



BACK TO BASICS

● KEY TAKE AWAYS ► additional resources

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- Doing the most good for the most people, every element of the Wondr program speaks to all!
 - It's not willpower, it's skill power!
 - 10-5-10 Approach
 - Eat when you're hungry, not when you're not - Hunger lives on a spectrum.
 - How hungry are you on a scale of 1-4?
 - WONDRSKILLS/WONDRUP/WONDRLAST
 - Wondr is 100% digital, built for hyper-personalization & infinite scalability
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- Wondr Health Program Scholarship Interest Form: <https://www.genesishhealth.com/care-treatment/wondr-health/wondr-health-interest-form/>
 - Genesis Health System/Wondr Health Landing Page: <https://www.genesishhealth.com/care-treatment/wondr-health/>
 - Wondr Worthy Promotional Video: <https://vimeo.com/548213869>
 - Wondr Curriculum Promotional Video: https://f.hubspotusercontent30.net/hubfs/1751431/W13076-Updated-Curriculum-Video_R5.mp4

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- MyPlate is a guide for healthy eating at every life stage.
 - Customize MyPlate to reflect age, gender, and physical activity level.
 - To maintain a healthy dietary pattern, consume nutrient-dense forms of foods and beverages from the MyPlate food groups, in recommended amounts.
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- Food for 'ME TOO' Nutrition (for the Toddler and Preschooler): <https://store.extension.iastate.edu/product/4597>
 - Stay Independent, Prevent Sarcopenia: <https://store.extension.iastate.edu/product/14826>
 - Spend Smart. Eat Smart. Publications - (Available in English and Spanish):
 - ✓ Dairy: <https://store.extension.iastate.edu/product/12906>
 - ✓ Protein: <https://store.extension.iastate.edu/product/12907>
 - ✓ Fruits: <https://store.extension.iastate.edu/product/12908>
 - ✓ Vegetables: <https://store.extension.iastate.edu/product/12909>
 - ✓ Grains: <https://store.extension.iastate.edu/product/12915>
 - MyPlate: www.myplate.gov; MyPlate for Older Adults, Tufts University: <https://hnrca.tufts.edu/myplate/myplate-for-older-adults/download/>

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- Prepare most of your meals at home with minimally processed foods that reduce prep time.
- Make an eating plan each week that includes easy meals for those busier nights.
- When eating out, look for sides with extra veggies. You also can make sure to eat a vegetable dish at home before going out, to curb your hunger and lower your caloric density for the day.
- Arrange your kitchen so you are tempted to eat fruits and vegetables and nutrient rich choices.
- Sit down to eat as much as possible and listen to your body for fullness and hunger to guide with optimal portions.

➤ *Cooking with Heart Classes* info and registration www.unitypoint.org/cookingwithheart

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- One healthy habit increases life expectancy by 2 years (in both men and women).
 - Eating pattern commonalities of the blue zone regions: rich in nutrient-dense, high quality foods, with emphasis on fruits and vegetables, legumes, fish, lean proteins (majority plant sources), and a healthy fat profile. Includes less refined carbohydrates, salt and sugar, compared to the typical American diet.
 - The World Health Organization (WHO) and the U.S. Centers for Disease Control & Prevention (CDC) estimate 80% of coronary heart disease (CHD) and type-2 diabetes mellitus (T2DM), as well as 40% of cancers, could be prevented by improving 3 health behaviors: eating habits, physical activity, and tobacco use.
 - Create and nurture social networks that support healthy behaviors. Research from the Framingham Studies shows that smoking, obesity, happiness, and even loneliness are contagious.
 - Find your purpose. Okinawans call it “ikigai.” What gets you up in the morning? Knowing your purpose will add more years to your life.
- University of Illinois Extension webinar - *Cultivating Your Own Blue Zone* (2/17/22 at 10 a.m.):
[Cultivating Your Own Blue Zone | Lessons for Living | February 2022: University of Illinois Extension](https://extension.illinois.edu/hmrs/cultivating-your-own-blue-zone-lessons-for-living-february-2022)
- Where we live matters for how well and how long we live. U.S. life expectancy interactive map: [Life Expectancy Data Viz \(cdc.gov\)](https://lifeexpectancydata.cdc.gov/)
- Maintaining a varied diet with nutrient-dense foods, moving more, and avoiding tobacco is the surest way to promote one’s healthspan and limit the onset of most diseases:
<https://publichealth.wustl.edu/healthspan-is-more-important-than-lifespan-so-why-dont-more-people-know-about-it/>
- University of Illinois Extension website (serving Henry, Mercer, Rock Island, and Stark Counties):
<https://extension.illinois.edu/hmrs>