

our

JANUARY + FEBRUARY 2017

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HEALTH

IN TOUCH
WITH YOUR
HEALTH

matters



FOOD & FITNESS GO HAND-IN-HAND

Including **Both** in Your Plan **Increases Success** for Better Health Outcomes

**FITNESS
TRENDS
FOR 2017**

PAGE 10



WE ARE PROUD TO ANNOUNCE that **Our Health Matters** is celebrating 12 years with our April 2017 Anniversary Edition. This occasion signals our continued success in providing vital health news and resources to support individuals and families on their health and wellness journey.

Our Health Matters touches readers throughout our region, covering both sides of the State Line. We take this time to celebrate our unique relationship with you—loyal readers and supportive advertisers.

You are our inspiration. Our “reward” comes from knowing that you appreciate our “nudging” to never give up—start small—and take advantage of the quality health resources we are blessed to have in our community. Thank you.

If you are looking to reach our readers with your promotional message — our 12th anniversary edition is a great time to start.

Call 816-361-6400 to receive a promotional package designed just for you. Closing date for the 12th Anniversary edition is March 1, 2017.

Contents



COVER STORY

Food & Fitness Go Hand-In-Hand

By OHM Staff

Getting fit is on the list of many people. Most fitness experts agree that a fitness plan tailored to a person's goal is a better solution to help them achieve success. Three local experts share their views.

8

HEALTH

Carrots and More for Healthy Eyes

By Kristen Yates, OD
Littlefield Eye Associates

It's true that the Vitamin A found in carrots is good for you, but it turns out that more foods than just carrots will help keep your eyes healthy

10

COMMUNITY

Fitness Trends for Healthy Living

American College of Sports Medicine

The fitness industry is booming as more people become increasingly aware of the need to improve their health.



12

COMMUNITY

Forever Fit and Healthy

By Lori Smith, MBA, Palestine Senior Citizen Center

Seniors in midtown Kansas City benefit from state-of-the-art equipment and find resources to support their health and wellness goals.



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14

HEALTH

Functional Medicine Environment—Key to Individualized Care

Scott Kempton, MD, Mosaic Healthy Living Clinic

Functional Medicine addresses medical problems with a science-based holistic therapies.

24

OUR KIDS MATTER

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Game Day Nutrition

A new year often finds plenty of people thinking about new ways to eat better and be more active.

26

COMMUNITY

Chef Wolfe Brack is on a Mission

By OHM Staff

Did you know introducing children to healthy food at an early age could have lifetime impact?



28

FOOD + FITNESS

The Skinny on Fats

By Joan Haffner, RD, LD

Are you confused about what are the "good fats" and "bad fats"? Local dietitian Joan Haffner breaks it all down.



A New Year... A New YOU!

Alright everyone. It's that time of year again! You know what I'm talking about. You said you would WATCH what you ate at all those holiday parties. And, you did. All those trays of buffalo chicken wings, cheeseballs and Swedish meatballs called your name, and you answered. All kidding aside, it's time for a reality check. Is this the year you make a real effort to develop discipline that empowers you to live a healthier lifestyle? Whether it is quitting smoking, developing healthier relationships, or our food choices and fitness routines — these things have to move to the top of our list.

Many of us have a few challenges with food and fitness, but none so challenging that we can't find help. In this edition of *Our Health Matters*™ we enlisted professionals in the fields of fitness and nutrition to provide insight on these important topics.

We also share findings of fitness trends heading the list for 2017; explain the complex differences between good and bad fats; meet Chef Wolfe Brack who teaches young children to eat and enjoy healthier meals. Yes, it's a New Year, and with it comes another chance to set achievable goals. •

**Let's take the journey together.
Our health depends on it!**

Ruth Ramsey, Publisher and CEO



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Basic Muffins

SERVES 12 |

Don't let the name fool you—these muffins combine the goodness of walnuts, raisins, carrots, and spices to result in a muffin that can be tailored to your tastes.

INGREDIENTS

- > 1/4 cup oil
- > 1 cup sugar
- > 1 egg
- > 1 1/4 cups applesauce
- > 1 1/2 teaspoons cinnamon
- > 1 teaspoon baking soda
- > 1/4 teaspoon salt
- > 1 cup all-purpose flour
- > 1 cup whole wheat flour
- > Carrots, raisins, and/or walnuts (optional)
- > 1/2 cup milk (optional, only if adding carrots, raisins or walnuts)

Key Nutrients	Amount
Calories	194
Total Fat.....	5 g
Saturated Fat.....	1 g
Cholesterol.....	18 mg
Sodium.....	161 mg
Total Carbohydrate	35 g
Dietary Fiber.....	2 g
Total Sugars	19 g
Added Sugars included	16 g
Protein.....	3 g

DIRECTIONS

1. Preheat oven to 350°F.
2. Line muffin tin with paper baking cups or grease bottom of tin with cooking spray.
3. Cream margarine and sugar with an electric mixer, or by hand.
4. Add egg, milk, and applesauce, mixing well.
5. Blend in cinnamon, baking soda, salt, and flour.
6. Add carrots, raisins, and/or walnuts if desired. If any of these items are added, also add milk and mix.
7. Fill muffin tins 2/3 full and bake for 15 to 18 minutes.

