



Providence VA Medical Center Healthy Living Resources



April 2015

The Veterans Health Administration (VHA) is committed to helping Veterans choose healthy behaviors to improve and maintain their health. A set of nine “healthy living” messages focused on key prevention areas of: nutrition, physical activity, weight management, smoking, alcohol use, stress management, clinical preventive services, safety, and health care communication, encourages Veterans to make healthy lifestyle choices. However, effective clinical interventions for behavior change are only one factor in determining Veterans’ overall health. Connecting Veterans with community resources provides additional support for their health behavior change goals and self-management efforts. These community resources may offer a variety of services and opportunities that are not available in VA medical facilities.

This guide was put together by building upon the ***Providence VA Medical Center and Outlying Clinics Guide to Educational Activities***, dated 9/8/2010 and developed by the Veteran Health Education Committee. This resource guide is intended to be a living document and will be revised annually. There will also be an electronic version available through a link under tools in CPRS, on the Primary Care Share Point, Nursing Service Share Point, and on the Providence VA Medical Center intranet web page under Clinical Resources entitled, HLM Internal & External Resource Guide.

Listing a resource in this guide does not indicate endorsement of any product, vendor, or program by the Providence VA Medical Center. The resources listed are to assist the Veteran and their health care providers to identify activities and programs that can potentially benefit the Veteran. The VA is not responsible for payment related to the Veterans’ use of any identified community resources. Federal regulations prohibit the use of VA appropriations to pay for Veterans’ memberships in spas or health clubs.

Please refer any activities (workshops, classes, therapies, groups) not currently listed that may help our Veterans achieve and maintain a good health status to Ellen Lynch, Health Promotion and Disease Prevention Program Manager, Ellen.Lynch@va.gov, 401-273-7100 extension 3970 for inclusion in the next version. Suggestions for improvements are also very much welcome.

HEALTHY LIVING MESSAGES

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HEALTHY LIVING MESSAGES INTERNAL RESOURCES



HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Be Involved in Your Health Care			
Program or Resource Name	Description	Link to Web Site/ Contact Person	Additional Information
Care Coordination and Home Telehealth	<p>VHA's Home Telehealth model is focused on:</p> <ul style="list-style-type: none"> • Veterans with chronic diseases such as diabetes, hypertension, chronic heart failure, post-traumatic stress disorder, depression, spinal cord injury, traumatic brain injury and chronic respiratory disease • Making home the preferred place of care for Veterans, when appropriate • Focusing on those Veterans whose treatment incurs 20-30% of health care costs and resources • Providing non-institutional care support for Veterans and their caregivers • Assisting Veterans to self-manage their disease (when possible). 	<p>Peg Dyer MSN, RN, BC (401) 273-7100 x3541</p>	<p>A consult to telehealth can be placed by any professional health care worker through CPRS or calling telehealth.</p>
Caregiver Support Group	<p>Support and education for Veterans or their spouses caring for a loved one with dementia.</p>	<p>Stacey DeOrsey LICSW (401)273-7100 x4249</p>	<p>Registration Required 3rd Monday each month 10:30am-11:30am 5th Floor, Classroom 1</p>

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Be Involved in Your Health Care			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Caregiver Support Program Group	Support and education for Caregivers of Veterans.	Kathy Langford LICSW, CCM (401)273-7100 X3283	Registration Required
Caregiver Support Program	To promote the health and well-being of Veteran Caregivers through education, resources, and support.	Kathy Langford LICSW, CCM (401)273-7100 x3283 The National Caregiver Support Line is 1-855-260-3274.	Appointment Required for eligibility and benefit counseling. Website: www.Caregiver.va.gov
Chronic Pain & Disease Self-Management Workshop: Living Well RI	A self-management program for people living with chronic conditions including but not limited to asthma, diabetes, heart disease, arthritis, and COPD.	<u>VA Contact:</u> Ellen Lynch MPH, RN (401)273-7100 X3970 <u>DOH Contact:</u> Cindy Ariza (401)222-7636	Workshops offered at PVAMC (times/location vary). Other workshops available in various locations throughout RI. External workshops facilitated by the Department of Health.
Diabetes Meter Beginners Class	<u>Providence:</u> Teaching diabetic patients how to test their blood sugar using a meter.	Annette Lapre RN (401)273-7100 x2593	Appointment Required Call (401)273-7100 x4212 or 2593 Providence: Class is held on Monday's 2p-4p in Primary Care Waiting Area 2

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Be Involved in Your Health Care			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Diabetes, Nutrition and Glucometer Training	<p><u>Middletown:</u> Basics of nutrition and diabetes along with glucometer education.</p> <p><u>Hyannis:</u> Glucometer training for Accucheck Aviva either conversion from Advantage or needs glucometer training.</p>	<p><u>Middletown:</u> Elizabeth Cappalli RD, LDN, CDE or Jean Taft MS, CDOE, RN-BC (401)273-7100 x1813</p> <p><u>Hyannis:</u> Debra Gibbons RD (401)273-7100 x1714</p>	<p><u>Middletown:</u> By appointment</p> <p><u>Hyannis:</u> 1st & 3rd Weds. Each month at 2:30pm Referral from Primary Care Provider needed.</p>
Diabetes Self-Management Workshop	A self-management program for people living with type 2 diabetes who want help to become better managers of their condition.	<p><u>VA Contact:</u> Ellen Lynch MPH, RN (401)273-7100 X3970</p> <p><u>Dept of Health RI Contact:</u> Cindy Ariza (401)222-7636</p>	Workshops offered at PVAMC (times/location vary). Other workshops available in various locations throughout RI. External workshops facilitated by the Department of Health
Library	Visit the library to get consumer health or other information, get MyHealtheVet help, check out books, view health DVD's, use our computers, & read the paper.	Cheryl R. Banick Chief Library Service (401)457-3001	<p>Located on the 2nd floor, C Wing, in Room 243.</p> <p>Open Monday-Friday 8:00am-4:30pm.</p>

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Be Involved in Your Health Care			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Multiple Sclerosis Men's Group	This is a drop-in support group for male Veterans diagnosed with multiple sclerosis. A social worker and the nurse specializing in MS care facilitate it.	Questions about the group can be directed to Jerri Jaffa, RN 401-273-7100 x5978 or Kelly-Lynne Ward, MSW 401-273-7100 x6749	Meets the second Wednesday of every month at PVAMC in the 5 th floor auditorium/classroom.
My HealtheVet	<p>A personal health record for Veterans, in a secure, web-based portal that the Veteran owns and controls.</p> <p>Provides the ability to review lab results, wellness reminders, VA appointments, allergies and adverse reactions, and send your VA Health Care Team non-urgent/non-critical secure messages with an authenticated account.</p> <p>Easy access to self-entered information, mental health screening and health assessment tools, tracking tools (blood sugar and weight) and food/activity journals.</p>	Kathy Foresti (401)273-7100 x2128	Access to enhanced features within your My HealtheVet account are available after completion of a one-time in-person authentication.

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Be Involved in Your Health Care			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
New Patient Diabetes Glucometer Class	<u>Hyannis:</u> General diabetes nutrition class with glucometer training for new users and others needing a review.	<u>Hyannis:</u> Debra Gibbons RD (401)273-7100 x1714	<u>Hyannis:</u> Referral from Primary care Provider required. Class is 2 nd Friday each month at 9:30am.
New Patient Orientation	Information to new patients on what to expect at the VA regarding copayments and other useful information concerning receiving care at PVAMC and the CBOCs	Joanne Cardoza (401)273-7100 X6166	No registration required. 2 nd and 4 th Friday each month from 2:00pm-4:00pm on the 5 th floor in classroom 1 or 2.
OEF/OIF/OND Drop-in Class	Drop-in case management class for Veterans who have recently returned home from Iraq, Afghanistan or any recent combat theater to gain education and knowledge of VA health care and benefits, peer support, psycho-education, and problem solve any present issues.	Erin Butler LICSW (401)273-7100 X6137	OEF/OIF/OND Program: Room D1020 Case Managers: Mimi Sevin, LICSW (401)273-7100 X6401 Laurie Harris, LCSW (401)273-7100 X4262

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Be Involved in Your Health Care			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Operation Vet2Vet	<p>Confidential wellness groups assisting Veterans with readjustment concerns, addressing everyday life situations, and accessing community services.</p> <p>Run by Veterans for Veterans.</p>	<p>www.site.Operationvet2vet.com <u>Available 24/7:</u> Don Sullivan (401)345-5457</p> <p>Ron Witcomb (860)564-1561</p> <p>Rick Braley (860)908-2623</p>	<p>No registration required. Open to all Veterans.</p> <p>Every Thursday 8:30am-10:30am Trailer 34</p> <p>Every Thursday 11:00am-12:30pm Trailer 33</p>
Prostate Cancer Support Group (M2M)	<p>Education/support group utilizing experts in the fields of treatment, disease progression, research, and supportive services.</p>	<p>Chaplain Cottrell (401)273-7100 x2865</p>	<p>No registration required.</p> <p>Meets the 3rd Monday of each month (Sept-June). Unless a federal holiday then moves to the 4th Monday. 8:30am-9:30am 5th floor Classroom 2</p>
Progressive Tinnitus Management (PTM)	<p>A 5-tiered program incorporating evaluation, education, counseling, and sound therapy. Goal is to minimize the impact of tinnitus on patients' lives.</p>	<p>Michael Clarke Au.D. (401)455-4949</p>	<p>Referral required from Primary Care Provider to Audiology.</p>

