CLOSING THE HEALTH GAP
ClosingTheHealthGap.org

Our simple guide
to a longer, healthier life

do right!® eat move live

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How long you live shouldn't depend on *where* you live.

But for too long, folks in certain zip codes have gotten sicker and died earlier than their neighbors across the city. Do Right! helps erase these disparities by providing the resources you need to take charge of your health. Together, we can create healthier futures for ourselves and our community."

- Renee Mahaffey-Harris, President & CEO

Eat, Move & Live Right

The goal of Do Right! is to provide the tools you to take care of your body and mind. There are three important ways you can Do Right:

1. **Eat Right** - smart choices in the kitchen can help you stay healthy for years to come.

2. **Move Right** - exercise strengthens every part of you, including your mind.

3. **Live Right** - from sleep to spirituality to health screenings, living well takes a well-rounded approach.

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Did You Know?

Among African Americans in Ohio:

5 in 100
have kidney disease

https://www.americashealthrankings.org/explore/annual/measure/CKD/state/OH

10 in 100
have cardiovascular disease

https://www.americashealthrankings.org/explore/annual/measure/CVD/state/OH

15 in 100
have diabetes

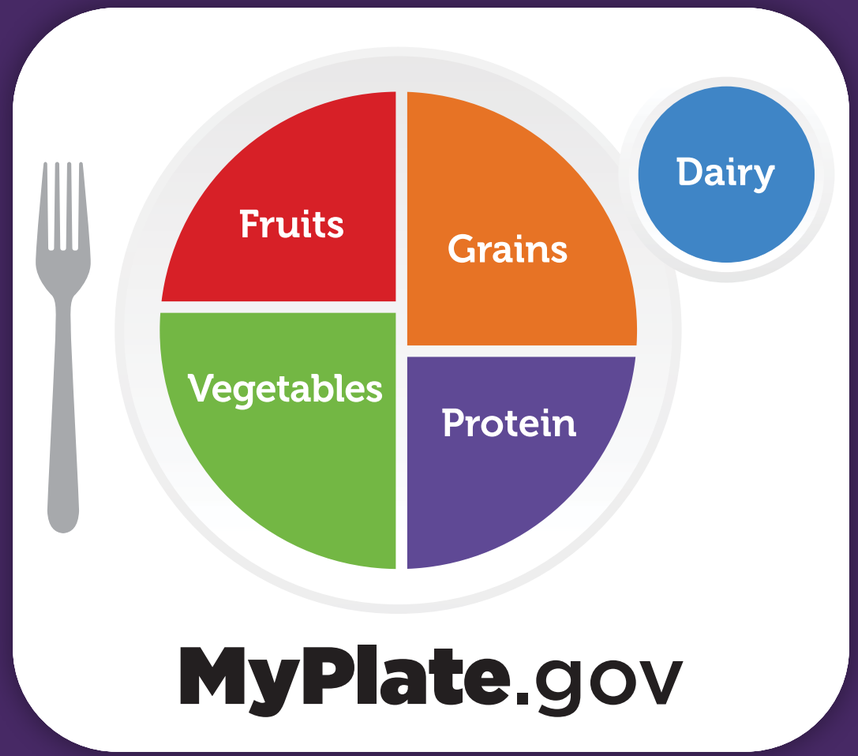
https://www.americashealthrankings.org/explore/annual/measure/Diabetes/state/OH

40 in 100
have not visited a dentist in the past year

https://www.americashealthrankings.org/explore/annual/measure/dental/state/OH

We have the power to change these statistics and protect our health.

Eat Right



Strike the Right Balance

Eating well means choosing good food and managing portion sizes.

When planning your meals, imagine dividing your plate into 4 sections, with grains and vegetables taking up more space than proteins or fruits. Milk or water go well with any meal.

Know What You're Eating

Check the label to understand how much of each type of ingredient you're eating.

Pay attention to categories you should limit like sodium and added sugar. Check for dietary fiber, too. Most of us don't get enough!

Size up Servings

Consider the Calories

Get Less of These Nutrients

Get More of These Nutrients

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 240mg	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.

Use % Daily Value (% DV) as a Guide

- 5% DV or less per serving is considered low
- 20% DV or more per serving is considered high

Set Healthy Eating Goals

Food can be just as powerful as medicine. By choosing a variety of nutritious foods, you can make a big difference in your health and help prevent many chronic diseases.

Making gradual changes in your diet will help you reach these goals and stick to them:

Limit Salt

1 teaspoon of sodium daily (2300 mg)

To lower blood pressure and protect kidneys, heart, and blood vessels.

Limit Added Sugar

6 teaspoons of sugar daily (25 grams). A can of Coke has 10 teaspoons!

To lower risk of heart disease, diabetes, high blood pressure, kidney disease, and some types of dementia.