Tip: Muffins turn out better when mixed by hand.

Source: University of Wisconsin-Extension - Sawyer County.
Lac Courte Oreilles Tribe, University of Wisconsin-Extension Nutrition Education Program

Carrots and More for Healthy Eyes

Healthy nutrition contributes to better vision.

When you think about a food that is good for your eyes, usually one thing comes to mind: carrots. It's true that the Vitamin A found in carrots is good for you, but it turns out that more foods than just carrots will help keep your eyes healthy.

Depending on the study you read, approximately 60% of adults have some form of eye dryness. Symptoms of dryness can include watering, burning, and inconsistent vision that changes when you blink, especially at the end of the day. A great way to help build

The AREDS (Age-Related Eye Disease) Study shows that antioxidants found in food are a great way to help prevent deterioration as we get older.

up your tear film and minimize these symptoms is to make sure your diet is rich in Omega-3 fatty acids. These are most commonly found in fish — especially salmon — and nuts such as walnuts, pistachios, and almonds. You can also get your Omegas from a fish oil supplement. Make sure the one you use is high quality; some are definitely better than others. Low quality fish oils will not get absorbed into your body and will leave you with the fishy aftertaste we'd all like to avoid. If you need a good recommendation, ask your doctor what he or she recommends.

Macular degeneration, a progressive condition characterized by a gradual loss of vision in the central area of the visual field,

is more prevalent in the aging population. The AREDS (Age-Related Eye Disease) Study shows that consuming antioxidants are a great way to help prevent eye deterioration as we get older. Two common antioxidants are Vitamin C (found in citrus fruit) and Vitamin E (found in dark leafy greens such as spinach, kale, Brussels sprouts, and broccoli as well as avocados, plums, prunes, and blueberries). Most "Eye Vitamins" that you see at the store include the antioxidants mentioned and were created with data from the AREDS study.

Eating a balanced diet with many of these nutrients is optimal, but if your diet needs a supplement, there are many choices. Talk with your doctor to see which ones may work for you. If you have dry eyes, make sure to add in some high-quality Omega 3s. If you have a family history of macular degeneration, make sure you get the proper prescribed levels of antioxidants. And no matter your vision history, an FDA-approved multivitamin is almost always a good addition to your daily routine.

Your mother was right – carrots are good for you! But make sure that's not the only thing you're doing for your eyes. •



Kristen Yates, OD
Littlefield Eye Associates



Center Elementary School kindergarteners planting their first apple and pear trees on school grounds with guidance from Giving Grove executive director, Rob Reiman.



The Giving Grove Sprouts Micro-Orchards in Kansas City Food Deserts

Trees bearing nuts, fruits and berries have started popping up in Kansas City neighborhoods. They are part of a program introduced by The Giving Grove to bring a sustainable source of nutrient-rich food to people who have a hard time finding it.

The brainchild of three of its current board members —Kevin Birzer, Greg Finkle and Ray Makalous — The Giving Grove is now an official program of Kansas City Community Gardens. It targets low-income communities by engaging a wide variety of organizations, such as schools, pantries, communities of faith, medical facilities and others.

Following two simple principles — community empowerment and sustainability — neighborhoods can establish orchards that produce more than \$7,000 worth of apples, pears, Asian pears, nuts and berries a year with just 14 trees. Each orchard can produce food for more than 25 years.

The qualifications needed to start an orchard through The

Giving Grove include:

- Giving part of the harvest to people in need.
- Commitment from a volunteer “steward” and “apprentice” to care for the orchard.
- Access to water.
- Commitment of volunteers to attend educational workshops.
- Community involvement.

The Giving Grove ensures that the neighborhoods are equipped with all the right easy to maintain cultivars, orchard maintenance training, funding when required, as well as the ongoing coaching when questions in the orchard arise.

Perhaps one of the most important benefits of a community orchard is reconnecting children with the sources

of healthy food. As one kindergartner put it after enjoying a fresh orchard-grown pear, “So my mom has to pay for this at the grocery store and you are saying I’ll be able to walk over here and pick the fruit off the tree — for free?” •

**“SO MY MOM HAS TO PAY FOR
THIS AT THE GROCERY STORE AND
YOU ARE SAYING I’LL BE ABLE TO
WALK OVER HERE AND PICK THE
FRUIT OFF THE TREE — FOR FREE?”**

For more information about The Giving Grove and starting a community orchard, or to be a volunteer steward who cares for them, contact Amanda Lindahl, Community Engagement Coordinator, at 816-931-3877 or visit www.givinggrove.org.

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Fitness Trends for Healthy Living

The fitness industry is booming as more people are increasingly aware of the need to improve their health. *Our Health Matters* scoured the field for 2017 trends. Let us know which one is your favorite. Share your comments with us on [Facebook.com/kcourhealthmatters](https://www.facebook.com/kcourhealthmatters).