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Be Involved in Your Health Care			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Pulmonary Rehabilitation	A comprehensive, effective treatment program for patients with chronic lung disease that includes exercise and education to improve symptoms, activity levels and the ability to manage the illness.	Nicole Divver, RT or Dr. Linda Nici (401)273-7100 x2548	Pulmonary Rehabilitation consult required. Tuesdays and Thursdays 10:00am-12:00pm Family members welcome.
Women's Health	Provides outreach, education, and development of programs and policies for women Veterans.	Tonya Maselli-McConell LICSW, BCD (401)273-7100 X6191	No referral required

Be Tobacco Free			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Quit Smoking Program	Intensive 6-week program using both self-management approaches and medication.	Dr. Alan Sirota (401)273-7100 X3404	Referral required. No co-payment. 3 Groups per year starting in Jan, May & Sept. Monday's 3:00-4:15p

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Be Tobacco Free			
Smoking Cessation Behavioral Counseling and Pharmacy Interventions	Intensive behavior counseling and tailored medication for smoking cessation. After attending the hour-long Vet Quit Smoking Cessation class, the Veteran may attend the Staying Smoke Free class at Special Populations clinic. Attend as a walk-in or request an individual appointment.	George Hoell PharmD or Karen Chase RNP (401)273-7100 X4213	No appointment required. No copayment for the class. Open access every Wednesday morning 9:00a Primary Care waiting area 2
Staying Smoke Free	Receive support and tips for remaining free from tobacco in a supportive group.	Karen Oliver PhD (401)273-7100 X3694	No appointment required. No copayment. Every Wednesday 9:00 – 10:00a Room 1069
Tobacco Cessation Quit Line	Telephone assistance with quitting smoking.	1-800-QUIT-NOW 1-800-784-8669	N/A
VA Public Health Strategic Health Care Group	Smoking cessation resources	http://www.publihealth.va.gov/smoking	N/A

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Be Tobacco Free			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Vet Quit- Smoking Cessation	<p>Tips on how to quit smoking.</p> <p>Smoking cessation treatment program.</p> <p>No copayment.</p>	<p><u>Providence:</u> George Hoell PharmD or Karen Chase RNP (401)273-7100 X4212,4213,4264</p> <p><u>Hyannis:</u> Suzanne Tokarz RN (508)771-3190 X1736</p> <p><u>New Bedford:</u> Ron Jolin SWS (508) 994-0217 X1938</p>	<p><u>Providence:</u> No registration or referral required. Special populations clinic. Every Wednesday 9:00am-10:00am</p> <p><u>Hyannis:</u> Every Thursday 10:00am-11:00am</p> <p><u>New Bedford:</u> Every Monday 1:00pm-2:00pm</p>

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Eat Wisely & Strive for a Healthy Weight

Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Cholesterol Control	Nutrition tips to help control your cholesterol.	<p><u>Providence:</u> Susan Boyd RD, MS, LDN (401)273-7100 X3182</p> <p><u>Hyannis:</u> Debra Gibbons RD (508)771-3190</p>	<p><u>Providence:</u> No registration required. 2nd Friday each month 9:00am 4th Floor Patient Dining Room</p> <p><u>Hyannis:</u> Referral required. Call for more information.</p>
Diabetes Care Team Class	<p>12-week class consisting of 6 group sessions. The Veteran comes to group every other week and telephone contact is made on alternate weeks.</p> <p>The approach is multi-discipline and led by pharmacy. A consult is not required and patients are referred by their provider from MH, inpatient discharges, eye clinic, etc. Scheduling is restricted since the patients need to start class week 1 and follow through to class 6 on week 12.</p>	<p>Megan Crete PharmD (401)273-7100 X2198</p> <p><u>Hyannis:</u> Debra Gibbons RD (508)771-3190</p>	<p>Patients are eligible if their A1c is >9%.</p> <p>Referral is by their provider through metabolic clinic or by contacting Megan Crete or the clinic champion, Dr. Takhar.</p> <p>CPRS: pr-diabetes care team.</p> <p><u>Hyannis CBOC:</u> Call for more information</p>

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Eat Wisely & Strive for a Healthy Weight

Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Diabetes & Nutrition Class	<p>Introduction to managing diabetes with diet. Veterans will learn about the connection between food and blood glucose, how to count carbohydrates, and read labels.</p> <p>Individualized meal plans and counseling is not provided in this setting, but is available to the Veteran in the primary care clinics through a referral from your primary care provider.</p>	<p>Susan Boyd RD (401)273-7100 X3181</p> <p><u>Hyannis:</u> Debra Gibbons RD (508)771-3190 OMIT</p>	<p>No referral or registration required. 1st Monday of each month 9:30am 4th Floor Patient Dining Room</p> <p><u>Hyannis CBOC:</u> Appointment required. Call for more information</p>
Healthy Teaching Kitchen	<p>Our newest program that combines nutrition and cooking. Learn basic food preparation skills while learning how to eat healthier. Classes may focus on diabetes, weight, or blood pressure management.</p>	<p>Brooke Rao RD (401)273-7100 X 2730</p>	<p>Call for more information</p> <p>Ideal class for those without basic cooking skills</p>
Link to BMI Table	BMI chart and handouts	<p>www.move.va.gov/download/NewHandouts/Miscellaneous/M06_BMIChart.pdf</p>	N/A

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Eat Wisely & Strive for a Healthy Weight

Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Metabolic Diseases Program	Pharmacy led multi-disciplinary group for diabetes, hypertension, hyperlipidemia, obesity, and patient education.	Megan Crete PharmD (401)273-7100 X2198	Referral required. The consult is evaluated by the team to determine which services are required for the patient's care.
MOVE!	<p>Continuation from MOVE! Orientation</p> <p>Learn how to lose weight and keep it off with the help of the MOVE team.</p> <p>No copayment.</p>	<p><u>Providence:</u> Brooke Rao, MS, RD, LDN (401)273-7100 X2730</p> <p><u>New Bedford & Middletown:</u> Liz Cappalli RD (508)994-0217 X1966</p> <p><u>Hyannis:</u> Debra Gibbons RD (401)273-7100 X1714</p>	<p>Must attend MOVE! Orientation.</p> <p><u>Providence:</u> Wednesdays 10:00am 4th Floor Patient Dining Room</p> <p><u>New Bedford & Middletown:</u> Call for more information</p> <p><u>Hyannis:</u> Every Wednesday 11:00am</p>

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Eat Wisely & Strive for a Healthy Weight

Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
MOVE! Maintenance	<p>Ongoing support group for weight loss and maintenance.</p> <p>Must have completed Move! Orientation and Move! Group to attend.</p>	<p><u>Providence:</u> Karen Oliver PhD (401)273-7100 X3694</p> <p><u>New Bedford & Middletown:</u> Liz Cappalli (508)994-0217 X1966</p> <p><u>Hyannis:</u> Debra Gibbons (401)273-7100 X1714</p>	<p><u>Providence:</u> Mondays 1:00pm 4th Floor Patient Dining Room</p> <p><u>New Bedford:</u> Call for more information</p> <p><u>Middletown:</u> Call for more information</p> <p><u>Hyannis:</u> 3rd Thursday each month 9:00am</p>
MOVE! Orientation	<p>Learn how to lose weight and keep it off with the help of the MOVE team.</p> <p>No copayment.</p> <p>Appointments required for New Bedford, Middletown, and Hyannis.</p>	<p><u>Providence:</u> Brooke Rao, MS, RD, LDN (401)273-7100 X2730</p> <p><u>New Bedford & Middletown:</u> Liz Cappalli (508)994-0217 X1966</p> <p><u>Hyannis:</u> Debra Gibbons (401)273-7100 X1714</p>	<p><u>Providence:</u> Wednesdays 9:00am 4th Floor Patient Dining Room</p> <p><u>New Bedford:</u> 2nd & 4th Monday each month at 10:00am</p> <p><u>Middletown:</u> Friday mornings</p> <p><u>Hyannis:</u> Wednesday mornings</p>

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Eat Wisely & Strive for a Healthy Weight

Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Pre-Diabetes Nutrition	Learn how to delay/prevent Type 2 diabetes. No registration required.	<u>Providence:</u> Susan Boyd RD, MS, LDN (401)273-7100 X3178 <u>Hyannis:</u> Debra Gibbons RD (401)273-7100 X1714	<u>Providence:</u> 3 rd Friday each month 9:00am 4 th Floor Patient Dining Room <u>Hyannis:</u> 3rd Friday each month Appointment required Call for more information.
Supermarket Nutrition Tour	Learn how to shop for healthy foods and learn more about what to eat for diabetes, cholesterol, or high blood pressure.	Amy Barrette RD (401)273-7100 X3186	Registration required. Call for more information.
TeleMOVE! Program	TeleMOVE! is a Home Telehealth version of MOVE!® that lets the patient participate: Where they want to, when they want to, and how they want to through technology rather than a medical visit. TeleMOVE! Coaches the patient in weight management, teaches them important self-management strategies, helps them resolve challenges, and lets their Care Coordinator see how they are.	Brooke Rao, MS, RD, LDN MOVE! Program Coordinator (401)273-7100 X2730 OR TeleHealth Dept (401)273-7100 X3541	

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Be Physically Active			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Bowling for Veterans	The VA is part of a National Bowling Team. Veteran patients are welcome to come and be a part of the Providence team. There is no fee for bowling.	Henry Rea (401)457-3384 Room 553	Registration required. Lang's Bowlarama in Cranston. Every Wednesday 12:30pm-3:00pm
Project Healing Waters	Learn to tie, fly cast, and fly fish from experience fisherman. There is no fee. Equipment and lunch are provided.	Henry Rea (401)457-3384 Room 553	Registration required. Seasonal: Times & Locations vary.
Recreational Outings	Enjoy trips to the Dunkin Donuts Center for a hockey game, foliage trip (in the fall), catamaran ride on Narragansett Bay, Bay Queen Cruises, Pawsox Games, new England Patriots practices and more. There is no fee for these activities.	Henry Rea (401)457-3384 Room 553	Registration required. Time and location vary.
Recreational Opportunities	Assistance to Veterans who are on Social Security or 100% service connected to obtain passes for free beach entry, play golf at Goddard Park and a fishing license for both fresh water and salt water.	James Buckley (401)273-7100 X3987 Melanie Costa, (401)273-7100 X3883 Albin Joiner (401)273-7100 X4276	N/A

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Be Physically Active			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Tai Chi	The ancient art of Tai Chi uses gentle flowing movements to reduce the stress of today's busy life and improve health.	Peter Gauthier OTR/L (401)273-7100 X4276	No registration required. Drop-in: 5 th Floor, CI 2 Fridays 10:00am-11:30am

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Limit Alcohol			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Sobriety Support Group	Assistance with recovering from addictions.	Bill Whitehead RN (401)273-7100 X1924	<u>New Bedford CBOC:</u> Mondays 1:00pm-2:00pm
Substance Abuse Treatment Program	For Veterans with substance use disorders or gambling addiction. They provide assessments, as well as group and individual therapy.	Dr. Robert Tilton Chief, SATP (401)273-7100 X4246 Melissa McVicker Coordinator (401)273-7100 X3861 Jay Billingsley Director Opioid Treatment Program (401)273-7100 X2077	Referral required. Early morning and evening appointments available. SATP services are open to any Veteran eligible to receive care at the PVAMC.

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Screening Tests & Immunizations			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Information on recommended screening tests & immunizations	VA website with policy, clinical staff, Veteran tools, and source documents.	www.prevention.va.gov	N/A

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Manage Stress			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Choices: An Introduction to Anger Management	PRRC Group: 10-week workshop. Participants work on becoming aware of the relationship between thoughts, emotions, anger warning signs and methods to manage the anger before becoming destructive.	Denise Fragoza LICSW (401)273-7100 X3413	Registration required. Membership in PRRC required and a consult needed from a Mental Health Clinician. Wednesdays 8:30am-9:30am Trailer 35
Comprehensive Ambulatory Psychiatry Section	Provides individual treatment, group therapy, and medication management.	Justin Vana PsyD, CAPS Section Chief (401)273-7100 X2256	Primary Care referral is common but not necessary. Veterans can self-refer by calling the hospital and asking for mental health. If there is a need to see a clinician on an urgent basis, Veterans can go to the receptionist on 3E and be seen in Urgent Care.

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Manage Stress			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Group Therapy	<p>Group Psychotherapy Sessions Available for the following:</p> <ul style="list-style-type: none"> • Anxiety/Depression • Later Life issues Group (70+) • Vietnam Combat Veterans • WWII/Korean Combat Veterans • Complex Post Traumatic Stress group • Mental Health Group for Veterans with TBI, Schizophrenia, schizoaffective disorder, or other related prolonged mental health problem. 	Dr. Robert Fournier (508)771-3190	<p>Registration required.</p> <p><u>Hyannis CBOC:</u> times vary</p>
Guitar Lessons	<p>Veterans are taught to play the guitar by a professional musician. Lesson can be at a beginner or advanced level. Guitars are provided if you do not have one. There is no fee for the lessons.</p>	Peter Gauthier OTR/L (401)273-7100 X4276	<p>Registration required.</p> <p>Mondays 9:00am-1:00pm Room 551</p>

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Manage Stress			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Mental Health Urgent Care	Mental health Urgent Care is a service provided for Veterans in acute distress or with urgent mental health needs. This walk in emergency clinic is located on 3B. Please check in with receptionist on 3B who will direct you to Urgent Care.	Kathy Neill LICSW, Urgent Care Coordinator (401)273-7100 X3083 or 1487	Veterans with an assigned provider with a non-urgent MH need should contact their provider for assistance. Primary Care Provider can refer to MH via consult.
Mindfulness	PRRC Group: 10-week workshop to become more fully aware of the present moment.	Denise Fragoza LICSW (401)273-7100 X3413	Referral required. Mondays 12:00pm-1:30pm Trailer 35
Stress Management	A 6-week workshop helping Veterans to manage stress.	Dr. Robert Fournier (508)771-3190	Registration required. <u>Hyannis CBOC:</u> Thursdays at 10:00am
Veterans Crisis Line	Confidential help for Veterans and their families. Dial 1-800-273-8255 (TALK) Veterans should press 1 to talk to someone immediately.	www.suicidepreventionlifeline.org/Veterans/Default.aspx	Website also has information on benefits and mental health services.

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Manage Stress			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Vet Centers	<p>Vet Center Services:</p> <ul style="list-style-type: none"> • Trauma Counseling • Individual readjustment counseling • Family Therapy • Couples Therapy • Children’s Therapy • Substance Abuse • Referrals to the VA • Community Education • Employment Referral Services • Outreach to Veterans • Benefit Assistance 	<p>Warwick: 2038 Warwick Av. Warwick, RI 02889 (401)739-0167</p> <p>Hyannis: 474 West Main St Hyannis, MA 02601 (508)775-3014</p> <p>New Bedford: 73 Huttleton Ave Fairhaven, MA 02719 (508)999-6920</p>	<p>Program provides coaching for service members & Veterans in transition.</p> <p>Transitions in military service: call to active duty, relocation, and other events-can be challenging. Service members presented with such a transition while in mental health treatment may need extra resources. The in Transition Coaching and Support Program offers support as Veterans move between health care systems.</p>
Vietnam Veteran’s Group	Information about PTSD and other issues presented.	Dan Tarpley Readjustment Counseling Therapist (508)778-0124	<p>Referral required.</p> <p><u>Hyannis CBOC:</u> Every other Thursday 1:00pm-2:00pm</p>

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Be Safe			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Clinical Public Health program: HIV/AIDS	VA website with information for the Veterans and the Providers.	www.hiv.va.gov	N/A
Eye Clinic	The clinic offers glasses, as well as magnification for blind and low vision patients. There is a Blind Rehabilitation Outpatient Specialist and a Visual Impairment Service Team Social Worker to help with living skills, mobility, manual skills and referrals for additional services and entitlements. Education is also provided for caregivers.	Adele Geringer (401)273-7100 X1554	There is a comprehensive vision rehabilitation program available through the West Haven VA.
Gun Locks	The VA Police will provide free gunlocks upon request.	Police Office Clerk (401)273-7100 X2277	Monday-Friday 8:00am-4:00pm Trailer 18
Stress Management	A 6-week workshop helping Veterans to manage stress.	Dr. Robert Fournier (508)771-3190	Registration required. <u>Hyannis CBOC:</u> Thursdays at 10:00am

HEALTHY LIVING MESSAGES INTERNAL RESOURCES

Be Safe			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Safe Driving Initiative	An informational campaign and strategic research plan developed by the Department of Veterans Affairs, the Department of Transportation and the Department of Defense to reduce the risk of motor vehicle crashes among Veterans, particularly those returning from Iraq and Afghanistan.	www.safedriving.Va.gov/index.asp	Motor vehicle crashes are the leading cause of death among Veterans following a return from deployment.