Fill Up on Fiber

5-6 servings of high-fiber foods daily (30 grams)

Look for "whole" grains in the ingredient list. Foods that are "multi-grain", "7 grains", "bran", or "made with whole grains" are not actually whole grain products.

Limit Alcohol

7 drinks per week or less.

To minimize risk of heart disease, diabetes, and some cancers.

Switch to Water

Every part of your body needs water to function. Swapping water for some of your daily beverages decreases the sugar and calories in your diet and can even make you feel more alert.

Tips for Healthy Cooking

Seasoning

- Cut the salt in half in your favorite recipes. Add flavor with herbs and/or spices, vinegars, or citrus juice.
- Beware of spice mixes! They often include added sodium and preservatives.
- Sauces and dressings can add a lot of sodium and calories to your meal. Try healthier condiments like mustard, balsamic vinegar, pesto, salsa, hummus, or kimchi.

Fruits and Veggies

- Choose canned fruits packed in their own (unsweetened) juices and canned veggies that say "no added salt" or "reduced sodium." You can also rinse canned fruit and veggies before serving to remove added sugar and sodium.
- Choose whole fruits and veggies rather than juice.
- Use vegetable cooking spray instead of butter or oil to coat baking sheets, casseroles, or muffin tins.

Meats & Eggs

- Choose baking, grilling, poaching, or roasting instead of frying. "Low and slow" will keep more nutrients in your food.
- Trim away all visible fat and skin from poultry and meat. When cooking meats in a skillet, tip the pan to allow the fat to drain to one side. Spoon out the liquid fat as it collects (but never put fat down the drain!).
- Choose canned fish packed in water, not oil, with no salt added.
- Eat fewer than 6 whole eggs a week and consider egg whites instead. You can substitute two egg whites for each whole egg in a recipe.

Dairy

- Swap cheese, cream, and milk for lower fat dairy or unsweetened non-dairy milks whenever you can.
- Look for goat cheeses, which often have fewer calories than cheese made from cow's milk

The most important tip of all:

Minimize food that comes from animals and maximize food that comes from plants.

Spaghetti Bolognese

Recipe From: RealSimple.com | Makes: 4 Servings

Ingredients:

1 pound Ground Beef Chuck

1 (28 oz.) can Whole Peeled Tomatoes

2 Carrots, finely chopped

1 medium Onion, chopped

1 Celery Stalk, chopped

2 cloves Garlic, chopped

¼ cup Tomato Paste

¼ cup Dry White or Red Wine

1 teaspoon Dried Oregano

1 teaspoon Dried Thyme

1 Bay Leaf

1 teaspoon Salt

¼ teaspoon Black Pepper

¾ pound Spaghetti Noodles

Grated Parmesan, for serving

Preparation:

1. In a 4- to 6-quart slow cooker, mix together the beef, tomatoes, carrots, onion, celery, garlic, tomato paste, wine, oregano, thyme, bay leaf, 1 teaspoon salt, and ¼ teaspoon pepper.
2. Cover and cook until the vegetables are tender and the meat is cooked through, on low for 7 to 8 hours or on high for 4 to 5 hours.
3. 20 minutes before serving, cook the spaghetti according to the package directions; drain and return it to the pot. Toss the spaghetti with the Bolognese and sprinkle it with the Parmesan.

Tip: If you have a 6-quart slow cooker, make a double batch to serve to a crowd or to freeze for later.

For more information on easy, nutritious slow cooker recipes, please **download** our cookbook.

https://bit.ly/healthgapslowcooker

Chicken Taquitos

Serving Size: 2 Taquitos | Servings: 4

Ingredients:

½ teaspoon cumin

1 teaspoon chili powder

1 teaspoon garlic powder

½ teaspoon black pepper

8 oz. boneless skinless chicken breast

½ cup low fat shredded Mexican cheese blend ½ cup fat free refried beans

8 six-inch corn tortillas 1 cup lettuce, shredded

½ cup prepared guacamole, or mashed avocado 1 cup diced tomatoes (canned is fine)