1. WEARABLE TECHNOLOGY

Fitness trackers, pedometers and heart rate monitors top the list of trends, according to the American College of Sports Medicine. The market for these products is booming and shows no signs of slowing down. In fact, sales are expected to hit over \$4 billion during 2017. Wearing wireless devices beyond a short workout isn't recommended due to the exposure to electromagnetic radiation. However, using your smartphone to track your workouts or how much you're eating can help to gauge patterns and encourage you to adopt healthier behavior.

2. BODYWEIGHT TRAINING

Bodyweight training is another top exercise trend and for good reason. It helps increase lean muscle mass especially when combined with aerobic activity.

3. HIGH-INTENSITY INTERVAL TRAINING (HIIT)

High-intensity interval training (HIIT) is another major trend. Instead of spending a long time exercising at a moderate pace, with HIIT, you work out in short bursts of exercise at maximum or near-maximum heart rate. The result is you'll burn more calories in 20 to 30 minutes than you would in a longer session.

4. EDUCATED AND EXPERIENCED FITNESS PROS

A great way to get personal guidance and accountability is by working with a fitness professional, such as a personal trainer. In fact, working with a personal trainer one-on-one can actually change your attitude toward fitness. Be sure to select a certified trainer in their area of expertise who understands your goals and motivations.

5. STRENGTH TRAINING

Strength training is gaining in popularity. It helps to preserve muscle mass and increase your metabolism to burn more calories even when you aren't working out. More importantly, strength training for just 10 weeks can increase your metabolic resting rate by 7%.

6. GROUP TRAINING

If you work out alone make it a point to try group training in 2017. Group training may include, spinning, boot camp, or yoga to name a few. Bringing along a friend or making new ones in class offers additional benefits. So, grab a friend and head to the gym.

7. EXERCISE IS MEDICINE

The industry "buzz" this year is "exercise is medicine," as more physicians are recommending exercise as a part of their patient's care plan, in an effort to get them involved in physical activities. (Editor's Note: Be proactive, if your doctor isn't recommending or prescribing a fitness plan, ask for one!)

8. YOGA

Yoga is an ancient exercise that is just as popular as ever. And it should be, because among the benefits of yoga are decreased anxiety and stress, improved sleep quality, and better digestion and blood flow. Practicing yoga increases neurotransmitters, a chemical that's in low supply for people who suffer from depression and anxiety.

9. PERSONAL TRAINING

You don't have to be a professional to take on your own personal health training. Increase your health literacy by learning more about eating healthy and improving your physical fitness through exercise. Our Health Matters totally agrees!

10. EXERCISE AND WEIGHT LOSS

While nutrition is as important to weight loss as exercise, fitness does play a key role in any weight loss program. Be sure to select a workout you enjoy and will look forward to and maintain. Good nutrition and frequent workouts are the key.

So, whether you enjoy yoga, biking or just walking, OWN IT! These are exercise trends that will never go out of style. •

Source: [American College of Sports Medicine](#), [American Council on Exercise](#)

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We all know that inactivity and poor eating habits can lead to heart disease, diabetes, stroke and even cancer. But you can do something to reduce your risk of being sidelined and facing the high costs of medical care.

At the Calvary Community Wellness Center, we are dedicated to helping you improve your overall health, well-being and productivity. Our knowledgeable fitness instructors and personal trainers provide personalized health and fitness opportunities based on sound medical principles.

Our comprehensive approach to good health combines assessment, education, motivation, and re-evaluation. We help you identify risks to your health and work with you to enhance your fitness.

GET FIT IN A PROFESSIONAL ENVIRONMENT THAT FEELS LIKE HOME

The Calvary Community Wellness Center is affordable—no contracts, and offers the warmth of family and plenty of convenient parking.

VISIT THE CALVARY COMMUNITY WELLNESS CENTER AND JOIN OUR FAMILY!

We are here to help guide you to better health by offering the professional staff, programs and equipment you need to succeed. Contact Sandy Wainright, Program Director at 816-531-4683, ext. 21, to schedule a tour and learn how membership can help you on your journey to better health!

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- Health seminars
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Forever Fit and Healthy

Seniors in midtown Kansas City benefit from state-of-the-art equipment and find resources to support their health and wellness goals.

The Palestine Senior Citizen Activity Center (PSCAC), located in the heart of midtown Kansas City, provides seniors age 55 and older a place to enjoy recreational activities and a nutritious meal and helps them become better informed about their health.

In October 2015, with funding from the Healthcare Foundation of Greater Kansas City, Palestine Senior Citizen Activity Center opened the Leonard P. Butler, Jr., Fitness Center. This state-of-the-art fitness center features elliptical machines, standing bikes, exercise bikes, weight machines, free weights and more. Members learn exercise techniques to improve mobility and decrease their risk of breaking bones.

The launch of a program called Forever Fit and Healthy takes seniors to a new level by providing activities and classes to support their socialization and independent living needs. The program offers more than 60 workout programs with a licensed trainer.

Will Shields, former Kansas City Chiefs guard and NFL Hall of Fame inductee, is one of the Center's fitness consultants. He develops fitness programs for seniors that helps increase mobility and improve their overall health.



