



HealthCoach

Timely, trusted advice from Outer Banks Health



Fueling Longevity With a Healthy Diet

Among the many responsibilities we juggle every day, good nutrition can take a back seat, especially when we skip meals or grab fast food. But did you know that what we eat is the foundation of our well-being? The quality of our food should be top of mind because it has a direct impact on our longevity and quality of life.

“So often we think about the word ‘diet’ as a temporary plan to lose weight. In reality, our diet should be a lifelong habit that we can easily incorporate into our daily routine.”

– Jaclyn Hall, RDN
The Outer Banks Health
Center for Healthy Living

Proper nutrition fuels our bodies and provides the energy we need to address the challenges of daily life. From the time we wake until we sleep, every action and every thought depend on the nutrients we get from the foods we eat.

Studies consistently show that people who stick to a healthy diet tend to live longer, healthier lives. By nourishing our bodies with wholesome foods, we build resilience to the challenges of aging, like chronic diseases and cognitive changes.

“When considering a change to healthier foods, it’s important to develop a plan you can follow throughout your life,” said Registered Dietitian Nutritionist Jaclyn Hall, who is with the Outer Banks Health Center for Healthy Living. “So often we think about the word ‘diet’ as a temporary plan to lose weight. In reality, our diet should be a lifelong habit that we can easily incorporate into our daily routine.” Hall added that a balanced, portion-healthy diet should include a variety of fruits and vegetables; whole grains like brown rice; lean proteins like fish, beans, and nuts; and healthy fats found in olive oil, avocados, and nuts.

“Here at the Center for Healthy Living, we work in partnership with you and your healthcare provider to develop a personalized plan with healthy foods you will enjoy and that will support your health goals and align with your daily routine,” noted Hall.

For more information about Center for Healthy Living services, visit outerbankshealth.org/services/the-center-for-healthy-living/.

How to Start the Shift to a Diet That Promotes Quality of Life

It may seem daunting to transition to a healthy diet. Of course, you should consult with your healthcare provider before undergoing any big changes. Here are a couple of tips that can help you incorporate better nutritional choices on a daily basis:

Be Plant Predominant: Work toward a plant-based diet by increasing your consumption of fruits, vegetables, whole grains, beans, lentils, legumes, and seeds and nuts. Where you can, add more color and “eat the rainbow”.

Double-Think Meat: Consider limiting meat consumption to twice a week (in servings sized no more than two ounces cooked). Choose true free-range chicken and family-farmed pork

or lamb instead of meats that are industrially raised. Avoid processed meats like hot dogs, luncheon meats, bacon, and sausages. Instead choose fish, up to three ounces daily. Select types that are common and abundant and favor fish like trout, snapper, grouper, sardines, and anchovies.

For even more tips, scan the QR code and watch our own Jaclyn Hall, RDN, as she tours a local grocery store and offers great advice on healthy food choices.



Adapted from the blue zones food guidelines

Education, Support and Community Events

Outer Banks Health Stroke Support Network

Outer Banks Health offers a free virtual Stroke Support Network on the first Tuesday of every month for stroke survivors and their caregivers. For more details and to register, contact Robin South, RN, at 252-449-4554 or by email at Robin.South@theobh.com. Attend in person or via Zoom.

Tuesday, July 2 | 11 a.m. – noon

Outer Banks Health Port Room or via Zoom

Tuesday, August 6 | 11 a.m. – noon

Outer Banks Health Port Room or via Zoom

Namaste at the Beach

Get your Thursday mornings started with free yoga classes on the beach in Nags Head (weather permitting). All skill levels welcome. Bring a yoga mat or towel and your water bottle. Questions? Call 252-449-4529.

Thursdays | July 11, 18, 25 | 7:30 a.m. – 8:30 a.m.

Thursdays | August 1, 8, 15, 22, 29 | 7:30 a.m. – 8:30 a.m.

Jennette's Pier | 7223 S Virginia Dare Trail, Nags Head

Eat the Rainbow...for Good Health

A simplified approach to good nutrition brought to you by The Center for Healthy Living. Join us weekly on Thursdays this summer at the Dowdy Park Farmer's Market for a fresh healthy recipe and to try a sample!

Thursdays | July 11, 18, 25 | August 1, 8, 15 | 9:30 a.m. – 1 p.m.

Dowdy Park | 3005 S Croatan Hwy, Nags Head

The Blood Connection Blood Drives

The Blood Connection will be hosting community blood drives on the Outer Banks. All donors are asked to make an appointment. Walk-ins are welcome, but appointments are highly recommended and take priority.

