



Why do people become overweight?

- Over time, if you eat and drink more calories than your body uses or "burns off," your body will store the extra energy, leading to weight gain.
- Communities, homes, & workplaces can all affect people's health decisions.
- Overweight & obesity tend to run in families.
- Many people eat when they are bored, sad, angry, or stressed, even when they are not hungry.
- If you think any of these apply to you, check out our steps to better health. You can also consult your provider or contact IHH staff.

You may not be able to control all of the factors, but by making small changes to eating & physical activity habits you can improve your health!

MCO transition will start APRIL 1
Here's what you need to know:

- Find out which MCO you are with
- Talk with your providers to make sure they are also working with your MCO
- If you have additional questions, contact us



The MCO member survey will be sent in April. MCO's will be contacting you through mail or telephone. **KEEP IN MIND:** By completing this survey you will be able to earn extra incentives!

Eat more of these foods:

- Fruits & Vegetables
- Whole-grain breads & Cereals
- Fat-free or low-fat dairy
- Seafood, Lean Meats, & Eggs
- Beans, Nuts, & Seeds

Limit these foods & drinks:

- Sugar-sweetened Drinks & Desserts
- Foods made with butter or other fats that are solid at room temperature
- Refined grains (Bread, chips, & crackers)

Steps to better health:

Get 2-4 hours of moderate or intense physical activity each week. Brisk walks, swimming, bike, hikes, basketball...do whatever you enjoy best!

Strengthen your muscles at least twice a week. Do push-ups or pull-ups, lift weights, do heavy gardening, or work with rubber resistance bands.

Did You Know???

We have partnered with **Optimae** and are now offering therapy services at our office as well as the **Optimae** office!



**Callie Brass MA, T-LMHC, CRC
Therapist**

In order to take advantage of this wonderful opportunity you will need to get a referral from a member of Integrated Health Home

CSA Advocacy Day!



March 23rd at 9am
CSA is hosting an advocacy day for members, family and staff at the Iowa Capital!
Contact us for more information on how to make your voice heard.

Check out our website

teamcsa.org



