

# WELLNESS NEWSLETTER

Editors: Jessica Stroh and Denise Smith

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## Assess Your Risk for Sleep Apnea

By Health Plus

Sleep apnea is a serious, potentially life-threatening condition. It is far more common than generally understood. Sleep apnea occurs in all age groups and both genders. It is more common in men, although it may be under diagnosed in women and young African-Americans. It is estimated that as many as 18 million Americans have sleep apnea. [Read more](#) from the Vanderbilt Sleep Center.

**Health & Wellness presents a new short video series titled [Take Good Care](#) to support well-being for Vanderbilt faculty and staff. In our first episode, Take Good Care with Better Sleep Habits, our Vanderbilt experts explain why sleep is so important and how you can improve your sleep habits! **Take action to improve your well-being with each 2-minute video!****

## WHAT'S NEW

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Check out the latest issue of *Connection*, the VUMC Staff Wellness Newsletter [here](#).

[Tune in](#) for Health *Plus*' latest interview with Makenzie Parks, Licensed Clinical Social Worker on "Setting Boundaries for Better Self-Care".

View this informative and engaging Healthier You Presents [Think Pink! Webinar](#)

## Take Good Care with Better Sleep Habits

By Health Plus

### Take the STOP BANG Sleep Apnea Risk Assessment.

Answer the 8 questions below with Yes or NO. Total your scores to calculate your risk.

- **Snoring:** Do you snore loudly (loud enough to be heard through closed doors or your bed-partner elbows you for snoring at night)?
- **Tiredness/fatigue:** Do you often feel tired, fatigued, or sleepy during the daytime (such as falling asleep during driving or talking to someone)?
- **Observed apnea:** Has anyone observed you stop breathing or choking/gasping during your sleep?
- **Pressure:** Do you have or are being treated for High Blood Pressure?
- **Body Mass Index:** Do you have a BMI of 35 or higher? [Calculate](#) your BMI.
- **Age:** Are you older than 50 years?
- **Neck size:** For males, is your shirt collar 17 inches or larger or for females, is your shirt collar 16 inches or larger?
- **Gender:** Are you male?

#### Assess Your Risk:

Low Risk: Yes to 0 - 2 questions

Intermediate Risk: Yes to 3 - 4 questions

High Risk: Yes to 5 - 8 questions

High Risk: Yes to 2 or more of STOP questions (1-4) and any of the following:

- male gender
- BMI > 35kg/m<sup>2</sup>
- neck circumference 17 inches in male or 16 inches in female

If you have an intermediate or high risk score contact your primary care provider.

#### Resources:

[Vanderbilt Sleep Center](#)

## Hold the Stuffing Your Way!



Fan-favorite [Hold the Stuffing](#) returns this year with **3 options to choose from depending on your health and wellness goals!** Enjoy health and wellness this holiday season with:

- Hold the Stuffing Weight Maintenance Challenge (Begins November 9)
- Health *Plus* Holiday Wellness Bingo (Register starting November 21)
- Step for the Holidays Step Challenge (Register starting November 21)

**No matter what option(s) you choose, you could win PRIZES!**

# Are Canned Foods as Healthy as Fresh Foods?

Shelf-stable foods, such as canned beans, vegetables, fruits, and meats, have gotten a bad reputation. This is because some canned foods contain added sodium, sugar, or fat, changing the nutrition of the fresh version. The good news is there are canned foods that do not contain these added ingredients, so they are just as nutritious as the fresh versions!

## Which foods should I buy canned?

### Proteins:

- **Beans** are often underrated, but they are packed with fiber, vitamins, and protein.
  - Did you know? Fiber helps prevent disease! In addition to helping lower your cholesterol, it also contributes to your overall colon health. Fiber is great for digestion and keeps you feeling full for longer.
- **Meats and fish** are often less expensive and last longer than the fresh versions. Consider adding canned tuna, salmon, and even chicken to your grocery basket.