Lori Smith, MBA

Executive Director
Palestine Senior Citizen
Activity Center (PSCAC)
3325 Prospect Ave
Kansas City, MO 64128

To join Palestine Senior Citizen Activity Center or for more information, call (816) 921-1963 or visit their website, www.palestineactivitycenter.org.



Front row left to right: Bridgette McCandless, CEO Healthcare Foundation; Marquita Miller; Lori Smith, Executive Director PSCAC; Leonard P. Butler, Jr. Board Chairman; Demetria Wills, Board Member; 3rd District At-Large Councilman Quinton Lucas. Back row left to right: Cyrill Brown, Will Shields 2015 NFL Hall of Famer, Kansas City Chiefs, Donald Maxwell, Jim Nunnally, 2nd District County Legislator, Alfred Jordan.



Do you have high blood pressure, a family history of dementia or memory concerns?

If so, you may be able to help us determine if what's good for the heart is also good for the brain.

About the Study

The rrAD (Risk Reduction for Alzheimer's Disease) study is testing several strategies that may reduce the risk of Alzheimer's disease in individuals at risk for the disease when compared to usual care. This may benefit you or future generations at risk for dementia. These strategies include:

- Aerobic exercise
- Intensive medical management of blood pressure and cholesterol
- The combination of these two approaches

You may qualify for the study if you:

- Are 60-85 years old
- Have high blood pressure
- Have concerns about memory or have a parent or sibling with a diagnosis of dementia
- Are willing to be randomly placed in one of the following four study groups
 - Usual care by your physician
 - Aerobic exercise
 - Intensive medical management of blood pressure and cholesterol
 - Aerobic exercise and intensive medical management of blood pressure and cholesterol

There are additional criteria. Please contact us to find out if you qualify for this study.

If you or someone you know is interested in learning more about the rrAD study, please contact:

University of Kansas Alzheimer's Disease Center

913-588-0555 | KUAMP@kumc.edu | rrADtrial.org

Functional Medicine Environment — Key to Individualized Care



Scott Kempton, MD,
Mosaic Healthy Living Clinic

There are people who are challenged with many health conditions that take them in multiple directions to seek treatment by different providers. Today medical approaches are evolving to give people individualized care.

Functional medicine is a personalized health-care approach that assesses, treats and may reverse the underlying cause(s) of illness through individually tailored therapies to restore health and improve function using evidence-based medicine. It

addresses medical problems with a combination of nutritional, exercise, pharmaceutical and science-based holistic therapies.

The goal of Functional Medicine is to reverse underlying problems that are creating health challenges. Many western diseases are now known to be “lifestyle diseases”. Although a person may have the genetics for a certain medical problem, it is often “epigenetics” or lifestyle that causes the expression of those genes and the development of disease. Many studies show that individuals with the same or similar genetic predispositions do not express them in the same way, and the differentiating factor is lifestyle, which is a part of what is now being referred to as epigenetics.

Anyone can benefit from the treatments offered through Functional Medicine. It is particularly effective in an individual who is committed to improving health by focusing on right nutritional and exercise plans—not just cover up the symptoms with medications.

Functional Medicine is the medicine of “Why”. It asks, and endeavors to answer the question “Why does this individual have this medical problem?” Although a lot of doctors stop

after finding out what the problem is, by answering the “why”, a doctor can better treat the underlying cause and improve outcomes, possibly even driving the medical problem into remission. And by teaching the individual why they have expressed a certain genetic predisposition, they become enabled to regain their health.

If your lifestyle (i.e., inappropriate diet, exercise and sleep hygiene) is driving your health problems, it must be assessed and addressed. Some of the common chronic illnesses treated with Functional Medicine include:

- > ADD/ADHD
- > Adrenal Disorders
- > Arthritis
- > Asthma
- > Autoimmune Disease Management
- > Cancer Prevention Counseling
- > Headaches
- > Insomnia
- > Osteoporosis
- > Natural Thyroid Replacement and other Thyroid Disorders
- > Men's Health and Testosterone Therapy
- > Metabolic dysfunction
- > Fatigue
- > Weight Loss and maintenance
- > Genetic SNP counseling

By individualizing lifestyle prescriptions, a person can minimize healthcare needs, medication doses and sometimes eliminate certain medications altogether. •

Mosaic Life Care Healthy Living Clinic, Parkville, Missouri, specializes in functional, regenerative and naturopathic medicine. It offers a proactive and holistic approach to health as well as healthcare.

Turner House Gives Kids A Head Start On A Healthy Life

Kids living at or below 200 percent of the federal poverty level (\$24,250 for a family of four) have some important friends at Turner House Children's Clinic. Turner House is a nationally recognized level 3, Patient-Centered Medical Home and nonprofit safety net clinic in Wyandotte County, Kansas. Its staff provides primary medical, behavioral health and dental services for underserved and uninsured children.

During 2016, Turner House had more than 12,500 patient visits in their clinics, which are open weekdays, two weekday evenings and Saturday mornings. Each patient is assigned a primary care provider and care team, who build long-term relationships with the patient and his/her family. Turner House has bilingual staff members (English and Spanish) as well as medical interpreters for families who speak other languages.