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES



HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Be Involved in Your Health Care			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Alzheimer's Association	The Alzheimer's Association is the leading, global voluntary health organization in Alzheimer's care and support, and the largest, nonprofit funder of Alzheimer's research. They offer education, community services, information and linkages to services. The Rhode Island Chapter is one of over 70 chapters serving communities across the United States.	www.alz.org/ri/	The professionally staffed 24/7 Helpline (1-800-272-3900) offers information and advice. Translations services are provided in more than 170 languages.
Ask Me Three	Ask Me 3 is a patient education program designed to promote communication between health care providers and patients in order to improve health outcomes. The program encourages patients to understand the answers to three questions: 1. What is my main problem? 2. What do I need to do? 3. Why is it important for me to do this?	www.npsf.org/askme3	Downloadable brochures and materials are available.

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Be Involved in Your Health Care			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Chronic Pain & Disease Self-Management Workshop: Living Well RI	A self-management program for people living with chronic conditions including but not limited to asthma, diabetes, heart disease, arthritis, and COPD.	<p><u>VA Contact:</u> Ellen Lynch MPH, RN (401)273-7100 X3970</p> <p><u>DOH Contact:</u> Cindy Ariza (401)222-7636</p>	Workshops offered at PVAMC (times/location vary). Other workshops available in various locations throughout RI. External workshops facilitated by the Department of Health.
Department of Elderly Affairs	The website lists a wealth of information (community supports, contacts, volunteers, low cost dental services, financial issues, and senior centers). Many of the resources listed are available to all ages.	<p>www.dea.ri.gov/</p> <p>Pocket guide available for download.</p>	<p>Eligibility requirements: To join senior centers, must be 55 years of age or older. Languages served: English, Portuguese, & French</p>
Diabetes Prevention Program	A once weekly session (for 16 weeks) with a trained lifestyle coach. This is followed by 6 monthly follow-up sessions on how to prevent diabetes.	<p>Department of Health RI Allyson Ventura-Teillo (401) 222-3329 a.venturatesillo@health.ri.gov</p>	<p>No charge Focused on people at risk for diabetes: Over 45 years old Overweight Family history of diabetes2 Low physical activity Gestational diabetes</p>
Health Finder	Quick guide to Healthy Living, Take Charge of Your Health.	<p>www.healthfinder.gov/prevention/ViewTopic.aspx?Topicid=78</p>	N/A

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Be Involved in Your Health Care			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Providence Senior Services	The mission of Providence Senior Services is to enhance the quality of life for senior residents in Providence by providing advocacy for seniors through the Department of Senior Services and to create awareness that seniors are a valuable asset to the community.	Sue Rubbio Director of Senior Services (401)421-2489 X741 www.providenceri.gov/senior/senior-centers	N/A
YMCA's Diabetes Prevention Program	The program is designed specifically for individual who are at risk of developing type 2 diabetes. The focus is making small changes that will be sustained. This yearlong program consists of 2 phases: 1. 16 core sessions 2. 8 monthly classes	Health Initiatives: (401)427-1825	Cost is \$199 for YMCA members and \$249 for non-members that includes a membership. There are two goals: 1. 7% weight loss 2. Increase physical activity to 150 minutes/week

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Be Tobacco Free			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Freedom from Smoking	The program teaches skills and techniques that have been proven to help smokers quit. Freedom from Smoking is available as a group clinic, an online program, and a self-help book. You can also speak to a cessation counselor at the Lung Help Line.	1-800-lungusa	Freedom from Smoking Online Program run by the American Lung Association.
Nicotine Anonymous	The purpose of this group is to help all those who would like to cease using tobacco and nicotine products. The fellowship offers group support and recovery using the 12 Steps as adapted from AA to achieve abstinence from tobacco.	877-879-6422	N/A

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Be Tobacco Free			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
QuitNet	QuitNet creates tailored smoking cessation and corporate wellness programs for public and private organizations.	www.quitnet.com/qnhomepage.aspx	Members are provided: <ul style="list-style-type: none"> • 24/7 Support Community • Personal Q-Mail account • Quit smoking stats calculator • Quit Date Wizard • Quit Buddies Chat • Topic-specific message boards • Personal Quit Page • Quit Calendar
Quit Smoking	U.S. Health and Human Services website that provides quite smoking assistance.	Healthfinder.gov/Prevention/ViewTopic.aspx?topicID=24	N/A
Quit Tobacco	U.S. Department of Defense campaign, Make Everyone Proud.	Ucanquit2.org	N/A

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Be Tobacco Free			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Quit Works	QuitWorks is a free, evidence-based stop-smoking service developed by the Massachusetts Department of Public Health in collaboration with all major health plans in Massachusetts	Quitworks.org	An interactive website that provides cessation services to Massachusetts smokers who are referred by their health care providers.
Smoking Cessation Program	Comprehensive program that involves behavioral techniques to quit smoking, manage negative emotions and stress, and prevent relapse. The program provides education and guidance in using stop smoking products such as nicotine patches and medications, such as Zyban and Chantix.	<u>Centers for Behavioral and Preventive Medicine, Behavioral Medicine Program and CORO West:</u> Suite 3091 Hoppin Street Providence, RI 02903 (401)793-8770	There is a fee for each visit unless it is covered by your health insurance. The fee does not include nicotine patches/medication. Check with your health insurance for coverage of quit smoking programs. Lifespan Blue provides coverage.
Smoke Free	A government website with online resources to help you quit.	Smokefree.gov	N/A
Try to Stop	24-hour access to motivational messages.	Trytostop.org 1-800-879-8678	Telephone program in English, Spanish, and Portuguese.

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Eat Wisely & Strive for a Healthy Weight

Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Choose My Plate	<p>The Center for Nutrition Policy and Promotion focuses on two primary objectives to achieve their goal of improving nutrition and well-being for Americans:</p> <ol style="list-style-type: none"> 1. Advance and promote dietary guidance for all 2. Conduct applied research & analysis on nutrition & consumer economics <p>The Center's core projects to support its objectives are the following:</p> <ul style="list-style-type: none"> • Dietary Guidelines • USDA Food Guidance System • Healthy Eating Index • U.S. Food Plans • Nutrition Content of the U.S. Food Supply • Expenditures on children by families 	<p>Choosemyplate.Gov/about.html</p>	<p>Subjects include:</p> <ul style="list-style-type: none"> • Food groups • Tips & resources • Print materials • Interactive tools • Pregnancy & breastfeeding • Weight loss • Kids <p>Multimedia materials available for professionals.</p> <p>Partnering programs listed with related links.</p>
Farmer's Markets	<p>There is at least 1 farmers market every day of the week in RI.</p>	<p>Farmfresh.org</p>	<p>Every day: location and times vary</p>

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Eat Wisely & Strive for a Healthy Weight

Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Fruits & Vegetables Matter (website)	Check out the new Fruit & Veggies Matter site for tips, recipes, and more!	Fruitsandveggies matter.gov	Find easy ways to add more fruits and veggies into your daily eating.
Health Finder	HHS website with basic information and assistance to take action on weight and eating habits.	Healthfinder.gov/ prevention/View Topic.aspx?topic Id=21	To stay at a healthy weight, balance calories you with the calories you burn.
Nutrition & Fitness	Website sponsored by HHS with nutrition and fitness tips for the whole family.	Healthfinder.gov/ prevention	N/A
Pawtucket Wintertime & Springtime Farmer's Markets	Enclosed market with a large variety of vendors and events.	Pawtucket Hope Artiste Village 1005 Main St Pawtucket, RI Farmfresh.org	November to May Saturdays 9:00am-1:00pm
Providence/Brown University Farmers Market	Enclosed market with a large variety of vendors and events.	Manning Walk (Thayer St & George St) Providence, RI	September to October Wednesdays 11:00am-2:00pm

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Be Physically Active			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Anytime Fitness	<p>Affordable gym memberships.</p> <p>Open 24/7 and accessible with personal key.</p>	<p>Anytimefitness.com</p> <p>Locations listed on website. Current RI locations include Coventry, Johnston, Narragansett, Smithfield, and Wyoming.</p>	<p>Anytime Fitness club is independently owned and operated. Contact club of your choice for specific pricing information.</p>
Bike RI	<p>Walking, hiking and biking. Rhode Island has become a leader in providing bike paths, bike lanes and bike routes to its residents & visitors. Today there are more than 50 miles of paved bike paths in RI.</p>	<p>Dot.ri.gov/bikeri/index.asp</p>	<p>Maps are available online.</p>
Catch A Lift	<p>A non-profit organization that assists wounded service members from Iraq and Afghanistan with the healing process and maintaining their mental and physical health through physical fitness. CAL provides gifted gym memberships to wounded post 9-11 Veterans anywhere in the United States.</p>	<p>1-855-GYM-4VET 1-855-496-4838</p> <p>info@catchaliftfund. Com</p>	<p>www.catchaliftfund.com</p>