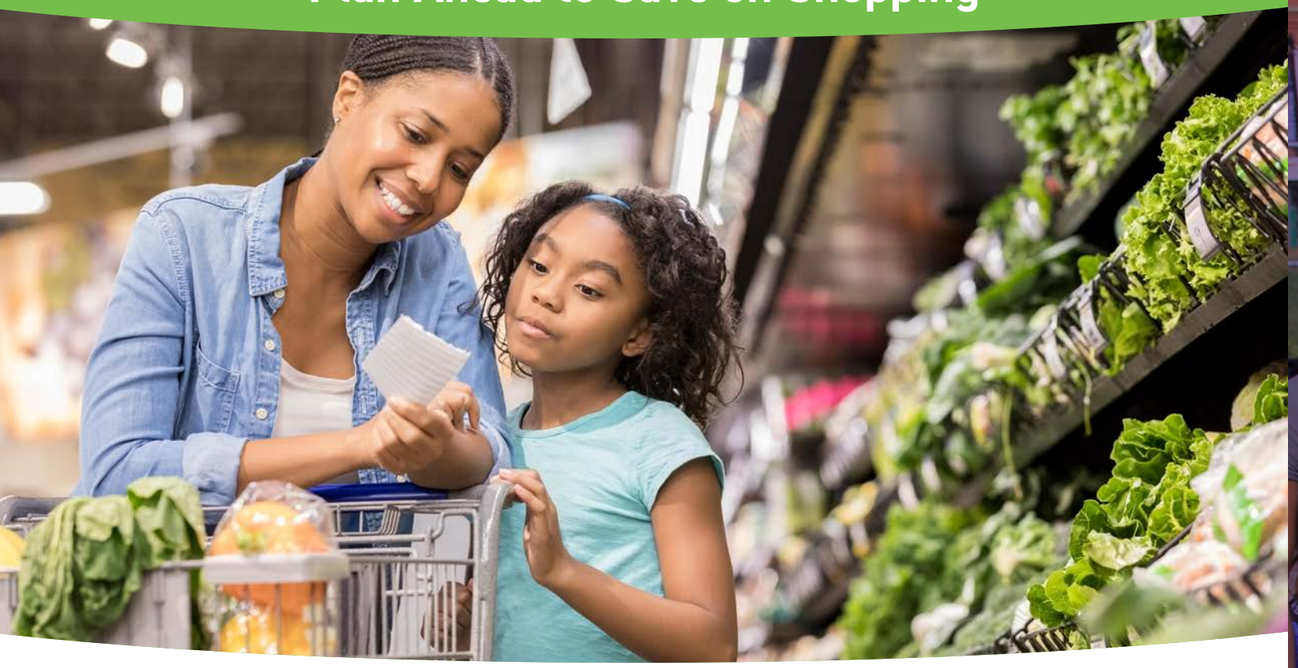
Preparation:

1. Preheat the oven to 400° F. Coat a baking sheet with cooking spray and set aside.
2. In a small bowl, mix the cumin, chili powder, garlic powder, and black pepper.
3. Lay the chicken breasts on a prepared sheet pan. Sprinkle the chicken with the spice mixture. Roast the chicken in the oven for 25 minutes or until an internal temperature of 165° F is reached. Once cooked, set chicken aside to cool slightly. Keep the oven on and coat a clean baking sheet with cooking spray.
4. Once the chicken is slightly cooled, shred the chicken meat with 2 forks and add it to a medium bowl. Add the cheese and refried beans and mix.
5. Place the corn tortillas between two damp paper towels. Microwave on high for 30 seconds.
6. Fill each corn tortillas with ¼ cup chicken filling and roll tightly. Lay seam side down on the baking sheet. Once all the taquitos are on the baking sheet, spray each with cooking spray.
7. Bake for 15 minutes or until the tortillas are crispy, and serve with lettuce, guacamole, and tomatoes.

For more information on easy, nutritious recipes, please **download** our cookbook.

https://bit.ly/healthgapcookbook

Plan Ahead to Save on Shopping



1. Plan

- Write out meals and snacks for the week
- Find coupons or deals and plan meals around those ingredients
- Make a grocery list based on your plan