To help patients — newborns to age 18 — get a strong start in life, Turner House offers:

- Preventive care, such as age-specific well child exams and immunizations
- Urgent/acute care with same-day sick child appointments
- Early childhood development screenings and parent education
- Chronic disease management for obesity, asthma and other conditions
- Behavioral health care, including assessment, treatment and counseling
- Preventive dental care and restorative dental services
- Care coordination to enhance communication between families and care providers

With cuts in state funding and reimbursements, Turner House must raise more than \$1 million annually to meet expenses. Contributions are welcome.

Visit <http://thcckc.org/how-you-can-help/help-by-donating/> or call Sara Adams, Development Director, at 913-342-2552 x-124 or by e-mail: sadams@thcckc.org.



Among Turner House's greatest accomplishments is its innovative Healthy Lifestyles program and approach to pediatric obesity. The goal of this obesity management program is to improve the long-term health of patients diagnosed as obese by helping them adopt permanent healthy behaviors.

For example, one 15-year-old male patient participating in the Healthy Lifestyle Program adopted healthier habits and lost 30 pounds. In supporting her son, his mom also improved her habits, losing 35 pounds. This patient is now a role model and mentor to other program participants.

"If Turner house was not here, I don't think we would have eaten healthier," the teen said. "No other place has told us what to do or invited us to any groups. Turner House makes a big difference."

Whether the challenge is obesity, asthma, behavioral problems or just maintaining good health, Turner House is there for the kids. No child is ever denied service because of an inability to pay.



Turner House Children's Clinic

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GO

Terri Allen, Dr. Martha Palley and Jonathon Rios help people overcome challenges to achieve their health goals.

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Including Both in Your Plan Increases Success for Better Health Outcomes

“EAT LESS. EXERCISE MORE.” It is a well-known and simple formula for losing weight and living healthier. Maybe a little too simple.

Leave aside gurus who feed a hungry audience one-size-fits-all diets—from “Paleo” to “Military”—and exercise celebrities who push miraculous workout regimens—from kipping pull-ups (pullups that rely on explosive power to engage core muscles), to balance board training. Now more and more food and fitness experts are taking an individualized approach to helping people achieve a healthy lifestyle, and they freely admit that finding success can be challenging and achievable.

Finding a personal food and fitness balance is worth the effort. In fact, for a large number of people, it is becoming a matter of life and death.

That Americans are facing an obesity epidemic is common knowledge. According to the Centers for Disease Control and Prevention, more than a third of adults in the U.S. are obese. In Kansas and Missouri, obesity rates run between 30 and 35 percent. People with obesity are at greater risk for problems such as heart disease, stroke, diabetes and some types of cancer.

Three experts who are advocates of a balanced approach to food and fitness share their knowledge with Our Health Matters. The thoughts of nutrition scientist Martha Palley, Ph.D., and fitness instructor Terri Allen, and Jonathon Rios, follow. One word of caution, though: Before undertaking any dietary or exercise routines, always check with your doctor.



DR. MARTHA PALLEY

ON BUILDING A HEALTHY LIFESTYLE

FOR A LONG TIME, human life was a cycle of feast and famine. We have evolved to deal with plenty and lack. We're wired to eat a lot when we have a lot.

Today, the majority of Americans always have a lot. So they feast. What is missing is the famine, as well as the physical exertion needed to hunt and forage for food. Food can even become an addiction, like alcoholism. We all need food to survive, but for some of us, it becomes like a drug—a way to feel better not only physically but also emotionally. Then we don't just eat when we're hungry. We use food to treat our psychological pain.

Most weight-loss programs and diet plans tell you what to eat but don't give you any help figuring out how you're supposed to do it. You might succeed for a while, but you can resist the cravings for only so long before you crack and eat a tempting food.

Food is a personal issue. What works for one person won't necessarily fly for another. Some people do great on a vegan diet, eating no animal products. Other people need the concentrated protein found in many of those products. Your healthy lifestyle might be quite different from someone else's.

A healthy lifestyle is a process, not something to be adopted fully formed the first day, like a fad diet. It's more like an adventure story in which the hero undertakes a journey. The trip begins with the first step and can be full of wrong turns and setbacks, but the persistent traveler can overcome them, move on and grow stronger with each mile.

Part of being human is being imperfect. We make choices that aren't consistent with how we want to be. Sometimes, the bad choices result in self-blame and, instead of an exciting adventure, the story becomes a sad tale of failure.

I understand the yo-yo dieting, the frustration of losing weight then gaining it all—and more—back. I also recognize the shame that comes with failure to

“A HEALTHY LIFESTYLE IS A PROCESS...”

meet health and fitness goals. At one point, I weighed more than 300 pounds. Since then, I have dropped more than 150. Most important, I have been able to keep the weight off for years. If I can do it, so can you.

So what is the best way to stay on the road to better health? First, don't try to fix everything at once. Instead, pick one area that is both important and desirable — cutting out food with added sugar, maybe — and focus on that one change until it becomes a habit. This initial success will help build confidence and can even improve your energy level and mental outlook, making the next steps easier to take.