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Be Physically Active			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Friends of the Cape Cod National Seashore, Inc.	Friends of the Cape Cod National Seashore is a non-profit organization made up of individuals who are dedicated to preserving and respecting this spectacular area.	Friends of the Cape Cod National Seashore, Inc. P.O. Box 550 Wellfleet, MA 02667 (508)957-0729 www.fccns.org	Volunteer programs include Adopt A Trail, clearing light brush, replacing broken fences, and repairing eroded areas. There are also one-time opportunities.
Greater Providence YMCA	The mission of the YMCA of Greater Providence is to build health spirits, minds and bodies for all through programs, services and relationships that are based upon our core values of caring, honesty, respect and responsibility.	www.ymcagreaterprovidence.org	Members have access to all branches in RI and Massachusetts. Military outreach Initiative for Title 10 personnel and family member gives financial aid for memberships.
John H. Chafee Blackstone River Valley National Heritage Corridor	Enjoy the 48-mile heritage corridor that goes through 24 towns and cities.	For Volunteering: Valerie Paul (401)762-0250 X5100	N/A

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Be Physically Active			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Narragansett Bay Wheelmen	Provides organize, arrowed rides every Sunday throughout the year and welcomes riders of all levels.	www.nbwclub.org	<p>Membership fees: \$15 per individual \$25 per family (for one year)</p> <p>NBW is not a racing club-we attract all levels of cyclists so there is someone riding at every pace. Non-members are welcome on rides but we expect riders to be safe and ride lawfully.</p>
Physical Activity Guidelines for Americans	<p>Guidelines developed by health professionals to improve health through appropriate physical activity. They can help you:</p> <ul style="list-style-type: none"> • Learn about the benefits of physical activity • Understand how to reduce the risks of activity injuries 	www.health.gov/paguidelines/guidelines/default.aspx	<p>When using a search engine:</p> <p>2008 Physical Activity Guidelines for Americans</p>

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Be Physically Active

Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Put Pain in its Place	<p>Put Pain in Its Place gives you the tools to manage your Osteoarthritis (OA) pain and live better. Developed by the experts you trust at the Arthritis Foundation in conjunction with the National Council on Aging and sponsored by Ferring Pharmaceuticals, Inc., this program will help you:</p> <ul style="list-style-type: none"> • Understand OA, its causes and how to treat it • Learn self-management strategies to prevent and relieve pain • Get inspired to take action and get your pain under control • Find out about effective and safe exercises from the Arthritis Foundation Exercise Program 	<p>To find out if a class is available in your area, use the link below or contact your local Arthritis Foundation office by calling 800-283-7800. http://www.arthritis.org/we-can-help/community-programs/search-programs</p>	
RI State Parks	Information on park locations and fees.	riparks@dem.ri.gov (401)222-2632	www.riparks.com

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Be Physically Active			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Roger Williams National Memorial	Walk through the 4.5 acre landscaped park that includes the site of the fresh-water spring and common area of the first European settlement in Providence. There is no fee and all interpretive and education programs are free. Volunteer opportunities are available.	(401)521-7266 Volunteer contact: Sparkle Bryant (401)521-7266	Volunteers play a key role by doing the following: <ul style="list-style-type: none"> • Greet visitors and provide information • Staff special events • Conduct research and assist with administrative tasks • Assist with the maintenance of the grounds
Rollin' Red Sox Wheelchair Softball	A wheelchair softball team that competes each year at the two largest events in the sport, the National Wheelchair Softball Tournament and Major League Softball Tournament.	Joe LeMar and Ron Gendron (401)333-3056 www.rollinredsox.org	Disability groups served: Amputees, Wheelchair users, Cerebral Palsy, & Stroke. Games are played out of the Brockton VA.

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Be Physically Active			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Sail to Prevail	Disabled Veterans Program: Dedicated clinics and free sailing offered to our distinguished soldiers wounded in combat. Sail to Prevail creates opportunities for disabled adults and children to overcome adversity through therapeutic sailing. The program operates continuously throughout the summer and is open to Veterans/ Active Duty Military Personnel (no specific age range). First time sailors welcome.	Alexander Egan (401)849-8898 www.sailtoprevail.org	The measurable outcomes are increased self-confidence, leadership, and teamwork. Families and friends are welcome.
Team Red, White, and Blue (RWB)	Team RWB's mission is to enrich the lives of America's veterans by connecting them to their community through physical and social activity.	http://teamrwb.org/	

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Be Physically Active			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
The Salute Military Golf Association (SMGA)	A non-profit organization that is dedicated to providing rehabilitative golf experiences and family inclusive golf opportunities for Post-9/11 wounded war Veterans in an effort to improve their quality of life. Eligible Veterans include those wounded or injured (including PTSD and TBI) in combat theatres.	Jerry Shanahan Matt Dubuc (978)758-0011 jerrys@smgaboston.org www.smgaboston.org	SMGA is expanding their free golf clinics and outings to all Rhode Island wounded Veterans with special opportunities for Post-9/11 wounded warriors.
The President's Council on Fitness, Sports, & Nutrition	A committee of up to 25 volunteer citizens who advise the President through the Secretary of Health & Human Services on opportunities to develop physical activity, and nutrition programs.	www.fitness.gov	Many links to guidelines and tips for healthy living.
TrailLink.com	Blackstone River Bike path (3.5m); Coventry Greenway (8m); East Bay Bike Path (14.5m); South County Bike Path (4.3m); Trestle Trail(16.8m); Washington Secondary Trail(12.7m)	For a complete listing of trails: www.trailink.com/state/ri-trails.aspx	N/A

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Be Physically Active			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Upper Charles Trail Connecting Milford, Hopkinton, Ashland, Sherborn and Holliston, MA	State funded project that converted a 20-mile abandoned rail bed in 6 towns into a scenic path for bicycling, walking, and other non-motorized uses.	rail@milfordtrail.org Milford Parks & Rec (508)478-110 X2650	The Friends of the Milford Upper Charles Trail is a non-profit formed to benefit the citizens of Milford and neighboring towns through recreation and transportation opportunities.
US Sailing	The goal of the U.S. Sailing Council of Sailors with Disabilities is to accommodate sailors of all levels and interests. Programs for disabled persons who would like to sail are offered anywhere in the US. Learn more about their Paralympic program.	U.S. Sailing 15 Maritime Drive Portsmouth, RI 02871 Katie Kelly Olympic Director (401)683-0800 Betsy Allison Paralympic Coach basailing@aol.com	Recreational and competitive programs offered. Disability groups served: Amputee, Blind/Sight Impaired, Wheelchair users, TBI, Cerebral Palsy, & Stroke.
Walk With Ease	The Arthritis Foundation Walk With Ease Program is an exercise program that can reduce pain and improve overall health. You can experience Walk With Ease on your own or in the workplace	wcoordinator@arthritis.org Email to inquire about local programs	

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Be Physically Active			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Yoga for Veterans	Designed to decrease anxiety and address physical and emotional stressors. Great for beginners. This class is free to Veterans.	Erica Madaus HUD/VASH SW (401)640-1618 Www.shri.com	Meets Mondays 5:00pm-6:30pm At SHRI-Studio 21 Broad Street Pawtucket, RI
Young at Heart	Young At Heart are senior exercise classes, series of 20 classes that are offered in many towns throughout the Cape year-round. Most classes take place in community buildings.	VNA of Cape Cod 1-800-631-3900	The classes have a minimal charge, as low as \$2.50/class depending on the town where the class is located.

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Limit Alcohol			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Alcoholics Anonymous	Alcoholics Anonymous is a fellowship of men/women who share their experience, strength and hope with each other to solve common problems and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking and our primary purpose is to stay sober and help others achieve sobriety.	www.aa.org	There are no dues/fees for AA membership. AA is not allied with any denomination, political party or organization. AA does not wish to engage in any controversy or causes.

