

MARCH 2024

# PLAN FOR HEALTH NEWSLETTER

## SLEEP AWARENESS

According to the National Sleep Foundation (NSF), it's recommended that adults get **seven to nine hours** of nightly sleep. However, many suffer from sleep related disorders that keep them from getting quality sleep. About one in three adults have mild insomnia at some point in their lives. It can range from acute, which means not sleeping well for a brief period, usually due to a life event. Or, it can be considered chronic, which is a long-term pattern of sleep trouble. Other sleep disorders include restless leg syndrome, narcolepsy, and sleep apnea. If you experience any of these disorders, it's important to reach out for an evaluation by your healthcare provider and make your sleep a priority for your overall health.

Poor sleep may put you at higher risk for the following:

- Cardiovascular disease
- Depression
- High blood pressure, blood sugar, and cholesterol
- Mental health decline and dementia
- Obesity

The benefits of quality sleep include:

- Stronger immune system
- Less risk of chronic disease
- Healing and repair of cells, tissues, and blood vessels
- Better brain function including alertness, decision making, learning, memory, focus, problem-solving, and reasoning.



## THIS MONTH'S TOPICS:

- **Sleep Awareness**
- **Nutrition Month**
- **March Recipe: Tuna Cabbage Salad**



Tips to help you get better sleep include:

- Turn off electronic devices, such as computers, TVs, and smart phones at least one hour before bed.
- Go to bed at the same time every night and wake up at the same time every morning, even on weekends.
- Make sure your room is dark, quiet, and a comfortable temperature.
- Avoid large meals, caffeine, and alcohol before bed.
- Get some exercise. Being physically active during the day can help you fall asleep easier at night.
- Have a relaxing routine before bed.

# NUTRITION MONTH

## Good Nutrition: Why It Matters

Good nutrition is important throughout all lifespans to keep current and future generations of Americans healthy. Individuals with healthy eating patterns have lower risk for serious health problems, such as heart disease, type 2 diabetes, obesity, and are also living longer. For those already living with chronic diseases, eating healthy can help manage these conditions and prevent complications.

Other benefits of healthy eating include:

- Keeps skin, teeth and eyes healthy
- Supports muscles
- Strengthens bones
- Maintain healthy weight
- Boosts immunity
- Helps digestive system function

The Dietary Guidelines for Americans are recommendations that come out every 5 years that intend to promote health and help prevent chronic diseases. The current guidelines outline:

- Following a healthy dietary pattern at every life stage.
- Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budget friendly considerations.
- Focus on meeting food group needs with nutrient-dense foods and beverages and stay within calorie limits.
- Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.
- To learn more, visit [dietaryguidelines.gov](https://www.dietaryguidelines.gov).

Check out March's recipe  
on the next page



## Start Simple with MyPlate

This campaign was designed to help implement the Dietary Guidelines for Americans. It provides inspiration and simple ideas people can incorporate into their busy lives to help improve their health and well-being over time.

### MyPlate Tools and Resources

Go to [MyPlate.gov](https://www.MyPlate.gov) or download the MyPlate app to utilize the following tools and resources:

- MyPlate Quiz- Receive a snapshot of how you are doing on the MyPlate food groups and get personalized resources based on quiz results.
- Personalized MyPlate Plans-Find personal food group targets with the MyPlate plan.
- MyPlate Kitchen- A place to look up endless recipe and meal ideas.
- Get encouraged to set daily food group goals, see progress, and celebrate success.

### Program Highlight: Nutrition 101

Nutrition shouldn't be complicated. Start this program to get back to the basics. You'll learn about the different types of nutrients, how they're used by the body, and how to include them in your diet. It will review carbohydrates, proteins, fats, vitamins, and minerals. Go to your member app or website and explore the **Program Library** on the **Journey** tab to learn more.

# TUNA CABBAGE SALAD



## Ingredients

- 1 can (5 ounces) tuna in water, drained
- 2 cups chopped cabbage (green or red, try a mix)
- 3 to 4 green onions, diced (1/4 cup)
- 1 Tablespoon mayonnaise
- 2 Tablespoons non-fat plain yogurt
- 1/4 teaspoon each salt and pepper

## Directions

1. Wash hands with soap and water.
2. In a medium bowl, shred tuna with fork and mix with cabbage. Stir in green onions, mayonnaise and yogurt. Add salt and pepper to taste.
3. Chill until ready to serve.
4. Refrigerate leftovers within 2 hours.

## Notes

- Serve on lettuce leaves or make sandwiches or tacos. Try whole grain bread, pita or tortillas.
- Try adding chopped herbs like cilantro, dill or parsley.

**Prep Time: 10 Minutes**

**Makes: 2 cups**



**Stay tuned for April's topics:**

Tobacco Cessation and  
Social Determinants of Health