Dr. Martha Palley holds a Ph.D. in microbiology, an MS in nutrition and has more than 25 years experience in research data analysis. She is an expert in both the brain science of setting new habits and the physiology of weight gain and loss. Her specialty is counseling for clients with a history of yo-yo dieting and with more than 20 pounds to lose.

www.drmarthapalley.com



TERRI ALLEN

ON STICKING TO A FITNESS ROUTINE

THE BENEFITS OF EXERCISE ARE EASY TO SEE. A healthy heart reduces the risk of high blood pressure, heart disease, heart attack and other problems. Combined with a good diet, exercise helps control weight and fight off diabetes, stroke, osteoarthritis and some cancers. It also improves mental health and mood.

When you decide to make regular exercise part of your life, it is best to start small with something you enjoy. If getting up at the crack of dawn to jog a few miles is torture, it probably will not become a regular activity.

On the other hand, dance classes after work might sound like fun. If so, the dancing has a much better chance of becoming part of a lasting fitness routine. As fitness improves from dancing, other healthy activities might become more attractive and make their way into the routine.

The point is to be sure to start with an activity or exercise that you enjoy so you can stick to it. Maybe a group fitness class is a better fit for you. There is a huge variety to choose from—from Pilates to cycling to water aerobics.

Of course, while making your transition to a healthy lifestyle, you must include a clean,

healthy diet. I always say, “You can’t outwork a bad diet.” You can’t eat a half-dozen donuts and expect the scale to be kind to you after 45 minutes on the treadmill.

Still not sure what kind of exercise you want to do and how to set up a healthy routine? Get help. Find a certified personal trainer who will assess

“YOU CAN’T OUTWORK A BAD DIET.”

your fitness level, help you set goals and figure out which exercises work best.

If you decide to go it alone, make sure you are getting a mix of cardio, weight training and stretching. These exercise routines will help you develop a healthy heart, lean muscle and strong bones.

Terry Allen is a certified personal trainer and fitness instructor. She is also certified in Zumba, Zumba Circuit, Zumba Core and Fierce 4. She has instructed hundreds of people, taught dance throughout the U.S. and appears regularly in fitness segments on TV.

www.terriallenfitness.com



JONATHON RIOS

ON EXERCISE, AGING AND WELLNESS

WE ALL KNOW THAT EXERCISE IS IMPORTANT AT ALL AGES, especially as we get older. We want to be able to live at a functional level and perform our daily activities. Unfortunately, when we are not as young as we once were, we start to lose muscle, strength and energy.

According to the President's Council on Fitness, Sports & Nutrition less than 5% of adults participate in 30 minutes of physical activity each day. I see many adults sitting around encouraging younger people to move and not practicing that themselves. We can come up with thousands of excuses to keep ourselves from taking care of our bodies that often come down to thinking we're too busy to work out or to carve out that extra time for exercise. However, if you do not take time for your body, then your body will start to lose time. Exercising for 30 minutes a day can add a week onto your life span.

Exercising has been known to help with all sorts of problems as we age. It helps to improve brain activity, muscle tone, heart health, breathing, balance and circulation. Our metabolism slows down as we age, which makes it harder to lose weight and sustain energy. We tend to sit more often and move less.

When working with adult clients, I always ask "Why is exercise important to you?" I get answers ranging from "I want to keep my balance" to "I want to be healthy enough to travel with my family." Whatever reason we have for exercising, the important thing to remember is to work smarter rather than harder. There are many

programs that cater to high intensity training that many older adults can't perform because of knee or shoulder injuries. Exercising can be very helpful to your lifestyle or it can create further damage if not specific to your body's physical capabilities. So, selecting a workout plan that is designed for you is very important, or you could end up injured or even needing surgery.

**"EXERCISING... HELPS TO IMPROVE
BRAIN ACTIVITY, MUSCLE TONE
HEART HEALTH, BREATHING, BALANCE
AND CIRCULATION."**

It is time to take back control of our lives and start taking the steps to get us there. Set your goal—whether it's eliminating some medications, play catch with your children or grandchildren, or to lose a few pounds and feel better about your health. Tomorrow is never promised, but you can start feeling better and living a better quality of life for yourself.

Jonathon Rios is an ACE certified trainer, Certified Master Trainer and Strength and Conditioning Specialist through NSCA and NASM and level 5 trainer with ISSA. He has worked with clients for more than 10 years on weight loss, strengthening and elder rehabilitation exercise.

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Game Day Nutrition

A new year often finds plenty of people thinking about new ways to eat better and be more active. This can also be true for student athletes. To perform at the top level, athletes will often work with a physician, an athletic trainer and sometimes a dietitian.

"The amount of energy an athlete requires depends on many factors including their age, gender, the sport they play and their level of intensity," said Dr. Margaret E. Gibson from the Center for Sports Medicine at Children's Mercy. "Their required energy level also depends on the duration of the activity, the young athlete's training level and the environment around them."

What to Eat On Game Day

Dr. Gibson said a good pre-game meal is especially important for morning events.