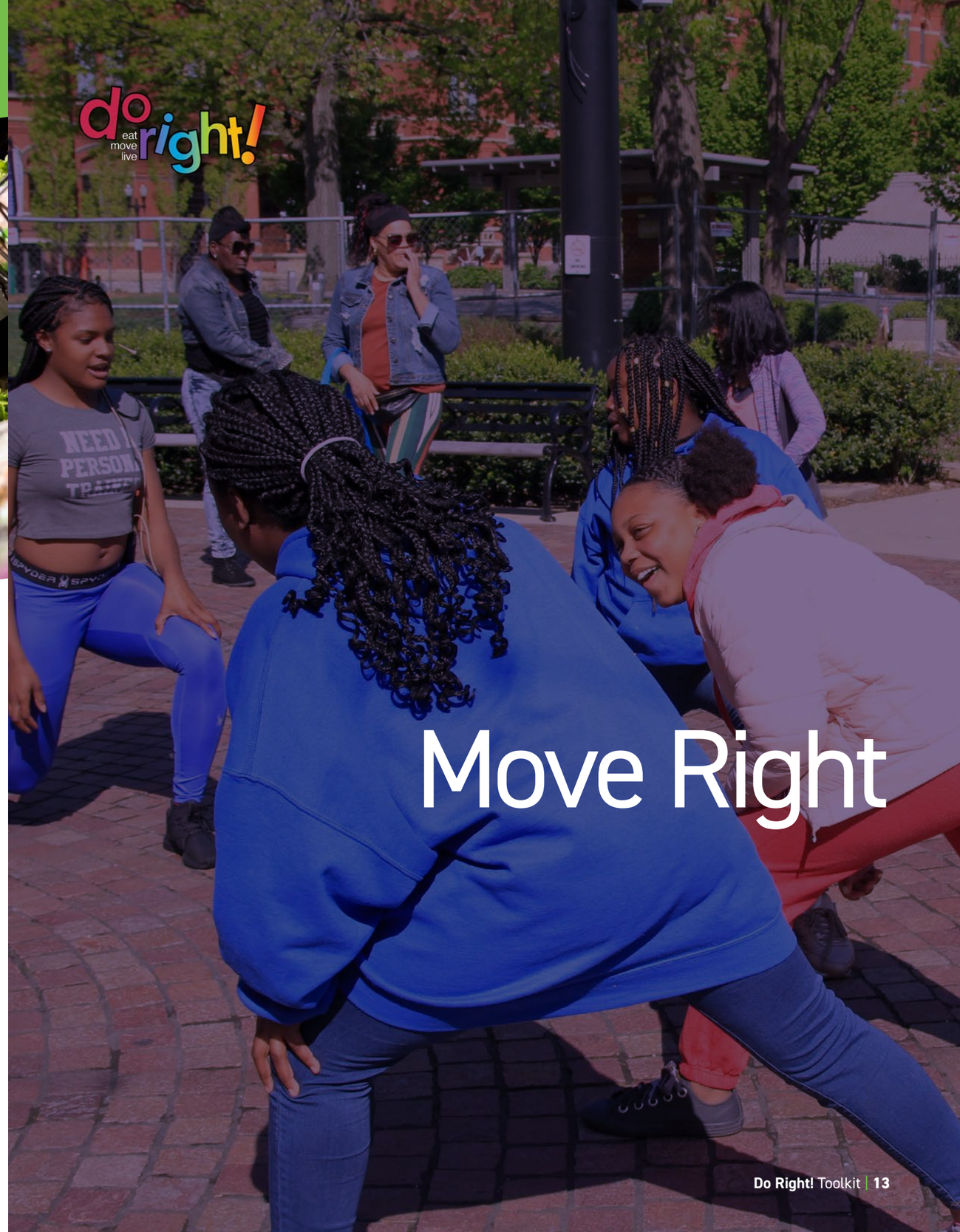
2. Purchase

- Don't shop when you're hungry
- Stick to your list
- Compare unit prices (ex. cost per oz)

- Look for in-season produce (ex. root veggies in winter, greens in spring, berries in summer)
- **Tip:** Shop along the walls of a grocery store—that's where the fresh foods are. It's a quick way to minimize the sodium and sugar you're eating.
- **Tip:** Find affordable produce in your neighborhood at the Healthy Harvest Mobile Market. See all the stops at: https://healthyharvestmobilemarket.com/

3. Prep

- Portion out healthy snacks so you can grab and go
- Double or triple recipes and freeze the extra
- Mix and match leftovers to create new meals



Move Right

Weekly Exercise Goals

Most adults and children don't spend enough time moving their bodies.
Are you and your family reaching these goals?

Children and Adolescents (aged 6–17)

- At least 1 hour a day of **moderate aerobic activity**.
- At least 3 days a week of **vigorous physical activity**.

Adults (aged 18–64)

- At least 2.5 hours of **moderate aerobic activity** OR 1 hour and 15 minutes of **vigorous physical activity** per week.
- At least 2 days of moderate intensity **muscle-strengthening** activities that target arms, legs and core.

Older Adults (aged 65 and older)

- Follow the adult guidelines, modified for chronic conditions as needed. If this is not possible, simply do as much activity as possible.
- Incorporate **balance training** into aerobic and muscle-strengthening activities.

Physical activity can also be broken up throughout the day and week. Some activity is better than none!

What Counts as Moderate or Vigorous Activity?

Moderate Aerobic Activities

You can talk while you do it, but you can't sing.

- **Walking fast**
- **Doing water aerobics**
- **Riding a bike on level ground or with few hills**
- **Playing doubles tennis**
- **Pushing a lawn mower**

Vigorous Aerobic Activity

You can only say a few words without stopping to catch your breath.

- **Jogging or running**
- **Swimming laps**
- **Riding a bike fast or on hills**
- **Playing singles tennis**
- **Playing basketball**

What Counts as Muscle Strengthening?

Exercises that get your muscles working harder can help you build strength and protect your bones. Some examples are:

- lifting weights
- working with resistance bands
- heavy gardening, such as digging and shoveling
- climbing stairs or walking uphill
- dance
- push-ups, sit-ups and squats
- yoga

The Health Gap hosts events to get you moving all throughout the year.

