

Health Matters

Healthstat Wellness
Newsletter



Preventive Health

The goal of preventive health is to avoid the development of chronic health conditions by encouraging preventive measures. These include living a healthy lifestyle and using health services like routine screenings that can detect illness and immunizations that can prevent disease.

Of all developed nations, the United States spends the most per person on health care but has some of the worst health outcomes. Nearly seven out of every ten deaths in the United States such as heart disease, lung disease, cancer, stroke, type 2 diabetes and obesity are preventable in most cases.

More than half of all Americans have at least one chronic health condition.

-Centers for Disease Control and Prevention

Get Healthy, Stay Healthy

What You Can Do to Stay Healthy

The best way you can reduce your chance of developing a chronic health condition is to limit the risk factors that you have control of. You can stay in control of your health by:

- Stopping all forms of tobacco use
- Eating a healthy diet that includes a variety of fresh fruits and vegetables, whole grains, lean protein and low-fat dairy products
- Engaging in regular physical activity -- adults should get at least two and a half hours of moderate-intensity physical activity per week
- Getting enough quality sleep -- seven to nine hours per night for adults
- Getting regular check-ups and screenings with your healthcare provider
- Staying up to date on immunizations

Being overweight or obese is one of the leading risk factors for developing chronic conditions such as heart disease, stroke, type 2 diabetes and certain types of cancer. If you have already been diagnosed with type 2 diabetes, losing weight can help you better control your condition and reduce complications.

To make lasting lifestyle changes, it's best to set small realistic goals. Your Healthstat clinician can provide you with the information and support that you need to set goals and make healthy lifestyle changes.

Source: Centers for Disease Control and Prevention

Screening Recommendations

Colorectal cancer: recommended for adults ages 50 to 75

Breast cancer: recommended every other year for women ages 50 to 74

Cervical cancer: recommended every three years for women ages 21 to 56; women between the ages 30 to 65 who want to lengthen the time between screenings may be screened with a combination of a pap smear and HPV testing every five years

Lung cancer: recommended for adults ages 55 to 80, who have a 30-a-pack-year smoking history and currently smoke or have stopped smoking in the past 15 years

Osteoporosis: recommended for women ages 65 and older; it is also recommended for younger women who have a fracture risk equal to or greater than that of a 65-year old white woman who has no additional risk factors

Want to Learn More?

Make an appointment with your Healthstat clinician to discuss what screenings and vaccinations you may need.

Immunization Recommendations

Flu: adults should get the flu vaccine every year

Tdap: adults should get one dose of Tdap if you did not get it as a child or as an adult; get a booster every 10 years or sooner if you have a cut or puncture; women should get one dose of Tdap during every pregnancy

Shingles: adults ages 50 and older should get two doses of Shingrix, even if you have already had Zostavax

Pneumonia: adults age 65 should get Pevnar 13 and Pneumovax 23 the following year

MMR: you should get this vaccine if you did not get the MMR vaccine when you were a child and were born in or after 1957

HPV: women through the age of 26 and men through the age of 21 should complete the series

Chickenpox: you should get this vaccine if you did not get the chickenpox vaccine when you were a child

*Not all screenings and immunizations are listed. Check with your provider to determine what is right for you.