To make an appointment, use the QR codes or visit thebloodconnection.org. All donors will receive an e-gift card. Special thanks to the Blood Connection for giving a donation to the Cowell Cancer Center for every donor who attends.



July

Friday, July 12 | 8 a.m. – 1 p.m.

Outer Banks Health | 4800 S Croatan Hwy, Nags Head

Saturday, August 3 | 10 a.m. – 3 p.m.

Outer Banks Family YMCA | 3000 S Croatan Hwy, Nags Head



August

Wellness Screenings

Outer Banks Health offers free wellness screenings, which include blood pressure, heart rate, cholesterol, blood sugar, and body mass index, as well as health coaching. Appointments are highly recommended and take priority. Walk-ins are welcome if appointments are available. To secure a spot, use the QR codes to register. Questions? Call 252-449-4529. All screenings will take place on the Outer Banks Health Coach vehicle in the parking lot.

Tuesday, July 16 | 9 a.m. – noon

Manteo Library | 700 US-64, Manteo

Tuesday, July 16 | 4 p.m. – 7 p.m.

Dowdy Park Family Night | 3005 S Croatan Hwy, Nags Head

Tuesday, August 20 | 9 a.m. – noon

Southern Shores Pitts Center | 5377 N Virginia Dare Trail, Southern Shores

Wednesday, August 28 | 9 a.m. – noon

Outer Banks Family YMCA | 3000 S Croatan Hwy, Nags Head



Help Build the Tribute Path

You can help build the Cowell Cancer Center tribute paths with a purchase of an engraved paver that honors or memorializes a loved one. To purchase a paver, use the QR code or visit give.ecuhealthfoundation.org/TOBHTRIBUTEPATH.



For more information, contact our Development Office at 252-449-4529.

Blood Pressure Checks & Hypertension Lunch and Learn

Hypertension, or high blood pressure, can cause problems if not treated. Join Dr. Michael Reddy-Miller, a hospitalist at Outer Banks Health, to learn more about high blood pressure and preventative measures for combating it. This is a free lunch event. To secure a spot, use the QR code to register. Questions? Call 252-449-4529.

Blood Pressure checks will also be available in the Health Coach vehicle in the Baum Center parking lot on a first-come, first-served basis.

Wednesday, August 7

Blood Pressure Checks | 10 a.m. – 1 p.m.

Lunch and Learn | 1 p.m. – 2 p.m.

Baum Senior Center | 300 Mustian St, Kill Devil Hills



Advance Care Planning

Do you know who would get to make medical decisions for you if you have not completed a healthcare power of attorney and advance directive? Join us for a free, informative session about advance care planning. If you require only witness/notary assistance, please arrive 10 minutes before the close of the session. Questions? Call 252-475-0905.

Wednesday, July 17 | 9 a.m. – 10 a.m.

Baum Senior Center | 300 Mustian Street, Kill Devil Hills

Tuesday, August 6 | 10 a.m. – 11 a.m.

Virginia Tillett Center | 950 Marshall C Collins Drive, Manteo

Free Hatteras Island Event

Wellness Screenings & Advanced Directive Lunch and Learn

Outer Banks Health will be offering wellness screenings, which include blood pressure, heart rate, cholesterol, blood sugar, and body mass index, as well as health coaching. Appointments are highly recommended and take priority. Walk-ins are welcome if appointments are available; use the QR code to register or call 252-449-4529 with questions. All screenings will take place on the Outer Banks Health Coach vehicle in the parking lot.

There will also be a lunch and learn that will be an informative session about advanced care planning. To register for the lunch and learn, contact the Fessenden Center at 252-475-5650.

Thursday, August 22

Wellness Screenings | 10 a.m. – 1 p.m.

Lunch and Learn | noon – 1 p.m.

Fessenden Center | 46830 NC Hwy 12, Buxton



Outer Banks Health Development Council Presents 2nd Annual Cancer Shucks!

An Oyster Feast and Low Country Shrimp Boil Benefiting OBX Cancer Cares



Enjoy an evening of seafood and music by the Blue Crab Boys, while supporting local cancer care for patients in our community!

**Friday, October 25, 2024
6 p.m. – 10 p.m.**

**Pirate's Cove Pavilion | Manteo, NC
Casual and fun attire**

Sponsorships are available now.

A limited number of individual tickets will be on sale Tuesday, October 1.



With steamed shrimp, clams, oysters, grilled chicken, tuna bites, potatoes, corn, mac & cheese, desserts, and more! All attendees will receive food, beverages (including beer and wine), and a commemorative event giveaway!

For more information, please call 252-449-4529 or email Lea.Campbell@theobh.com.