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Limit Alcohol			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Alcohol: A Women's Health Issue	A National Institute of Health publication, available for download, that provides information specific to women and the effects of alcohol.	Pubs.niaaa.nih.gov/Publications/Brochurewomen/Women.htm	N/A
Alcoholscreening.org	Alcoholscreening.org is a free service of Join together. The website offers tools for individuals to assess their own alcohol consumption patterns to determine if their drinking its likely to be harming their health or increasing their risk for future harm.	Alcoholscreening.org	Through education and referral, the site urges those who drinking is harmful or hazardous to take positive action, and informs anyone who consumes alcohol about guidelines for high risk drinking.
Life Ring	A secular, non-profit organization that provides peer-run addiction recovery groups for anyone with a desire to recover from alcohol or drug addiction.	www.lifering.org	N/A
Rethinking Drinking	The National Institute of Health website with information about drinking, self-assessment tools, and strategies for cutting down the amount of alcohol consumed.	Rethinkingdrinking.Niaaa.nih.gov	N/A

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Limit Alcohol			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Smart Recovery	An international non-profit organization that provides assistance to individuals seeking abstinence from addictive behaviors. The approach used is secular and science-based with non-confrontational motivational behavioral and cognitive methods.	www.smartrecovery.org	Meeting participants learn recover methods derived from evidence-based addiction treatments.
Stop Drinking Advice	Free stop drinking guide.	www.stopdrinkingadvice.org	N/A

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Screening Tests & Immunizations			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Adult Vaccination Screening Forms	A downloadable tool that will provide a vaccination schedule for adults.	www.cdc.gov/vaccines/schedules/Schedulers/adult-scheduler.html	N/A
Men Stay Healthy at Any Age	Patients can use the information in this pamphlet to help them stay health. Learn which screening tests to get, whether medicine is needed to prevent diseases, and steps that can help for good health.	www.ahrq.gov/ppip/healthymen.htm	N/A

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Screening Tests & Immunizations			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
My Health Finder	Website sponsored by HHS that provides information on which screening tests are recommended for each gender and age groups.	www.healthfinder.gov	N/A
Women Stay Healthy at Any Age	Patients information that can help them stay healthy, learn which screening tests to get, and steps for overall good health.	www.ahrq.gov/ppip/healthywom.htm	N/A
American Psychological Association Health and Wellness Tips	Information on stress and tips/resources for dealing with it.	www.search.apa.org/help_center?query=stress&facet=classification:Stress	N/A

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Manage Stress			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Crossroads	<p>Crossroads services offer a holistic approach to problem-solving and are based on the needs of the client.</p> <p>Help Line responds to calls throughout RI & Southeastern MA regarding social service issues. Main phone: (401)521-2255 Hotline: (401)351-6500 (877)942-6253 (800)367-2700</p>	<p>Harold Lewis Housing for the Elderly 54 Providence St West Warwick, RI 02893 (401)615-3155</p> <p>Crossroads Rhode Island Family Transitional Housing 40 Navy Dr. N. Kingstown, RI 02852 (401)294-7723</p>	<p>Core services include: Crisis intervention Case management Counseling Outreach Transitional Housing</p> <p>Special Services include: Medical Dental Education Legal Assistance Mental Health Substance Abuse Protective Travel</p>
Manage Stress	Website sponsored by HHS that provides information on which screening tests are recommended for specific gender and age groups.	www.healthfinder.gov/prevention/ViewTopic.aspx?topicId=45	N/A
Quick Guide to Living Healthy	Website with basic information and suggested steps to help manage stress.	www.healthfinder.gov/prevention	N/A

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Manage Stress			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Vets & Pets	The group provides classes on several topics, such as proper pet care, massage, CPR, first aid, and understanding your pet's body language. They also have guest speakers, show movies, and participate in volunteer programs, giving Veterans an opportunity to work on social skills to help build self-confidence/esteem.	Lynn (401)835-8887 Mel armynavyvetmel@cox.net	Vets&Pets is an open group; everyone who is interested can drop in and decide for themselves if the program works for them. The group meets every Wednesday from 11 a.m. to 12:30 p.m. in Trailer 36, PRRC classroom.

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Be Safe			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
American Social Health Association	Information on sexual health to include condom use, limiting sexual partners, testing and vaccinations.	www.ashastd.org	N/A
Distracted Driving: Frequently Asked Questions	U.S. Department of Transportation website with information on distracted driving.	www.distraction.gov	N/A

HEALTHY LIVING MESSAGES EXTERNAL RESOURCES

Be Safe			
Program or Resource Name	Description	Link to Web Site/Contact Person	Additional Information
Health Finder: Quick Guide to Healthy Living	Website sponsored by HHS that provides information on which screening tests are recommended for specific age groups and gender. Also provides information on reducing the risk of falls.	www.healthfinder.gov	N/A
What You Can Do To Prevent Falls?	U.S. Dept. of Health & Human Services website on fall prevention.	www.cdc.gov/homeandrecreationalafety/falls/whatyoucandotoPreventfalls.html	<p>Four things you can do to prevent falls:</p> <ol style="list-style-type: none"> 1. Begin a regular exercise program 2. Have your health care provider review your medications 3. Have your vision checked 4. Make your home safer

APPENDIX

9 Healthy Living Messages





A Better Way to
LIVE

*Talk with your
health care team
about your goals.*



Be Involved in Your Health Care

- Take an active role.
- Work with your health care team to improve your health.



Be Tobacco Free

- Quitting smoking is the single most important thing you can do to improve your health and protect the health of your family members.
- Don't use tobacco in any form.



Eat Wisely

- Eat a variety of foods including vegetables, fruits, and whole grains.
- Limit salt, fat, sugar, and alcohol.



Be Physically Active

- Avoid inactivity.
- Aim for at least 2½ hours of moderate-intensity aerobic activity each week.



Strive for a Healthy Weight

- If you need to lose weight, losing even a little will help.
- If you are of normal weight, maintain it.



Limit Alcohol

- If you choose to drink alcohol, drink in moderation (women no more than 1 drink a day; men no more than 2 drinks a day).
- Avoid "binge drinking."



Get Recommended Screening Tests and Immunizations

- Recommendations for preventive services depend on your age, gender, health status, and family history.
- Ask which screening tests and immunizations are recommended for you.



Manage Stress

- Pay attention to stress.
- Learn about ways to help you manage and reduce your stress.



Be Safe

- Find out how to prevent sexually transmitted infections, falls, and motor vehicle crashes.
- Take action to protect yourself and those you love from harm.



Be Involved in Your Health Care



You can play an active role when you have a visit with your health care team. To get the most out of your visit, plan the questions you want to ask and the things you want to discuss. Be sure to leave the visit with information about your care. Here are some suggestions to help you be involved in your health care.

How do I become involved in my own health care?

- To help your health care team provide you with better care, make sure you give them complete information about your current health.
- Let your team know about your health problems, your concerns about your health, any past illnesses, and past hospitalizations.
- Be sure to tell your team about all medications you take. Remember to include over-the-counter medicines, vitamins, and herbals.

How do I plan for my health care visit?

- Before your visit, write down the questions and concerns you want to ask your team. Make sure to let your team know about your questions at the beginning of each visit.
- Share your ideas and beliefs about your health problems and treatments with your team. Talk with your team about any other matters related to your health.
- Tell your health care team about any stressful aspects of your life that affect your health and your ability to manage daily activities.

How can I help my health care team create a treatment plan that will work for me?

- Work with your health care team to create your treatment plan and share in making decisions about your health care.
- Talk with your provider about the treatment options you prefer.



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- Ask your team to clarify anything that's not clear to you.
- Tell your team if you have any problems following your treatment plan or if your condition changes.
- Speak up if you have any concerns about the care you are receiving or if you think something is wrong.

How can I get the most out of my visit?

- Ask your provider for written information and instructions that you can keep and share with your family or caregiver.
- Get information about your health problems from your health care team and the MyHealthVet website.
- Know the names of your medicines and why you take each one.
- Ask when and how you will get the results of any tests or treatments.
- Ask your team for the name and telephone number of the person to call if you have a problem with symptoms, medications or treatments.
- Bring a family member or friend to your appointment to help you.

FOR MORE INFORMATION:

- VHA National Center for Health Promotion & Disease Prevention:
www.prevention.va.gov
- MyHealthVet — The Gateway to Veteran Health and Wellness:
<http://www.myhealth.va.gov>
- Healthfinder — Quick Guide to Healthy Living, Take Charge of Your Health*:
<http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicId=78>
- Ask Me Three — National Patient Safety Foundation*:
<http://www.npsf.org/askme3/>

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If you have questions about how to make healthy living changes, please talk with your health care team.



Be Tobacco Free



Did you know that quitting tobacco is the single most important thing you can do to improve your health and protect the health of your family members? If you quit smoking or using other forms of tobacco, you and your family will experience health benefits in the short- and long-term. It's never too late to quit.

What harm does tobacco use cause?

- All forms of tobacco use are harmful. This includes cigarettes, cigars, pipes, snuff, snus, chewing tobacco and all other tobacco products.
- In fact, tobacco and secondhand smoke kill approximately 443,000 people in the U.S. each year. It is the largest cause of preventable illness and death in the U.S.
- Tobacco use causes cancers, heart disease, stroke, and chronic obstructive pulmonary disease (COPD). If you are pregnant, tobacco use can cause complications of pregnancy.

What is secondhand smoke and why is it a problem?

- Secondhand smoke is the smoke released from the burning end of a cigarette, cigar or pipe, and the smoke exhaled by the smoker.
- There is no safe level of secondhand smoke.
- Nonsmokers who are exposed to secondhand smoke at home or work are 20% to 30% more likely to develop heart disease or lung cancer.
- In babies and children, secondhand smoke is associated with sudden infant death syndrome (SIDS), acute lung infections, ear problems, and more frequent and severe asthma attacks.
- If you already have heart disease, you are at especially high risk when you breathe secondhand smoke. It can have immediate harmful effects on your health and can increase the risk of heart attack.