Follow us on Facebook
facebook.com/CloseHealthGap
or

Instagram @health_gap
to see our upcoming events.

Live Right

The Mind-Body Connection

We know that taking care of our bodies through sleep, exercise, eating well, etc. can improve our mental health.

But it works the other way, too. When you take care of your mental health, your body benefits.

You can use the power of the mind-body connection if you ever get stuck in a rut. Feel like you can't shake the blues? Do something good for your body. Hitting a wall when it comes to fitness? Add some meditation into your routine.

When you practice health for both your mind and your body, every healthy change you make will take you twice as far.

Caring for Your Mental Health

If you're feeling sad, anxious, or overwhelmed, it's not just okay to ask for help, it's the most important thing you can do.

Help can look like praying, meditating, or spending some quiet time alone. It can be talking to someone you trust, such as a friend or a religious leader. You can also ask for help from a professional, like a family doctor or a therapist.

Here are some resources to help you get through hard times or stay healthy during good times:

National Suicide Prevention Hotline: 9-8-8

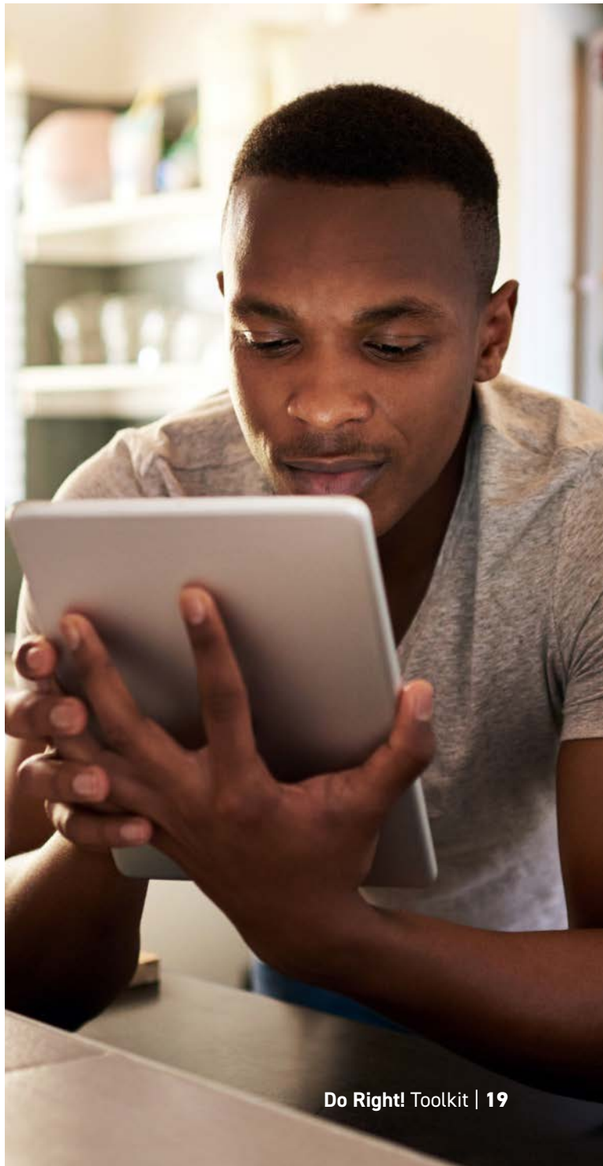
See if what you're feeling is depression:
screening.mhanational.org/screening-tools/depression