### Fruits and Vegetables:

- Equally as nutritious as fresh versions
- Cost less than fresh varieties but can last for months in your pantry
- Naturally low in sodium\* and saturated fat, both of which can cause health issues if consumed in high amounts

\*Remember to look for low or no sodium (no salt added) on the label.

Check out this [grocery guide](#) – which can help you pick out what to buy at your next store visit!

### Practice

Make one meal this week using mostly shelf-stable items. Remember to look for low- or no-sodium, low-fat or fat-free, and no added sugars!



# 5 Healthy Eating Tips for the Holidays

From CDC.gov - <https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html>

**Here's your recipe for staying on track no matter what's cooking.**

'Tis the season for family, festivity, and food—lots of food. Temptations are everywhere, and parties and travel disrupt daily routines. What's more, it all goes on for *weeks*.

## 1. Holiday-Proof Your Plan

You may not be able to control what food you're served, and you're going to see other people eating tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. It will be harder to manage your blood sugar, and you'll be really hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.

### Holiday Hacks

- Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll cut calories and sugar by at least a third.
- Break physical activity up into smaller chunks so it's easier to schedule, like walking 10 minutes several times a day.
- Schedule some "me" time every day—a nap, dog walk, or hot bath to get your energy back for the next celebration.

## 2. Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table.
- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.

Also plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medicine, ask your doctor if the amount needs to be adjusted.

## 3. Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan.

If you plan for it, no food needs to be on the naughty list.



#### 4. Keep Moving

You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

#### 5. Get Your Zzz's

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to manage your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

Most of all, remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.



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## Salmon Patties

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Serves 5

### Ingredients:

1 (14.75 ounce) can of salmon  
1 egg  
¼ chopped onion  
½ cup dry bread crumbs  
1 tablespoon olive oil



### Directions:

1. Drain and reserve liquid from salmon.
2. Mix egg, onion, bread crumbs, and salmon together in a bowl.
3. Make into batter 5 patties – if the mixture is too dry to form patties, add the reserved liquid from the salmon.
4. In a frying pan, heat olive oil. Place patties in pan and brown on each side.
5. Serve on a bun, salad, or with your favorite side dish!

### Nutrition Information per serving:

Calories: 224, Total Fat: 9g, Saturated Fat: 2.1g, Unsaturated Fat: 6.9g, Cholesterol: 73.7mg, Sodium: 522.8mg, Carbohydrate 9 g, Fiber: <1g, Sugar: 1.1g, Added sugar: 0g, Protein: 22.3g

**SOURCE:** <https://www.allrecipes.com/recipe/9401/salmon-patties-i/>

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**Health Plus:** Advancing healthy lifestyle practices.

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## Chickpea Salad with Lemon and Dill

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Serves 13

### Ingredients:

2 (15-ounce) cans chickpeas  
1 medium English cucumber  
6 small tomatoes  
1 ½ ounce feta cheese (or goat cheese)  
¼ cup lemon juice  
¼ cup olive oil  
1 teaspoon Dijon mustard  
½ teaspoon honey  
¼ cup fresh dill, chopped  
Salt and pepper to taste



### Directions:

1. Open, drain and rinse chickpeas and add to a large bowl.
2. Cut the cucumbers into quarters lengthwise and then into bite-sized chunks. Slice tomatoes into small wedges.
3. Add the cucumbers and tomatoes to the chickpeas and crumble feta on top.
4. In a separate medium bowl, whisk together lemon juice, olive oil, mustard, honey, and fresh dill – season with salt and pepper to taste.
5. Pour dressing onto salad and toss.

### Nutrition Information per serving (per ½ cup):

Calories: 276, Total Fat: 14g, Saturated Fat: 3g, Unsaturated Fat: 11g, Cholesterol: 8mg, Sodium: 75.4mg (sodium content w/out added salt accounted for), Carbohydrate 30 g, Fiber: 9g, Sugar: 8g, Added sugar: 0g, Protein: 10g

**SOURCE:** <https://www.inspiredtaste.net/19298/fresh-chickpea-salad-recipe-with-lemon-and-dill/#itr-recipe->

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