

Veteran Updates

News and Updates on Veteran's Issues from the Durham VA Health Care System • March 2018



Lose Weight the VA Way



U.S. Marine Corps Veteran, Bill Ashworth says that his sister is his inspiration. “She was diabetic, and she really wanted me to take better care of myself,” he says. “She helped me get started with TeleMOVE!®” When she passed away unexpectedly last summer, Bill knew he owed it to her to stay on the path to better health.

He returned his Health Buddy® device to the Durham VA Medical Center in July 2011, and staff there transitioned him to MOVE!® group care. He had already shed some of his 304 pounds via TeleMOVE!®,

but was still facing some serious challenges. Bill hadn’t exercised since his discharge in 1964, and he loved to eat. “I would get a fast food dinner, and then eat a pizza in front of the TV,” he explains. “I tell Veterans that they would be 100 percent better off if they take the weight off.”

Big Changes

Bill started group care in August 2011 and attacked his weight problem with walking and healthier eating. “I started walking two times a week for 15 minutes each. Now, I do almost six miles per day, despite having had double knee replacement.” Bill also radically changed what he eats (“skinless poultry, frozen vegetables, no fried foods”) and started using a “super wave” oven and special serving plate to improve and control his diet. MOVE!® and his lifestyle changes worked: by September 2011, he was already down to 270 pounds.

Confidence

Earlier this year, Bill began taking Orlistat to enhance his weight loss, and by April had lost a total of 70 more pounds. Bill’s cholesterol numbers and blood pressure have also improved, and on “lucky Friday the 13th” he was taken off his blood pressure and cholesterol medications. “I tell Veterans to talk to their provider and get with the program,” he says. “I still have more weight to lose, but MOVE!® has given me the confidence to take it off and keep it off.

What is Move!®

MOVE!® is a national weight control program designed to help Veterans lose weight, keep it off, and improve their health. The MOVE!® classes provide you with the tools needed to reach and maintain a weight that is right for you.

Everyone has different reasons for starting a weight control program. It might be to improve your overall health, to prevent or delay the onset of weight-related chronic diseases, or something else. Efforts you make to manage your weight will empower you to make healthy lifestyle choices and improve your quality of life.

MOVE!® Class Options:

Enrollees must attend an orientation class first. At the main medical center, orientation classes are held in F1226 almost every Wednesday from 9 -10 am and one Saturday a month at 9:30 am. Call (919) 286-0411 Ext 7159 to enroll today!

Options to complete the program:

Traditional Schedule - includes 12 in-person sessions offered by nutrition, exercise and behavior change experts. At the main medical center, classes are offered on Tuesday and Friday from either 9 -10 am or 10:30 -11:30 am in F1226.

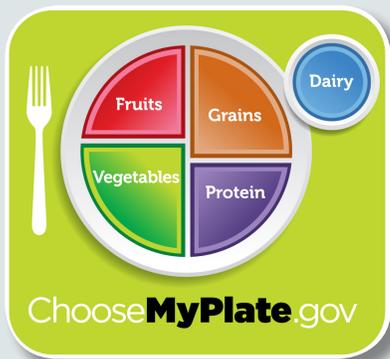
TeleHealth:

Weight Management - TeleMOVE!® is a telehealth version of MOVE!® that empowers you to participate in the program where you want, when you want, and how you want. This is a great option for Veterans that can’t make it to the in-person classes. Veterans receive daily phone calls for three months with follow up phone calls as needed. Contact (919) 201-7743 or (919) 475-7267 for more TeleMOVE!® information.

Telephone Lifestyle Coaching

A 19-week program completed through self-study and periodic phone calls from a Lifestyle Coach. For Veterans interested in the MOVE!® program please visit <https://www.move.va.gov/> for more information.

Healthy Eating Solutions for Everyday Life



Eating healthy is a journey shaped by many factors, including our stage of life, situations, preferences, access to food, culture, traditions, and the personal decisions we make over time. All your food and beverage choices count. MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health.

This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

Practical changes to the meals you commonly eat, whether in the employee cafeteria or at your favorite eatery, can improve your diet and add up to big wins over time. Small changes in meals that decrease consumption of added sugars, saturated fat, and sodium in alignment with the Dietary Guidelines for Americans can make all the difference. Making choices that incorporate these changes in your everyday life can help you achieve a healthy eating style now and into the future.

Veterans interested in MyPlate please visit <https://www.choosemyplate.gov/MyPlate> for more information.

10 Tips for Combining Good Nutrition and Physical Activity

1 maximize with nutrient-packed foods

Give your body the nutrients it needs by eating a variety of nutrient-packed food, including whole grains, lean protein, fruits and vegetables, and low-fat or fat-free dairy. Eat less food high in solid fats, added sugars, and sodium (salt).

2 energize with grains

Your body's quickest energy source comes from foods such as bread, pasta, oatmeal, cereals, and tortillas. Be sure to make at least half of your grain food choices whole-grain foods like whole-wheat bread or pasta and brown rice.

3 power up with protein

Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef or pork, and skinless chicken or turkey. Get your protein from seafood twice a week. Quality protein sources come from plant based foods, too.

4 mix it up with plant protein foods

Variety is great! Choose beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), and unsalted nuts and seeds.

5 vary your fruits and vegetables

Get the nutrients your body needs by eating a variety of colors, in various ways. Try blue, red, or black berries; red and yellow peppers; and dark greens like spinach and kale. Choose fresh, frozen, low-sodium canned, dried, or 100 percent juice options.

6 don't forget dairy

Foods like fat-free and low-fat milk, cheese, yogurt, and fortified soy beverages (soy milk) help to build and maintain strong bones needed for everyday activities.

7 balance your meals

Use MyPlate as a reminder to include all food groups each day. Learn more at: www.ChooseMyPlate.gov.

8 drink water

Stay hydrated by drinking water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand.

9 know how much to eat

Get personalized nutrition information based on your age, gender, height, weight, current physical activity level, and other factors. Use SuperTracker to determine your calorie needs, plan a diet that's right for you, and track progress toward your goals. Learn more at www.SuperTracker.usda.gov.

10 reach your goals

Earn Presidential recognition for reaching your healthy eating and physical activity goals. Log on to www.presidentschallenge.org to sign up for the Presidential Active Lifestyle Award (PALA+).

Source: USDA - DG TipSheet No. 25, March 2013; Center for Nutrition Policy and Promotion



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