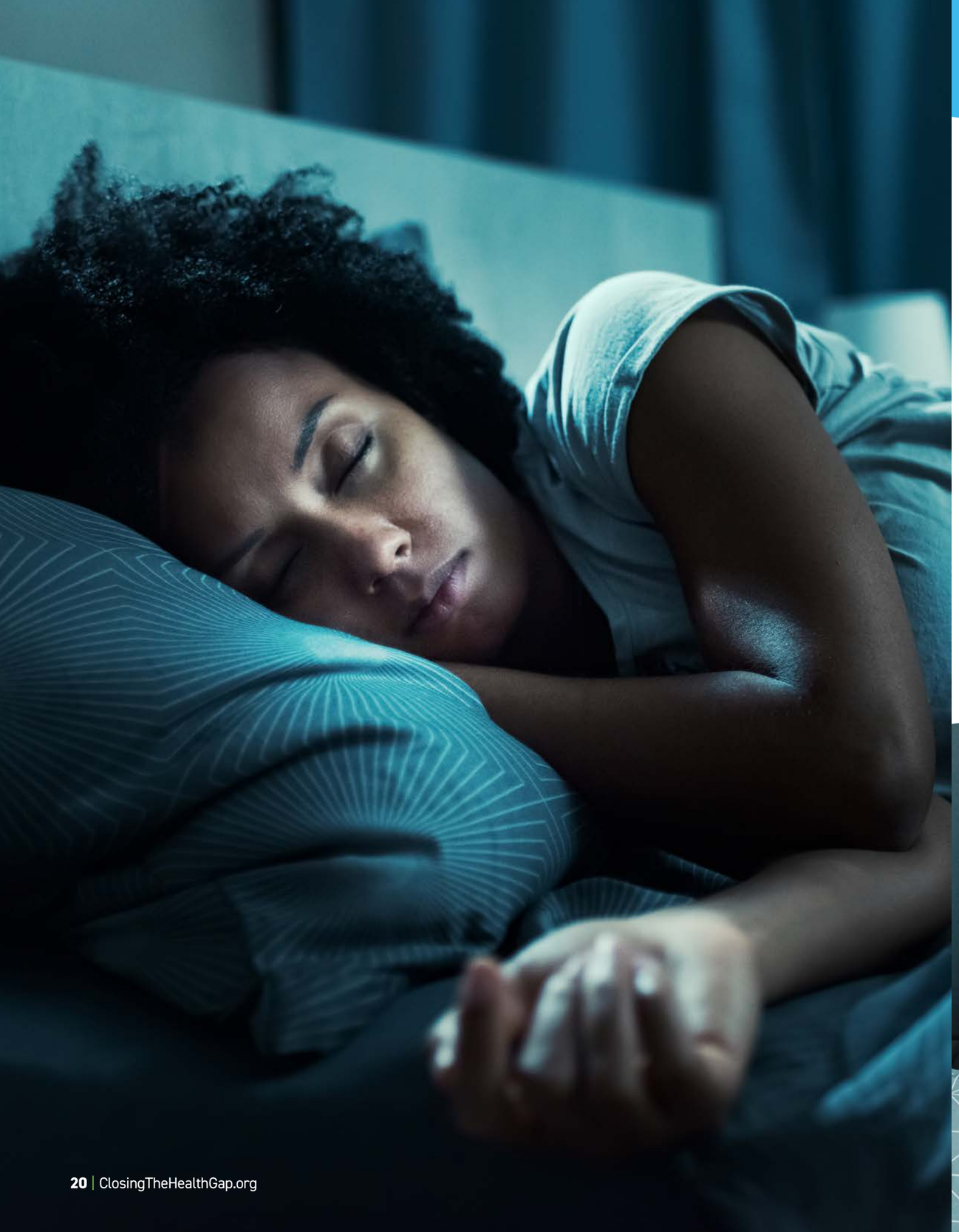
Try these strategies to calm down:
healthline.com/health/how-to-calm-down

Try these ideas for managing tough times:
mhanational.org/deal-better-hard-times

Do a daily mental health check-in:
summitcounseling.org/daily-mental-health-maintenance

Find a therapist: psychologytoday.com/us





How to Get Better Sleep

Most adults need 7-9 hours of sleep a night. Getting enough sleep can improve your mental health, help manage your weight, and protect against diabetes and dementia. Here are some ways you can get the rest you need.

1. Set a schedule, so you go to bed and wake up at the same times each day
2. Get outside during the day; sunlight helps set your internal clock
3. Practice yoga, pray, or meditate to help manage stress
4. Don't have caffeine within 6 hours of bedtime. Coffee, tea, and pop can all contain caffeine.
5. Use the "night shift" or "night light" setting on your phone or computer to minimize blue light in the evenings
6. Turn off screens and electronics 30-45 minutes before bed so you can wind down
7. Keep your bedroom cool, about 60-67°F
8. If you can't fall asleep, try breathing in a 4-7-8 pattern: inhale for 4 seconds, hold it for 7 seconds, breathe out for 8 seconds

Why Oral Health Matters

Cavities and gum disease make it easy for bad bacteria to settle in your mouth and cause infections. Infections of the teeth and gums can also spread, leading to heart infections or sepsis. Taking good care of your teeth can protect your health—and your wallet—from painful emergencies like these.

What causes cavities?

1. Bacteria in your mouth feeds on the sugar you eat
2. The bacteria and sugar mixture, called plaque, covers your teeth
3. The bacteria in the plaque produces acid
4. Over time, the acid breaks down the enamel of your teeth to create a cavity

Here's how to protect your oral health

The only way to stop cavities and gum disease is to remove the sugar and plaque in your mouth before it can do any damage.

1. **Brush your teeth** in the morning and at bedtime. Brush the front, back, and chewing surfaces of your teeth, then gently brush your gums and tongue. It should take about 2 minutes.
2. **Floss between all teeth** every day. Slide the floss up and down both sides of each tooth and gently into the gum line. Don't forget the back molars!
3. **Visit the dentist** every 6-12 months. Regular cleanings and exams can help identify problems before they become emergencies.

