



THE OUTER BANKS HOSPITAL Health Coach

Allow The Outer Banks Hospital to be your personal health coach.

Try “Habit Stacking” to Easily Improve Your Diet



You’re probably asking, “What in the world is ‘habit stacking?’” It’s a simple way to create a healthy lifestyle. You take advantage of an already well-established healthy habit, such as taking your vitamin every morning, and pair it with a new healthy habit, like drinking more water when you take the vitamin.

You’d be surprised how quickly you can build the road to a healthier lifestyle. Because once you’ve mastered that second healthy habit, you can stack another and another.

“It’s a great technique to improve nutritional habits,” says Jaclyn Hall, registered dietitian at The Outer Banks Hospital. “Let’s say that processed foods are a regular part of your diet because they seem easier and less time-consuming than preparing a meal from scratch. Try habit stacking

with the first meal of the day. Take your vitamin, drink your water and then stack on an easy-to-prepare whole food like oatmeal with berries or avocado on whole-grain toast or a green smoothie.”

Whole foods are those that are consumed in their natural state and haven’t undergone processing to make them taste different, like sugary cereals and packaged baked goods.

“There are so many reasons to choose whole foods over processed foods,” notes Hall. “They provide the right amount of nutrients in the right proportions. Processed foods, on the other hand, are fragmented and missing some important nutrients, and may have added sugars, starch and artificial flavors and colors. They also contain calories that don’t offer the same nutritional value as whole foods.”

“The same goes for processed meats like those you get from a deli,” adds Hall. “Once you’ve mastered breakfast, focus on lunch. Keep it simple at first so you can stack the next healthy habit easily.”

One key to improving your diet is to do a little planning and shopping so you have the ingredients you need in your kitchen. The good news is that habit stacking makes planning less cumbersome at first because you’re focusing on just one meal. Instead of a ham and cheese sandwich for lunch, try a veggie and hummus sandwich. Pile sliced cucumbers and red bell pepper, smashed avocado, shredded carrot and some of the

“Once you’ve mastered breakfast, focus on lunch. Keep it simple at first.” – Jaclyn Hall, RDN

arugula from breakfast on whole-grain bread with hummus. Stack it high!

“People can become overwhelmed when it comes to nutrition and diet,” says Hall. “Start small and make one change a week. Work on that, and then add another healthy habit the next week. In just a month, you’re well on your way to better nutrition and a healthier lifestyle.”

Aiming for Your North Star

Jaclyn Hall, RDN | Registered Dietitian, TOBH Center for Healthy Living



A whole-food, plant-based (WFPB) diet is one of the best ways to reduce your risk of type 2 diabetes, prostate cancer and breast cancer, as well as maintain a healthy weight.

It’s important for you to determine a goal or “north star” for your nutritional needs. For some, moving to a completely plant-based diet may not work.*

However, increasing the amount of plant-based food you consume is a great goal. I tell my patients that there are green light, yellow light and red light foods. (See diagram below.) We want to stay away from red light foods, limit yellow light foods and eat a lot of green light foods.

Start with the habit-stacking method of introducing WFPB items to your diet. Who knows? You may find that it’s easier than you thought it would be.

The team here at the Center for Healthy Living is focused on helping you achieve your nutritional goals. Most insurance covers dietitian visits; however, each policy varies. Reach out to your insurance company to inquire about your coverage. If insurance is an issue, contact us at 449-5978 so we can find a way to help!

Easy Green Smoothie Recipe

INGREDIENTS

- 1 cup arugula (or kale or spinach)
- 1 cup frozen mango
- 1 navel orange, peeled
- 1 banana, frozen
- 1 tbsp. fresh lemon juice
- 1 tbsp. honey
- 2 tbsp. plain Greek yogurt (optional)

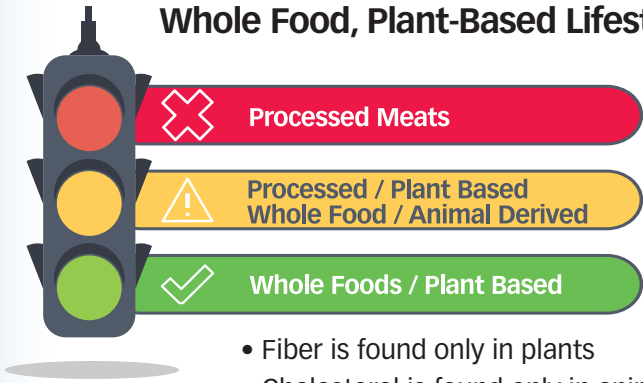


DIRECTIONS

Combine arugula, mango, orange, banana, lemon juice and honey in a heavy-duty blender and blend on high until thoroughly combined and smooth. Taste for sweetness and add more honey if desired.

Pour the smoothie into a glass and top with a dollop of Greek yogurt.