What are the benefits of quitting smoking?

- Many good things happen as soon as you quit. You can feel good about protecting your health by quitting and protecting your family and friends from secondhand smoke.

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- You will have more energy and breathe easier. And you will discover that food smells and tastes better since you quit.
- You will save money that you can spend on other things, like a vacation.
- You will notice that your clothes, car, and home smell better.
- You will look and feel better. You will have fewer wrinkles, and no stains on your skin and nails.

What are the benefits to my baby if I quit smoking while pregnant?

- Your baby will be healthier and will get more oxygen.
- Your baby will be less likely to be born too soon.
- Your baby will be more likely to come home from the hospital on the same day that you come home.
- Your baby will have fewer asthma and wheezing problems.

How do I get help with quitting tobacco?

- Talk with your VA health care team about help with quitting tobacco. Your team can help you in several different ways which might include:
 - Medications and tips for quitting, such as setting a date, seeking support, and removing all smoking-related things from your home.
 - Meeting with an expert on the team, such as the Health Behavior Coordinator, for support in quitting.
 - Joining a class with other Veterans who are also quitting, led by the hospital's expert in smoking cessation.
- Make use of the QuitLine, the SmokefreeVET text messaging system or the Stay Quit Coach mobile app developed for Veterans.
- Tobacco Cessation Quit Line for Veterans: 1-855-QUIT VET (1-855-784-8838)
- SmokefreeVET: A mobile text message smoking cessation service. Text the word VET to 47848 from your mobile phone or visit: www.Smokefree.gov/VET
- Stay Quit Coach: a free mobile app to support quitting smoking and staying quit.

If you have questions about how to make healthy living changes, please talk with your health care team.

FOR THE MOST CURRENT INFORMATION AND OTHER RESOURCES:

- VHA National Center for Health Promotion and Disease Prevention: www.prevention.va.gov
- VHA Tobacco & Health: Policy and Programs, Clinical Public Health smoking cessation resources: www.publichealth.va.gov/smoking
- Veterans Health Library: www.veteranshealthlibrary.org



Eat Wisely



Did you know there are simple actions you can take to eat wisely? By eating wisely, you will maximize your health. Look for a variety of foods including vegetables, fruits and whole grains. Include fat-free or low fat milk products in your diet and try to limit salt, fat, sugar and alcohol.

How much vegetables, fruits, and whole grains should I eat every day?

- Eat fiber-rich vegetables and fruits from fresh, canned, and frozen sources. Aim for 5–9 servings every day (2½ cups of vegetables and 2½ cups of fruit per day). Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.
- Select vegetables from the different vegetable groups. Choose **dark green** (broccoli, kale, spinach); **orange** (carrot, pumpkin, tomato); **legumes** (kidney, pinto and black beans, lentils, peas); **starchy** (potato, corn, plantain) and **others** (beets, eggplant, artichokes, cabbage). Starchy vegetables contain more calories so eat these less often.
- Eat 3 ounces or more of whole-grain cereals, breads, crackers, rice, or pasta per day. One ounce is about 1 slice of bread, 1 cup of breakfast cereal, or ½ cup of cooked rice or pasta. To see if a food is a whole grain, check the products list of ingredients. Whole grain should be the first ingredient listed. Examples of whole grain are: whole wheat, brown rice, quinoa, buckwheat, whole oats/oatmeal, whole rye, bulgur (cracked wheat), sorghum, whole grain, barley, or wild rice.

How much salt and potassium should I eat?

- Eat less than 1 teaspoon of salt (about 2,300 mg of sodium) per day. Choose foods with little added salt and prepare foods without adding salt.
- People who are middle-aged or older, have high blood pressure, or who are African American should limit sodium intake to ½ teaspoon of salt (about 1,500 mg of sodium) per day.
- Eat potassium-rich foods, such as vegetables and fruits. Good sources include orange juice, beet greens, white beans, potatoes, tomatoes, tomato paste, and bananas.

How much dairy, meat, and protein should I eat?

- Eat 3 cups per day of fat-free or low-fat milk or milk products, such as yogurt or soft white (cottage) cheese. If you don't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.

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- Choose lean meats and poultry. Lean beef cuts include round steaks (top loin, top sirloin, top round) and roasts (round eye, top round, bottom round, round tip, arm, chuck shoulder). Choose cuts labeled **Choice** or **Select**. Avoid **Prime** cuts, which have more fat. Choose cuts with the least visible fat and trim away fat before preparing. Choose extra lean ground beef (at least **90% lean**); 93% or 95% is even better. Drain off fat during cooking.
- Choose a minimum of 8 ounces of seafood each week. Seafood is rich in heart healthy omega-3 fatty acids and includes **fish**, such as salmon, tuna, herring, trout, and tilapia, and **shellfish**, such as shrimp, crab, and oysters.
- You can choose dry beans or peas as a main dish or as part of your meal. Eat 2 or more meatless meals per week. Here are some examples of meatless meals: A meatless meal can be made of chili that has kidney or pinto beans instead of meat. Many soups are also meatless and include split pea, lentil, minestrone or white bean soup. Additional options for meals that do not include meat are black bean enchiladas, rice and beans, veggie or garden burgers, chef salad with garbanzo or kidney beans instead of ham or chicken.
- Choose nuts as a snack, or place them in salads or main dishes. Use nuts to **replace** meat or poultry. Use pine nuts in pesto sauce, slivered almonds on steamed vegetables, toasted peanuts or cashews in vegetable stir-fry, and walnuts or pecans in salads instead of cheese or meat.

What about fats?

- When you select and prepare meat, poultry, fish, dry beans, and milk or milk products, choose lean (skinless), low-fat, or fat-free varieties. Don't add fat when you cook them.
- Capture flavor and retain nutrients in your food without adding fat or salt with these cooking methods: bake, broil, braise, roast, steam, sauté, poach, grill, or stir-fry.
- Look for foods low in saturated fats, *trans* fats, and cholesterol by using the Nutrition Fact Labels on food products. A Daily Value listed as 5% is low, whereas 20% is high.
- Avoid foods that contain *trans* fats. *Trans* fats are found in commercial baked goods (cookies, crackers, pies). Some restaurants use oils with *trans* fats for frying.
- Eat heart-healthy fats (polyunsaturated and monounsaturated) found in fish, nuts, and most vegetable oils. Limit saturated fats found in high-fat cheeses, high-fat cuts of meat, whole-fat milk, cream, butter, ice cream, palm kernel and coconut oils.
- Eat less cholesterol containing animal-based foods (meats, poultry, egg yolks, whole milk). You should limit egg yolks

to 1 per day. Choose egg whites or pasteurized egg white products as substitutes for whole eggs.

What about alcoholic beverages?

- If you are female, limit yourself to one drink per day or less. If you are male, limit yourself to two drinks per day or less. Alcohol adds calories to your diet without providing any nutrition.

What else can I do if I'm over age 50?

- If you are over 50, get enough **vitamin B₁₂** by eating fish, meat, poultry, eggs, milk or milk products. The best sources of vitamin B₁₂ are fortified breakfast cereals, fish/seafood (trout, salmon, sockeye, tuna, clams), and supplements.
- If you are over 50, or if you have dark skin, or if you don't get exposed to enough sunlight, get extra **vitamin D** from vitamin D-fortified foods (cereal, breads, margarine, milk) and/or supplements. Foods high in vitamin D are fish liver oils (cod liver oil); fatty fish (salmon, mackerel, sardines, tuna, eel); shitake mushrooms, and eggs.

What else can I do if I'm a woman of childbearing age or I'm in my first trimester of pregnancy?

- Eat enough **vitamin C**-rich fruits (orange, orange juice, cantaloupe, strawberries, kiwi, guava, mango) and vegetables (broccoli, asparagus, tomato, tomato juice, potato, green and red peppers). Eating vitamin C-rich foods along with iron-rich foods helps your body to absorb iron.
- Get **iron** from animal sources (turkey, beef, mussels, shrimp, clams, liver). Iron is also found in vegetable sources (enriched cereals, cooked beans, blackstrap molasses, and enriched pasta) but is not as easily absorbed.
- Get enough **folic acid** daily from fortified foods or supplements. Include fortified breakfast cereals, whole-wheat products, leafy green vegetables, asparagus, oranges, liver, eggs, beans (kidney, black, lima), and sunflower seeds.

FOR MORE INFORMATION:

- VHA National Center for Health Promotion and Disease Prevention: www.prevention.va.gov/
- The Food Guide Pyramid*: <http://www.mypyramid.gov/>
- Healthfinder — Eat Healthy*: <http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicId=21>

* Indicates that the link leads to a non-VA website. The VA is not responsible for content on the site

If you have questions about how to make healthy living changes, please talk with your health care team.



Be Physically Active



Did you know that less than half of U.S. adults get enough physical activity? No matter what your age or body type, you can benefit from even small amounts of activity. You should avoid inactivity.