Info You Should Know

Health Screening Schedule for Adults

These guidelines are designed for healthy people who have few risk factors.
Ask your doctor about personalizing your schedule, based on your family history and lifestyle.

For Women

- **Mammogram (breast cancer screening):** every 1 to 2 years beginning at age 40
- **Pap smear (cervical cancer screening):** every 3 years for a simple pap or every 5 years for a pap and HPV screening, from age 21 until age 65
- **Bone density test (DEXA scan):** every 5 years beginning at age 65

For Men

Testicular exam: yearly

Prostate cancer screening: African American men are at a higher risk of prostate cancer than other groups and this risk increases with age. However, prostate cancer screening has risks and benefits—we recommend that any man age 40 or older ask their doctor about prostate cancer screening. The PSA blood test is the most common screening tool, and it can be paired with a digital rectal exam by your doctor.

All Adults

- **Comprehensive physical exam:** every 1 to 2 years from age 18-39, yearly starting at age 40
- **Blood pressure:** at least every 2 years
- **Blood cholesterol levels (lipids):** at least every 5 years beginning at age 35 for men and age 45 for women
- **Fasting blood glucose levels (sugar):** at least every 3 years for adults over age 45
- **STI screening (including HIV):** at least once after becoming sexually active, and before having sex with a new partner
- **Colon cancer screening:** beginning at age 45
- **Dental checkup and cleaning:** every 6 to 12 months
- **Glaucoma** – yearly if you are:
  - African-American age 40 or older, because glaucoma is more common in this population
  - Non-African-American age 65 or older
  - Severely nearsighted, diabetic, or have a family history of glaucoma
- **Vision exam** - every 2 to 4 years, even if you don't need vision correction; yearly after age 60

Health Screening Schedule for Kids

Well-Child Visit Schedule

- The first week visit (3 to 5 days old)
- 1 month old
- 2 months old
- 4 months old
- 6 months old
- 9 months old
- 12 months old
- 15 months old
- 18 months old
- 2 years old (24 months)
- 2 ½ years old (30 months)
- Yearly starting at 3 years old

What happens at a well-child visit?

- Comprehensive physical exam
  - Clinical breast exam starting at age 18
  - Testicular exam starting at age 13
- Vision/hearing screening
- Height, weight, and head circumference check
- Routine immunizations
- Developmental/behavioral assessment
- Routine blood work/urine analysis as recommended by doctor
- Lead testing from 6 months to 6 years, if at higher risk

All children should have a dental exam every 6 months and at least one eye exam before entering kindergarten. **Learn more at healthychildren.org**

Adult Vaccinations

Depending on your health history, you may benefit from some or all the vaccines listed here. The number of doses for most vaccines depends on the vaccine type. Ask your doctor if you should schedule a vaccination.

Influenza recombinant, live attenuated, or inactive (protects against the flu)	1 dose annually
Tdap or Td (protects against tetanus, diphtheria, and whooping cough)	1 dose during each pregnancy 1 dose for certain injuries
MMR (protects against measles, mumps, and rubella)	1 or 2 doses total
Varicella (protects against chickenpox)	2 doses total
Zoster recombinant (protects against shingles)	2 doses total, if immunocompromised or older than 50
SARS-CoV-2 (protects against COVID-19)	1 or 2 doses total, plus booster doses as needed
Human papillomavirus (protects against HPV)	2 or 3 doses total
Pneumococcal (protects against pneumonia)	1 dose of PCV15 followed by PPSV23, or 1 dose of PCV20
Hepatitis A (protects against a liver infection)	2 or 3 doses total
Hepatitis B (protects against a liver infection)	2, 3, or 4 doses total
Meningococcal A, C, W, Y (protects against some forms of meningitis)	1 or 2 doses total, plus booster doses as needed
Meningococcal B (protects against a form of meningitis)	2 or 3 doses total, plus booster doses as needed

To learn more about the COVID-19 vaccine, visit
covid19communityresources.com/vaccine

Doctor Visits: Preparing for Your Appointment

To prepare:

1. Write a list of your symptoms including when each started, how often they happen, if there's anything that make them better or worse, and if they have changed over time

2. Write down all the medications and supplements you are taking (or better yet, bring them!). Be honest about how and how often you take them.

