

Wellness team offers free programs and resources to help support our members' health

Security Health Plan's wellness team can be your valued partner in helping your patients maintain and improve their health. Health coaching over the phone and helpful health education materials are available free of charge to nearly all of our members to help with weight management, quitting tobacco/nicotine, increasing physical activity, healthy eating, managing stress and more.

If you have patients who can benefit from our programs, please have them call **Security Health Plan at 1-800-472-2363 (TTY: 711)** and ask to speak with a health coach.

Click here to learn more about health coaching from Security Health Plan

March is recognized as National Colorectal Cancer Awareness Month, with colon health a focus of our wellness communications to Security Health Plan members. Here are two related articles that could be valuable for your patients who are Security members:

What you need to know about colorectal cancer and health

Colorectal cancer is highly preventable, yet it remains the second leading cause of cancer-causing death in the United States. Colorectal cancer affects both men and women in almost equal numbers. With all of the screening available methods available, it's important to highlight why March has been designated National Colorectal Cancer Awareness Month.

Risk factors for colorectal cancer include being overweight or obese, physical inactivity, poor diet, smoking, heavy alcohol use, a personal history of colorectal polyps or colorectal cancer and a personal history of inflammatory bowel disease. Other factors include having type 2 diabetes, your racial or ethnic background, and genetics including inherited risks associated with colorectal cancer.

When you stop to think about what could put you at risk, many of the risk factors are within your control. Simply starting an exercise routine, smoking cessation or eating healthier can help reduce your risk dramatically. Also, one of the best tools in your tool belt is your preventive exam. There are often no symptoms when colorectal cancer is first developing, and a screening can help catch it early. Speak to your doctor about how frequently you should start your screenings and at what age.

For more information about colorectal cancer and prevention, click here.

<https://www.cancer.org/cancer/colon-rectal-cancer/causes-risks-prevention.html>

High fiber diet reduces risk of developing colorectal cancer

Eating a high-fiber diet is linked with a reduced risk of colorectal cancer, according to new research that analyzed 25 different studies. Total fiber intake, as well as fiber from whole grains and from cereals, was most strongly linked with a reduction in colorectal cancer risk. Among people treated for non-metastatic colon cancer, every 5 grams of fiber added to their diet reduced their odds of dying by nearly 25 percent, according to lead researcher Dr. Andrew Chan, associate professor in the Department of Medicine at Harvard Medical School.

Fiber has been linked to better insulin control and less inflammation and fiber from foods, not supplements, was linked to better risk reduction and survival as well. The fiber found in food keeps the gastrointestinal (GI) system moving, improves satiety, aids in weight management, fights cancers and feeds the trillions of beneficial microbes living in the gut and intestines. The impact of food on your health can be a powerful way to reduce your risk for future disease.

Here are a few ways to help you begin making the switch to increase your fiber intake.

https://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/SimpleCookingandRecipes/M meal-Planning-The-High-Fiber-Factor_UCM_430111_Article.jsp

For a high fiber and hearty soup, check out this tasty turkey chili recipe below:

<https://recipes.heart.org/en/recipes/turkey-chili>

Additional resource:

<https://www.webmd.com/colorectal-cancer/news/20171102/fiber-rich-diet-boosts-survival-from-colon-cancer#1>