



NEWSLETTER

THE 8 DIMENSIONS OF WELLNESS

WHAT IS WELLNESS?

Wellness is much more than just exercise and nutrition. Wellness is a dynamic process of making conscious choices toward a more balanced and healthy lifestyle. The origin of the six dimensional model of wellness was created in 1976 by Dr. Bill Hettler. Several wellness model images exist. The latest, the eight dimensional model was developed in 2012 by University Health Service at University of Michigan, at the University of Michigan. This popular model includes social, emotional, spiritual, environmental, financial, intellectual and physical dimensions of wellness. However, wellness is not the absence of illness or stress. You can still strive for wellness even if you are experiencing these challenges in your life.

The Eight Dimensions of Wellness are the following:

1. **Emotional**—Learning how to cope effectively with life and creating satisfying relationships.
2. **Environmental**—Understanding the relationship of the body with nature. Providing pleasant, stimulating environments that support well-being.
3. **Financial**—Satisfaction with current and future financial situations.
4. **Intellectual**—Recognizing creative abilities and finding ways to expand knowledge and skills.
5. **Occupational**—Personal satisfaction and enrichment from one's work.
6. **Physical**— Maintenance of a healthy body through good nutrition, regular exercise, and avoidance of harmful habits
7. **Social**—Developing a sense of connection, belonging, and

a well-developed support system.

8. **Spiritual**—Expanding a sense of purpose and meaning in life.

There are wellness strategies identified by Substance Abuse and Mental Health Services Administration (SAMHSA) that provide ways to start developing healthy habits that can have a positive impact on your physical, mental and spiritual health. For further information on these wellness strategies, go to <http://www.samhsa.gov/wellness/strategies>.



WELLNESS

NEW NUTRITION FACTS LABEL: ADDED SUGARS

Healthy foods have naturally occurring sugar, like the fructose in fruit and the lactose in dairy. Added sugars are sugars that are added into a product during processing. It’s important to keep an eye on added sugar-- too much sugar in general can lead to weight gain, and blood sugar crashes.

The major sources of added sugars are regular soft drinks, sugars, candy, cakes, cookies, pies and fruit drinks (fruit aides and fruit punch); dairy desserts and milk products (ice cream, sweetened yogurt and sweetened milk); and other grains (cinnamon toast and honey-nut waffles).

The American Heart Association recommends for women-- no more than 100 calories per day, or about 6 teaspoons of sugar (24 grams). For men - 150 calories per day, or about 9 teaspoons of sugar (36 grams).



Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

MALL WALKING: AN OPTION FOR WINTER EXERCISE FOR ALL AGES

Mall walking is considered a safe, and comfortable physical activity often recommended by health care providers to increase activity. Malls provide free, relatively accessible, pedestrian-friendly environments and a sheltered indoor environment free from the dangers of traffic and weather changes. The following are other reasons to try mall walking:

- Available most days of the year regardless of season
- Security is usually present and so people feel less fearful and vulnerable
- Level surfaces with benches for places to rest
- Water fountains available to provide free water
- Accessible restrooms

Mall walking programs possess the potential to reduce the physical activity disparity gap between younger and older age groups in the United States. Also, becoming more physically active, even during middle age and older adult years, can lead to better overall health and lower risk of death.

Want to start a mall walking program? Check out <http://www.cdc.gov/physicalactivity/downloads/mallwalking-guide.pdf>



HEART HEALTHY WINTER RECIPES

Begin the holidays by choosing a recipe from the American Heart Association's "Go Red For Women's" new heart-healthy recipe collection. Go Red has 10 new heart-healthy recipes for the season for you and your family to love.

These nutritious recipes make any occasion a reason to celebrate your heart health. All the ingredients, preparation instructions and nutritional information are available for you at your fingertips, making your heart-healthy meal choices quick and simple. Be sure to check out <https://www.goredforwomen.org/live-healthy/heart-healthy-recipes/new-heart-healthy-winter-recipes/>



HOW TO PROPERLY BRUSH YOUR TEETH

February is National Children's Dental Health Month!

