your caregiver about the changes you are making. Don't worry about failing — each day is a new chance for success!



Here is a list of small changes you can make to eat a healthier diet and control your weight:

- Keep to a regular eating schedule.
- Eat breakfast every day.
- Drink water before a meal.
- Chew slowly when you eat; pay attention to how you feel.
- As soon as you begin to feel full, stop eating and put your food away.
- Don't eat late at night.
- When you have the option of soup, salad, or fries, choose salad.
- Ask for salad dressing “on the side” and don't use the full portion.
- Have water or unsweetened tea with meals.

Survey Responses

“It helped me keep from falling.”

Reducing Risk of Falling at Home *Steps you can take to protect yourself*

The following checklist can help older adults reduce the risk of falling at home:

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More information and tips can be found at <http://www.cdc.gov/Features/OlderAmericans/>

Center for Disease Control

WAMC0033

This Winter, Stop a Fall Before it Happens!

Preventing falls in slippery conditions

The icy cold months of winter bring different fall hazards. Preparation is the best way to decrease your risk of falling on ice. As you make your winter preparations think about what you can do to prevent a slip in icy or snowy conditions.

Have proper winter weather footwear

- Insulated or waterproof boots
- Shoes with a rubber sole that grips the ground
- Rubber-soled overshoes, worn over your regular shoes, can also help maintain safety while walking on snow or ice.

Think: “Slow and steady wins the race”

- Take shorter steps and walk at a slower pace.
- To keep your balance, make sure your hands are free, or use your walking aid.



Think ahead to avoid walking in slippery conditions

- Have a plan for clearing ice, snow, leaves, and branches from outdoor walkways.
- Keep salt, sand, or de-icer on hand.
- For slippery walkways, try putting down roofing tiles to make a safer walking surface.

Occupational Safety and Health Administration

WAMC0173

“I have placed my rugs differently so I won’t trip and fall.”

Survey Responses

“I certainly have started eating healthier, and my number one thing of everything is I quit smoking.”



Can Smoking Make My Diabetes Worse?
Now is the time to quit

It's a known fact — smoking is a serious risk to your health. But, did you know that smoking can worsen diabetes? People with diabetes who smoke have a harder time balancing blood sugar levels and have higher risk for dangerous diabetes complications. If you still smoke, it's time to think about ways to quit.

For free resources to help you quit tobacco for good, visit smokefree.gov.

Take steps to stop smoking today:

- Talk to your doctor about nicotine replacement therapy and medications that may help you quit.
- Use a smartphone app for support and help planning your quit day.
- Find a local support group for people quitting tobacco.
- Ask someone you trust to be your quit buddy.
- Plan for how you will get through withdrawals and cravings without smoking.
- Make a list of all the reasons for quitting and read it every time you have tobacco cravings.
- To talk to an expert on quitting tobacco, call 1-877-448-7848.



National Institute of Health
WAMC0237

Survey Responses

“I've become more of an advocate for my own health.”

“I'm being more careful with what I eat and seeing that I get out and stay social.”

What Do I Say to My Doctor?

Preparing for your medical appointment

A little bit of preparation can help you make the most of your medical appointments.

Here are some tips to make sure you are ready for your next appointment:

- Make a list of your health concerns.
- Be ready to share information about your daily habits and any medical symptoms you have been experiencing.
- Bring information about the medicines you take.
- Ask a friend or family member to come with you and take notes or help you remember what you want to talk about.
- Think about 3-4 questions to ask. Good things to ask about include your diagnosis, medical tests, and medicines.



If you're medical professional uses words you don't understand, ask for more information. You can also ask for more information about your day-to-day habits.

Is It Time to Get Out There?

Stopping social isolation

Spending time alone can be wonderful. However, too much time alone could lead to feeling isolated and lonely. If you spend most of your time alone, it's a good idea to think about ways to get a little social interaction. Here are some ideas to get you started.

Start small

- Have a conversation with the postal carrier or checker at the grocery store.
- Become a regular at your local library and talk to the staff when you check out books.
- Ask around about transportation help. Find out if you can share a ride with a neighbor when they go out.

Expand your circle

- Attend weekly events at your local senior center.
- Contact a school and ask about mentoring programs.

Try something new

- Contact a church, temple, or mosque to find out about available activities.
- Attend a community event.
- Sign up for a group exercise class.
- Have meals with a neighbor.
- When saying goodbye to friends, ask for a hug.
- Make the first move – if you see someone looking lonely, start a conversation!



WNAIC0207

Survey Responses

“I have made changes to my diet, exercise, and brought my A1C down.”

Change Your Eating Habits

Small changes can add up to big results

Making healthy food choices doesn't have to be complicated. You don't have to change all your eating habits at once. Instead, make just one or two changes you can stick with. Over time, you can add other healthy habits.

Get support by talking to family, friends, or your caregiver about the changes you are making. Don't worry about failing — each day is a new chance for success!



Here is a list of small changes you can make to eat a healthier diet and control your weight:

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- Eat breakfast every day.
- Drink water before a meal.
- Chew slowly when you eat; pay attention to how you feel.
- As soon as you begin to feel full, stop eating and put your food away.
- Don't eat late at night.
- When you have the option of soup, salad, or fries, choose salad.
- Ask for salad dressing “on the side” and don't use the full portion.
- Have water or unsweetened tea with meals.

WAMC020

Know Your Diabetes Basics

The importance of keeping track

To lower your risk of health problems caused by diabetes, talk to your health care provider about these basic tests:

A1C test

This test measures your average blood sugar level. You need to know your average blood sugar level to help prevent damage to your heart, blood vessels, kidneys, feet, and eyes.