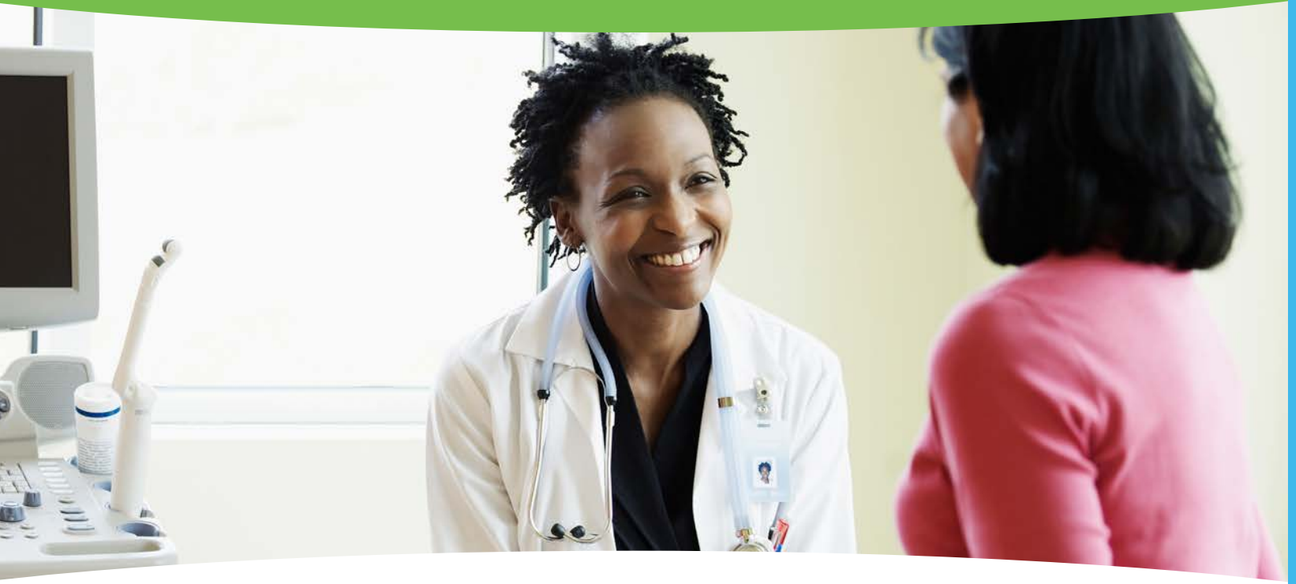
3. Make a note of any changes in your routine (sleep, work, relationships, exercise, etc.) and when they occurred

4. List out any questions or concerns you have. Try keeping a running list in your phone or on the fridge.

5. Make a note of any usual activities that you can't do because of your symptoms (cooking, running errands, hobbies, etc.).

6. Think about bringing someone you trust with you to help ask questions or remember information.

Doctor Visits: Questions to Ask



You have the right to get all your questions answered. There is nothing wrong with asking to have something explained multiple times—this is *your* appointment and *you* are the most important person in the room.

It can help your doctor communicate better if you tell her how you like to get health information. You can say "I like to know the reasoning behind your suggestions" or "too much information overwhelms me. Can we keep it simple?" You can ask the doctor to draw or write things out for you. Repeat information back to make sure you understand.

Questions you may want to ask during your appointment:

1. What else could be causing my symptoms? How would we find out if that was the cause? What would that mean for my treatment?
2. What other treatment options are available for my symptoms?
3. Is there a certain way I need to take my medication? Should I continue taking my other medications?
4. What side effects should I worry about? What side effects are common?
5. When should I stop taking the medication?
6. What can I do to improve my symptoms?
7. How does the test work? What will it tell us? How will I get the results?
8. How should I prepare for the test? Is there anything I can't eat or drink?
9. Am I due for any preventative health screenings or vaccinations?
10. How can I reach you if I have more questions?
11. When should I follow up about this? Who should I make the appointment with?

More Resources

Tips for Staying Active

www.cdc.gov/physicalactivity/basics/index.htm

https://health.gov/moveyourway

Information on Eating Healthy

www.choosemyplate.gov

https://www.nutrition.gov/topics/basic-nutrition

https://health.gov/myhealthfinder/healthy-living/nutrition

Free or Sliding Scale Medical, Dental, and Mental Health Care

St. Vincent DePaul Charitable Pharmacy

https://www.svdpcincinnati.org/pharmacy/charitable-pharmacy-eligibility/?gclid=CjwKCAjwoMSWBhAdEiwAVJ2ndrFlm5UMwNJXMZDJGxU2g1EywXv6fXQXoCV_3p46Ey5pa1cFiZRJ_BoC2hIQAvD_BwE

Good Samaritan Free Health Center

https://www.trihealth.com/hospitals-and-practices/good-samaritan-free-health-center

Cincinnati Health Department Primary Health Care Clinics

https://www.cincinnati-oh.gov/health/cincinnati-health-department-primary-health-care/

Central Clinic Behavioral Health

https://www.centralclinic.org

Looking for more resources?
Please contact The Health Gap at 513-585-9879

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