<http://www.mouthhealthy.org/en/az-topics/b/brushing-your-teeth>



KIDS AND THE BLUES

Winter time for families with young children can seem like a challenge... shortened days, cold temperatures, and snow days all drive kids indoors and cause them to sing the blues. According to parenting expert, Amy McCready, founder of Positive Parenting Solutions there are three tips to keep the "inside" blues away from your kids.

- 1. Turn off the TV/ Screen** A little TV / screen time is okay, but four hours watching a favorite TV show or game can discourage mentally and physically fitness. Set limits with your kids, then encourage other activities in place of TV/ screen time.
- 2. Remember Routines** Snow days can throw off your kid's schedule, it's easy to give in to laziness or chaos. Combat this by making it a point to stick to set routines each day—even when bad weather cancels school or activities.
- 3. Encourage Enthusiasm** Maintain a fun environment. Cold weather and shortened daylight hours often take away some of our kids' favorite outdoor activities. Encourage your kids' positive indoor play and activities. Ideas for 101 indoor fun, educational activities for kids, go to <https://www.care.com/c/stories/3775/101-indoor-games-and-activities-for-kids/>

WHAT IS A HEALTHY EATING PATTERN?

Many Americans desire to start the New Year making changes to improve their health and well being. An eating plan usually begins with deciding upon a diet from the many fads and popular trends.

But according to the 2015 edition of the Dietary Guidelines for Americans, a healthy eating pattern, not diet should be chosen. Key recommendations for healthy eating patterns should be applied in the total dietary consumption, due to the relationship nutrients play in the diet. The Key Recommendations are an overall healthy way to eat each day. Check out the new Dietary Guidelines' dietary recommendations site. <https://health.gov/dietaryguidelines/2015/guidelines/chapter-1/key-recommendations/>

DIETARY
GUIDELINES
FOR AMERICANS
2015-2020
EIGHTH EDITION





WELCOME DAVIA D. ADAMS, MS, RD, LD

Mrs. Adams joined the Healthy Wellness Initiative team in October 2015. She has over 20 yrs. experience in nutrition education and public health promotion for all ages of the lifespan. She obtained her BS and MS Degrees in Nutrition from Alabama A& M University. Mrs. Adams worked with the Special Supplemental Nutrition Program for Women, Infants and Children as Nutrition Coordinator for over 12 yrs. Currently, Mrs. Adams is the Supplemental Nutrition Assistance Program (SNAP-Ed) Coordinator/ PHNutritionist for North Alabama providing nutrition education, health awareness and technical assistance for schools, senior centers, after-school programs, food stamp office, local churches and the community.



The Healthy Wellness Initiative warmly welcomes aboard Mrs. Adams to our crew!

NEWS AND EVENTS

SCALE BACK ALABAMA

January – March Statewide contest to promote healthy weight and exercise
Weigh-In January 11-18 , 2017
Visit www.scalebackalabama.com for more details



SHAPE REGIONAL CONFERENCE

January 9 - 12, 2017
Lafayette, LA
Register at <http://www.shapeamerica.org/about/districts/southern/>

NATIONAL WEAR RED DAY

American Heart Association/ American Stroke Association Month (AHA/ASA)
February 3, 2017. Go to www.goredforwomen.org/



MARCH: NATIONAL NUTRITION MONTH 2017

“Put Your Best Fork Forward”
Annual celebration promoting healthy eating and nutritious tips. Academy of Nutrition and Dietetics (AND). Visit www.eatright.org

NATIONAL SHAPE CONFERENCE

March 14 – 18, 2017
Boston, MA
Register at <http://convention.shapeamerica.org/>

ALABAMA COMMUNITY EDUCATION ASSOCIATION (ACEA) ANNUAL CONFERENCE “STEAM FOR A BRIGHTER FUTURE”

March 8 – 10, 2017
Orange Beach, AL
Register at <http://aceatoday.org/conference.html>