

health awareness



A COUNTY HEALTH POOL PUBLICATION

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FRUITS AND VEGGIES-MORE MATTERS

Eating fruits and vegetables has many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for heart disease, type 2 diabetes, and some types of cancer. Eating healthy can also help prevent obesity and high blood pressure.

However, many people don't eat enough fruits and vegetables.

- Fewer than 1 in 7 adults eat the recommended amount of fruits every day.
- Fewer than 1 in 10 adults eat the recommended amount of vegetables every day.

The U.S. Department of Agriculture (USDA) and Health and Human Services' Dietary Guidelines for Americans, 2010 recommends that Americans

make half their plate fruits and vegetables for meals and snacks, as demonstrated by the MyPlate nutrition guide. Given the increase of chronic diseases among all age groups, eating a diet rich in a variety of colorful fruits and vegetables is more important than ever.

We all know that fruits and vegetables add important nutrition to our diets. But how much should we eat? And how can we make this nutrition stuff easier, tastier and more enjoyable?

Making It Simple: The Half-Your-Plate Concept

What does a serving of broccoli look like? How many baby carrots are in a cup? Even the most well-versed nutrition Healthy Plate Icon Replaces MyPyramid : Fruits And Veg-

gies More Matters.org professionals don't have all these measurements memorized! So let's make it easier: fill half your plate with fruits and vegetables at each meal or eating occasion.



Making fruits and vegetables the focal point of every meal will help you meet your recommended amount each day—and you won't have to do all the math!

Measuring by Cups

The number of cups of fruits and vegetables your family

(article is continued on reverse side)

needs daily depends on caloric needs, which are determined by age, gender and activity level. Given the abundant variety and multiple product forms from which to choose, eating the recommended amount is easier than you think. Every step taken toward eating more fruits and vegetables helps your family be at their best!

Why eat MORE fruits and veggies?

10 Reasons to Eat MORE Fruits & Vegetables

Reason 10: Color & Texture. Fruits and veggies add color, texture and appeal to your plate.

Reason 9: Convenience. Fruits and veggies are nutritious in any form – fresh, frozen, canned, dried and 100% juice, so they're ready when you are!

Reason 8: Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.

Reason 7: Low in Calories. Fruits and veggies are naturally low in calories.

Reason 6: May Reduce Disease Risk. Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.

Reason 5: Vitamins & Minerals. Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.

Reason 4: Variety. Fruits and veggies are available in an almost infinite variety, there's always something new to try!

BENEFITS CORNER

Flu Shots

It is that time of year for flu shots! As a reminder, the County Health Pool covers an annual seasonal flu shot at 100% per covered participant. Please see listed below the following processes to assist in flu shot reimbursement.

- 1. Individual Employees and/or Dependents submit a Flu Shot claim form with a bona fide receipt and mail to Anthem. (Claim forms are available at www.ctsi.org)
- 2. An entity can collect the individual Flu Shot claim forms and bona fide receipts, then create a spreadsheet to send into CTSI with the following items; First Name, Last Name, DOB, Date of Flu Shot, Name of Provider, Amount. Once CTSI receives the information listed above and verifies the eligibility of the individuals on the list, CHP will issue a check directly to the entity for distribution.
- 3. An entity can pay up front for the flu shots for its employees and/or dependents at a flu shot clinic or provider that is administering the flu shots. For reimbursements, the entity will need to provide a receipt and create a spreadsheet to send into CTSI with the following items; First Name, Last Name, DOB, Date of Flu Shot, Name of Provider, Amount

Once we receive the information listed above and verify the eligibility of the individuals on the list, CHP will issue a check directly to the entity.

***Note, if you do process number 2 or 3, you will need to have the employee and/or dependent sign the attached HIPAA release form, however, if you have a HIPAA release form on file for prior years, they will not be required to fill out a new form.*

Reason 3: Quick, Natural Snack. Fruits and veggies are nature's treat and easy to grab for a snack.

Reason 2: Fun to Eat! Some crunch, some squirt, some you peel and some you don't, and

some grow right in your own backyard!

Reason 1: Fruits & Veggies are Nutritious AND Delicious!

– From fruitsandveggiesmorematters.org