An ideal meal includes foods that:

- are low-fat
- are low-fiber
- are carbohydrate-rich
- have a moderate amount of protein

Dr. Margaret E. Gibson "Some examples of an ideal meal include pasta, brown rice and bananas," said Dr. Gibson. "But keep in mind, before a big game or race is not a time to try new foods."

Student athletes often have a practice or play later in the day and need a snack before the activity. Eating a snack one hour before play can prevent the athlete from feeling hungry. Some recommended snacks include a handful of pretzels, dry cereal or a granola bar.

For longer events, it is even more important to get sufficient carbohydrates.

"I recommend consuming some carbohydrates every 15 to 20 minutes throughout the activity," said Dr. Gibson. "Five to 10 ounces of a sports drink may be sufficient, however, some athletes prefer a carbohydrate snack or sports gel with water."



"I recommend consuming some carbohydrates every 15 to 20 minutes throughout the activity..."

Once the event is over, it is still important to eat right and refuel the body for future events. A good goal is to eat 50 to 150 grams of carbohydrates within 15 minutes and again two hours after the event.

After Events

For events lasting longer than 1-2 hours and athletes who are participating in competitive, vigorous exercise, a recovery drink may be needed.

"A good recovery drink that has an excellent ratio of fats and sugars as well as re-hydrates athletes is chocolate milk," said Nicole Fillingame, Manager of Sports Medicine Outreach & Athletic Training for the Center for Sports Medicine at Children's Mercy. "Having a glass of chocolate milk within 30 minutes of an activity is a good choice for student athletes, if it's available."

Additional tips to stay hydrated:

- Drink 16-20 ounces of fluid (approximately one bottle of water or sports drink) 2-4 hours before exercise
- 10 minutes before exercise drink another 5-10 ounces of fluid
- During exercise, drink 5-10 ounces every 15-20 minutes
- After one hour of exercise, choose a sports drink for energy and electrolytes
- Avoid caffeinated and protein drinks including soda, coffee and tea

Have A Plan

Whether student athletes have a couple of games on the weekend or an all-day tournament, it is important to plan meals, snacks and hydration to ensure they are meeting their nutritional needs to fuel their bodies. Especially if teams are traveling out of town, it is important to stock up on appropriate food choices, sports drinks and chocolate milk to take on the trip. With proper planning, student athletes can be prepared to perform well with optimal nutrition and hydration.

Physicians and athletic trainers are just some of the staff at the Center for Sports Medicine at Children's Mercy. The Center is home to one of the nation's premiere sports medicine programs and is specifically focused on caring for the student-age athlete.

The Center's team of sports medicine specialists understand the growing bodies of student athletes. Injuries to children and adolescents can be very different from those experienced by older patients. The Center for Sports Medicine at Children's Mercy is one of only a handful of programs in the country that provides a comprehensive approach to care, for a full range of youth sports injuries.



Learn more about the Center for Sports Medicine at Children's Mercy:

childrensmercy.org/sports-medicine

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Jason Yoder, DPT, Sports Medicine Physical Therapy Manager, Center for Sports Medicine at Children's Mercy with a patient.



Chef Brack likes the response from the children when he presents his healthy fruit pizza.

Chef Wolfe Brack is on a Mission

Introducing children to healthy food at an early age can have lifetime health impact.

Chef Wolfe Brack is on a mission to change children's attitudes toward healthy foods. Chef Brack was drawn to St. Marks Child and Family Development Center by their low-key environment, where he could fulfill his desire to teach something he believes in—helping families to teach their children at an early age to eat healthy.

A graduate of L'Ecole Culinaire (an accredited culinary arts school in Kansas City, Missouri), Chef Brack joined the staff in August of 2016 with the goal of improving the nutrition program. Because poor eating habits can lead to chronic conditions such as obesity as kids get older, his plan includes cutting fatty and sugary foods and substituting healthier alternatives.

"I enjoy preparing a variety of healthy and nutritious dishes," says Chef Brack. In one class he taught the children how to make a delicious and nutritious fruit pizza. "Some of

the meals are new to the children and sometimes new to the staff," Chef Wolfe laughs. He also makes visits to classrooms to teach the children about the foods they are eating.

The children have experienced international dishes such as the Vietnamese sandwich Banh mi, Indian Curry, Moussaka, (a Greek beef and eggplant lasagna) and Moroccan Chicken.

He is planning cooking demonstrations with families and inviting local food producers to conduct cooking classes to educate parents about safe, alternative food sources.

At St. Mark Child and Family Development Center, the curriculum is art-based and children have fun learning. In this case, it includes their culinary education as well.

St. Mark Child and Family Development Center is an early childhood center for children 6 weeks to 5 years old that focuses on kindergarten readiness and empowering families. They are located at 2008 E. 12th Street, Kansas City, MO 64124. •



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The Skinny on **FATS**



Joan Haffner, RD, LD

Are you confused about fat? You are not alone. Would all of our weight problems be solved if we eliminated fat from our diet? Fats are an important part of a healthy diet, and we cannot live without them. However, it is easy to get confused about good fat vs. bad fats, how much fat we should eat, how to avoid the artery-clogging trans-fat, and the role omega-3 fatty acids plays in heart health.