Whole Food, Plant-Based Lifestyle



- Fiber is found only in plants
- Cholesterol is found only in animals
- Saturated fat is mainly found in animal foods (with the exception of coconuts, coconut oil, palm oil and palm kernel oil)

**We recommend checking with your healthcare provider before beginning a new diet.*



January 2022

Health Coach



Education, Support and Community Events

■ Support for Cancer Patients and Their Caregivers

A cancer diagnosis can be overwhelming and the journey through treatment and beyond is challenging for everyone. That's why The Outer Banks Hospital offers several free programs and support groups for people affected by cancer.

Support Groups:

Coping with Cancer Support Group – meets on the 2nd Wednesday of each month from 11:00am-Noon

Breast Cancer Support Group – meets on the 3rd Wednesday of each month from 11:00am-Noon

Caring for the Caregiver – meets on the 4th Wednesday of each month from 11:00am-Noon

For more information or to reserve your spot, please contact Janet Creef, LCSW, at 252-449-2314 or by email at Janet.Creef@theobh.com.

Look Good, Feel Better

Does cancer treatment have you feeling sluggish and looking a little bit less like yourself? Now being offered virtually, licensed beauty professionals will show you how to use makeup and skincare products to bring back your natural beauty and lift your spirits. For more information or to register for a virtual session, please contact Marie Neilson at 449-5935 or by email at Marie.Neilson@theobh.com.

■ Stroke Support Network

Tuesday, January 4 | 11:00am-Noon
Virtual Zoom Meeting

A stroke can be an overwhelming diagnosis. The Outer Banks Hospital is offering a free virtual Stroke Support Network for those affected by stroke on the first Tuesday of every month. For more details and information on registration, contact Robin South, RN at 449-4554 or Robin.South@theobh.com.

■ Advance Care Planning

Tuesday, January 11 | 9:00am-10:00am
Baum Senior Center | 300 Mustian Street, Kill Devil Hills

Do you know who would get to make medical decisions for you if you have not completed a Healthcare Power of Attorney Advance Directive? Join us for a free session and learn the who, what, when, where, how, and most importantly, the why of advance care planning. For more information, call 475-0905.

■ The Blood Connection Blood Drives

Wednesday, January 26 | 8:00am-1:00pm

TOBH Main Entrance | 4800 S. Croatan Hwy, Nags Head

The Blood Connection will be hosting a community blood drive on the Outer Banks. All donors will receive a \$20 e-gift card and are asked to make an appointment to best control social distancing. Use the QR code below to reserve your spot. For more information, call 449-4529.

TBC DONOR CARD OR PHOTO ID REQUIRED.



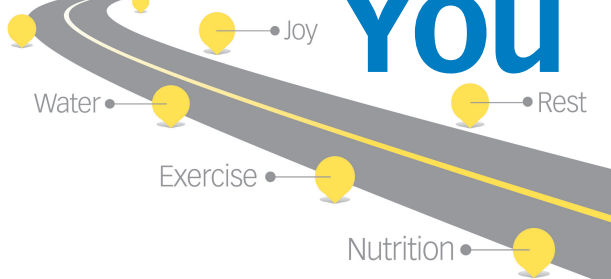
The *Gala to Go* offers everything you need to enjoy the Hospital's Annual Gala from the comfort of your home, while generously supporting The Outer Banks Hospital's Cancer Center campaign. This year, the *Gala to Go* will take place on Saturday, February 12 and will commemorate the hospital's 20th anniversary. Your package will include a five-course meal for two, along with a bottle of wine, a floral arrangement by Holiday House Weddings & Events, and more!



The *Fun In The Sun Backyard Raffle* offers a chance to bring your beach life to the next level! The Outer Banks Hospital has partnered with Kellogg Supply Company to offer a special raffle prize that includes a Wilmington Grill, pub table and chairs, sun canopy, Yeti cooler and accessories, four beach chairs, and beach toys. The raffle winner will also receive a Backyard BBQ for 20 Guests courtesy of Pigman's Bar-B-Que.

Learn more about The Outer Banks Hospital *Gala to Go* and *Fun In The Sun Backyard Raffle* at TheOBH.com/gala2022 or call 252-449-5933.

Road to a Healthier You



Virtual Series! A New Year is a great time to reflect. Are you ready to move towards a healthier lifestyle? Join experts from The Center for Healthy Living who will help guide you to your North Star during this virtual three-part series. To register, visit TheOBH.com/northstar.

Questions? Call 449-4529.

Friday, January 14 | Noon-1:00pm | Via Zoom

Topic: Lifestyle Changes to Boost Your Immunity and Speed Your Recovery
Featuring Marielle Silk, FNP-BC

Friday, February 4 | Noon to 1:00pm | Via Zoom

Topic: Easy Strategies to Prevent a Stroke
Featuring Robin South, RN

Friday, February 25 | Noon to 1:00pm | Via Zoom

Topic: Creating Your Optimal Well-Being
Featuring Christina Bowen, MD, ABOIM, DipACLM