Blood pressure

Blood pressure is the force of your blood against the wall of your blood vessels. If it gets too high, it can cause a heart attack, stroke, and damage to kidneys and eyes.

Cholesterol

There are two kinds of cholesterol in your blood: LDL (Bad) and HDL (good). Bad cholesterol can clog your blood vessels and cause a heart attack or stroke. Good cholesterol helps remove the bad cholesterol from your blood vessels.



Actions To Take

- ✓ Ask your health care provider **what your test numbers are** and what they should be.
- ✓ Ask what you can do to **reach your goals**.
- ✓ **Write down your numbers** to track your progress.

National Institute of Health

WAMC0166

“I have reduced my sugar intake, and I quit drinking a pop a day.”

Survey Responses

“The information that you sent has helped me control my diabetes better.”

Is it Time for a Vision Check-Up?

Decreasing your risk of a fall

Even small changes in vision can make you less stable and more prone to falling.

Here are some tips that may help you prevent a fall:

- Get your vision checked at least once a year, or more often if you notice a change in your vision.
- Wear your eyeglasses so you can see your surroundings clearly.
- Keep your eyeglasses clean and check to see that the frames are straight.
- When you get new glasses, be extra cautious while you are getting used to them.
- If you use reading glasses or multi-focal lenses, take them off when you're walking. They can distort your sense of distance and lead to a fall.
- Talk to your healthcare provider about options to maximize your vision.



National Institute of Health
WAMC0147

“I actually save the newsletter because it reminded me of an appointment I needed to make for a certain test.”

Know Your Diabetes Basics

The importance of keeping track

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A1C test

This test measures your average blood sugar level. You need to know your average blood sugar level to help prevent damage to your heart, blood vessels, kidneys, feet, and eyes.

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Actions To Take

- ✓ Ask your health care provider **what your test numbers are** and what they should be.
- ✓ Ask what you can do to **reach your goals**.
- ✓ **Write down your numbers** to track your progress.

National Institute of Health
WAMC0166

Survey Responses

“I've adjusted my eating pattern. My health worker has used the pattern for the cooking in her own life, and when she is at my house.”

Reducing Sodium for Better Health



Most of us get more sodium than we need. While adding salt to your food is one source of sodium, it may not be the main reason that your sodium intake is high. Packaged foods, ready-to-eat products, or restaurant meals are common sources of sodium. By making just a few easy changes, you can lower the amount of sodium in your meals.

Common foods that are often high in sodium:

- Canned soups, vegetables, meat, and beans
- Lunchmeat
- Pizza
- Pre-packaged rice or pasta dishes
- Salad dressings and seasonings
- Sauces and gravies

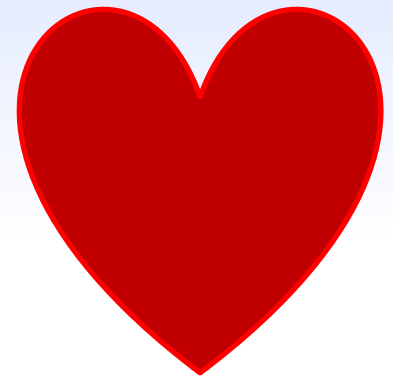
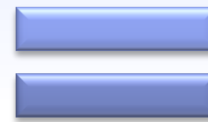
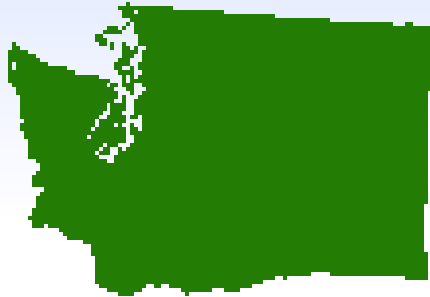
Here are some tips to try:

- Use the Nutrition Facts label to compare the sodium in packaged foods and beverages.
- Buy low-sodium, reduced sodium, or no-salt-added products.
- Look for fresh, frozen, or canned vegetables without added sauces or seasonings.
- Rinse canned vegetables and beans before using.
- Choose fresh or frozen poultry, seafood, and lean meats instead of prepared or ready-to-eat meats.
- Cook at home more often.
- Add herbs and spices instead of salt to recipes.



WAMC0233

Value For Washington State



Value For Washington State

- Low cost / low staffing needs of the service
- Quick delivery of information
- Improved mailing address accuracy



Value For Washington State

- Continuous conversation on specific health and well-being issues
- Reaching people that are socially isolated



BEST OF ALL



Transforming
Lives



Promoting choice, independence, and safety through innovative services.

Fostering partnerships that empower people to live the lives they want.



What Does Wellness Mean To You?

Wellness is how much you experience emotional health, physical health, positive emotions, engagement in life, positive relationships, meaning, and accomplishment.

When it comes to your wellness, small changes can have big results. What is one small change you could make for your wellness?

Here are a few ideas:

- Make a list of healthy things you already do. Congratulate yourself! These are ways you are already supporting your wellness.
- Increase one healthy thing you currently do. If you exercise one time a week, try exercising two times a week.
- At the end of each day, write down three things that went well.
- Eat one more vegetable serving a day.



- Spend some enjoyable time with a neighbor, friend, pet, or family member.
- Do an activity that you enjoy.

Each day is a new opportunity for doing something that supports your wellness. When repeated over time, small actions make a big difference. What action will you take for your wellness today?

WAMD0018

Transforming
Lives

Questions?

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