Before we get into good vs. bad, there is one thing you should know. All fats have the same number of calories, regardless if they are good or bad. Fat has 9 calories per gram. Carbohydrate and protein have 4 calories per gram. Eating more calories—from fat, carbohydrate or protein—than you burn off leads to weight gain.

The “Bad” Fats in Your Diet

There are two main types of harmful dietary fats: saturated and trans fat. Both can raise cholesterol levels, clog arteries, and increase the risk for heart disease. Saturated fats comes mainly from animal sources of food, such as red meat, high-fat dairy products such as cheese, and poultry skin. Plant sources of saturated fats are palm oil and palm kernel oil. Trans-fats are made from oils which are hardened through a food processing method called partial hydrogenation. These “partially hydrogenated” fats can raise bad cholesterol and lower good cholesterol. Most fats that are saturated or contain trans fat are solid at room temperature. Because of this, they’re typically referred to as solid fats. They include beef fat, pork fat, butter, shortening and stick margarine.

The “Good” Fats in Your Diet

There are three types of helpful fats: monounsaturated, polyunsaturated and Omega-3 fats. These fats can lower bad cholesterol levels and lower your risk of heart disease and stroke. Foods that contain monounsaturated and polyunsaturated fat are liquid at room temperature, such as olive oil, canola oil, and corn

oil. They are also found in avocados, nuts and seeds. Fish high in Omega-3 fat include salmon, lake trout, mackerel and tuna. Plant sources of omega-3 fats include ground flaxseed and walnuts.

Here are some tips to reduce the total amount of fat in your diet and make sure the fats you consume are the healthy ones:

1. Choose a diet rich in whole grains, fruits and vegetables and lean protein
2. Select dairy products that are skim or low-fat.
3. When using fats, do so sparingly. Try to use olive or canola oil when preparing meals.
4. Read labels and avoid foods made with partially hydrogenated fats.
5. Eat fish twice a week.



6. Eat a meal with plenty of beans once a week.
7. Limit processed foods, fried foods, sweets and high-fat desserts.
8. Consult with a dietitian who can help you read labels and understand how many fat grams you should eat each day.

Following a low-fat diet has many advantages, starting with weight loss. It’s also a healthy approach that can help you ward off serious medical conditions, including heart disease, high cholesterol and diabetes.

JOAN HAFFNER RD, LD HAS WORKED FOR THE PAST 20 YEARS FOR DIALYSIS CLINIC INC. AS A RENAL DIETITIAN AND TEACHES Y WEIGHT CLASSES FOR THE YMCA.

DELIVERING QUALITY CARE

Clients Find A Medical Home At Southwest Boulevard Family Health



“Our purpose is to provide services to all in a setting dedicated to continuity with quality care.”

Sharon Lee, MD, Southwest Boulevard Family Health's Founder and Medical Director.

What's the best way to help uninsured and underinsured people with low income get the health care they need? For Southwest Boulevard Family Health Care Services of Greater Kansas City Inc., the answer is understanding where clients are in their lives and giving them a “medical home”—a stable source of care.

Southwest Boulevard Family Health (SBFH) is ideally suited to work with a diverse community. Staff members come from a variety of ethnic, cultural and economic backgrounds and sexual orientations. They understand how important differing beliefs and behaviors as well as knowledge and communication about health issues can be. So they search for and find common ground to build strong relationships with clients.

During the 27 years Southwest Boulevard Family Health has served its community, the clinic has created a “flat” organization. All paid staff, including professionals, receive the same pay, and they work as teams in which all members have a say in how to deliver care. This structure empowers team members and helps keep costs down.

Southwest Boulevard Family Health is a full-service safety-net clinic. That means it offers a wide range of health-care and supportive services, including:

- Chronic disease management
- Acute and preventive care
- Care for pregnant women and babies
- Dental care
- Adult and child nutrition counseling
- Fitness training for adults and children
- Literacy and GED tutoring

Delivered on a sliding fee scale so clients pay what they can afford, these services are available to anyone. Clients seeking a medical home only need to provide their household size and income.

“We believe in the inherent worth of each individual and strive to treat each person respectfully and fairly, especially people who are the most vulnerable,” said Dr. Sharon Lee, Southwest Boulevard Family Health's founder and medical director. “Our purpose is to provide services to all in a setting dedicated to continuity with quality care.”



The staff at SBFH search for and find common ground to build strong relationships with clients.

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Connecting the Dots — Eliminating Health Disparities

America benefits when everyone has the opportunity to live a long, healthy, and productive life, yet health disparities persist.

Health disparities means there is a ***difference in health outcomes*** across racial or ethnic group, religion, socioeconomic status, gender, age, mental health, cognitive, sensory, or physical disability, sexual orientation or gender identity, geographic location, or other characteristics historically linked to discrimination or exclusion.

In our April 2017 12th Anniversary edition, discover how health disparities are linked to social, economic, or environmental disadvantages (e.g., food insecurity, unsafe neighborhoods, and lack of affordable transportation, access to quality care and good jobs, to name a few.) Reducing these disparities gives everyone a chance to live a healthier and more stable life.

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