What are the benefits of being physically active?

- You will have greater energy and stamina.
- You may reduce your chances for developing diseases, such as depression, diabetes, heart disease, high blood pressure, obesity, stroke, and some kinds of cancer.

How much physical activity do I need?

- Aim for at least 2½ hours each week of moderate-intensity physical activity. This means that when you move, you can talk but you can't sing. Try it! Choose activities you enjoy, such as walking fast, dancing, and raking leaves.
- To begin, get your body moving. Start at a level that is comfortable. When this level seems easy, add a little more activity each time. Every 10-minute session counts.
- You can also choose to aim for 1¼ hours a week of vigorous-intensity physical activity. This means when you move, you can't say more than a few words without pausing for a breath. Try activities like jogging, jumping rope, swimming laps, or riding a bike uphill.
- If you choose, you can combine both moderate- and vigorous-intensity activity.
- Even if you are out of shape or if you haven't been active for a long time, you can begin to be active safely.
- If you have a chronic condition (such as diabetes, heart disease, or arthritis) or a health condition that concerns you, talk with your health care team before you begin.



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- Aerobic activity increases your endurance. This means you can stay active for longer periods of time. Aerobic activity is when you move your large muscles for a period of time. You can also feel your heart beating faster and harder than usual. Try it for periods of at least 10 minutes spread out during the week.

What other physical activities are good for me?

- Do strengthening activities at least twice each week. Try to use all the major muscle groups in your body. This means using the muscles in your legs, hips, back, chest, abdomen, shoulders, and arms. To strengthen these muscles, include resistance training or weight lifting. You can create resistance with elastic bands, handheld weights, or your own body weight. The muscles that do the work will strengthen over time.
- Stretching can help you increase flexibility, improve circulation and range of motion in your joints, and relieve stress. It is best to stretch when you are physically active. If you are not active on a regular basis, stretching at least three times each week is a good starting point.

FOR MORE INFORMATION:

- VHA National Center for Health Promotion and Disease Prevention:
www.prevention.va.gov
- Physical Activity Guidelines for Americans*: www.health.gov/paguidelines
- The President's Council on Fitness, Sports & Nutrition*:
<http://www.fitness.gov>
- Healthfinder — Get Active*:
<http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicId=22>

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Strive for a Healthy Weight



Did you know that your weight will remain stable if you eat close to the same number of calories that your body uses? To maintain your weight, engage in regular physical activity, eat wisely and weigh yourself regularly. If you are normal weight, congratulations! Read more information to help you manage your weight.

How do I know if I am at a healthy weight?

- If you are gaining weight, you are taking in more calories than your body is using. These extra calories are stored as fat, and you will gain weight. If you are losing weight, you are eating fewer calories than your body is using. Your body is using stored fat cells for energy, so your weight is decreasing.
- A simple way for you to know if you are at a healthy weight is to know your body mass index (BMI), a measure of weight by height.
 - You are underweight if your BMI is less than 18.5.
 - You are a healthy weight if your BMI is 18.5 to 24.9.
 - You are overweight if your BMI is 25 to 29.9.
 - You are obese if your BMI is 30 or greater.

What are the benefits of maintaining a healthy weight?

- You will have greater energy and stamina.
- You can prevent or control many diseases and conditions. If you are overweight or obese, you increase your risk for diabetes, high blood pressure, cholesterol problems, heart disease, gallbladder disease, female health disorders, arthritis, some types of cancer, and sleep apnea.

What can I do to maintain my healthy weight?

- You can **eat wisely** and choose a variety of low calorie, nutritious foods and beverages in the basic food groups. Make sure to select foods that limit your intake of fats, cholesterol, added sugars, salt, and alcohol. Instead, eat more vegetables, fruits, and whole grains (see the *Eat Wisely* handout).

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- You can **be physically active**. For health benefits, you can do at least 2½ hours per week of moderate-intensity activity, or 1¼ hours per week of vigorous-intensity aerobic activity, or an equal combination of both. You'll see a difference in your weight and your health (see the *Be Physically Active* handout).
- You'll find that making lifestyle changes that include eating wisely, being physically active, and maintaining a healthy weight are keys to maintaining good health.

What if I need to lose weight?

- Losing even a little will help your health. If you lose as little as 5–10% of your current body weight, you can lower your risks for many diseases.
- A safe weight loss is 1–2 pounds per week. It may take 6 months or more to reach your ultimate goal, but if you make gradual lifestyle changes, you can maintain a healthier weight for life.

FOR MORE INFORMATION:

- VHA National Center for Health Promotion and Disease Prevention: www.prevention.va.gov
- MOVE! Internet Website for Patients: www.move.va.gov
- MOVE!23 Patient Questionnaire: www.move.va.gov/move23.asp
- MOVE! Success Stories: www.move.va.gov/SuccessStories.asp
- Over 120 different Weight Management Handouts: www.move.va.gov/handouts.asp?all
- Healthfinder—Watch Your Weight*: <http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicid=25>
- Link to BMI table: http://www.move.va.gov/download/NewHandouts/Miscellaneous/M06_BMIChart.pdf

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If you have questions about how to make healthy living changes, please talk with your health care team.



Limit Alcohol



If you choose to drink, limit yourself to one drink per day if you are female. Limit yourself to two drinks per day if you are male. Avoid drinking too much alcohol at one time (binge drinking). If you are concerned about your drinking, talk with your VA health care team about getting help.

What are the health risks associated with drinking?

- For many adults, drinking small amounts of alcohol does not cause health problems.
- If you drink too much alcohol, or if you binge drink, you are at a higher risk of health problems, such as liver damage or other injuries.

What is one drink?

- 12 oz. regular beer OR
- 8–9 oz. malt liquor OR
- 5 oz. table wine OR
- 1.5 oz. 80-proof hard liquor

How do I know if I am binge drinking?

- You are binge drinking:
 - if you are female and you drink more than three drinks on one occasion.
 - if you are male and you drink more than four drinks on one occasion.
 - if you are over 65 and you drink more than three drinks on one occasion.

How much is too much?

- If you are female, on average, you should not drink more than one drink per day (seven drinks per week).
- If you are male, you should not drink more than two drinks per day (14 drinks per week).

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Who should not drink alcohol?

- Children and teenagers.
- People who plan to drive, operate machines, or take part in other activities that require attention, skill, or coordination.
- People of any age who cannot limit their drinking to the recommended levels.
- Women who are pregnant or who plan to become pregnant.
- People who take certain medications that interact with alcohol.
- People with certain medical conditions.
- People who are recovering from alcohol dependence (alcoholism).

Can alcohol dependence be treated?

- If you are dependent on alcohol, effective treatment is available.
- Effective treatments include individual counseling, group treatments, medications to reduce craving or prevent relapse, and inpatient or residential treatment.
- Remember, you can always talk with your VA health care team about the resources VA has available that can help you.

FOR MORE INFORMATION:

- VHA National Center for Health Promotion and Disease Prevention: www.prevention.va.gov
- Rethinking Drinking*: Alcohol and your Health: <http://rethinkingdrinking.niaaa.nih.gov/IsYourDrinkingPatternRisky/WhatsYourPattern.asp>
- Alcohol*: A Women's Health Issue: <http://pubs.niaaa.nih.gov/publications/brochurewomen/women.htm>
- Safe Driving Initiative Brochure: http://www.safedriving.va.gov/docs/safe_driving_brochure.pdf
- Healthfinder* — Drink Alcohol Only in Moderation: <http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicid=16>

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If you have questions about how to make healthy living changes, please talk with your health care team.



Get Recommended Screening Tests & Immunizations



Did you know it is important to keep up with your screening tests and immunizations? To prevent certain kinds of illness, talk with your health care team about the screenings and immunizations that you may need. All preventive services have benefits and harms. Depending on your preferences, you may wish to receive additional, fewer, or different services. Refer to the websites below to see which preventive services are recommended for you.

What screening tests should I get?

- Most Veterans should be screened for alcohol abuse, depression, high blood pressure, HIV, military sexual trauma, obesity, PTSD, and tobacco use.
- VA recommends other screening tests based on age, gender, health status, and family history.
- Talk with your health care team about additional screening tests that are right for you.

How do I know which immunizations I should get?

- Most Veterans should receive a flu shot every year and tetanus shot once every 10 years.
- VA recommends other immunizations based on age, gender, and health status.
- Talk with your health care team about additional immunizations that are right for you.

What screening tests and immunizations should I get if I am pregnant or considering pregnancy?

- If you are a woman who is considering pregnancy, check with your health care team about recommended screening tests and immunizations.



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FOR MORE INFORMATION:

- VHA National Center for Health Promotion and Disease Prevention:
www.prevention.va.gov
- Men Stay Healthy at Any Age*:
<http://www.ahrq.gov/ppip/healthymen.htm>
- Women Stay Healthy at Any Age*:
<http://www.ahrq.gov/ppip/healthywom.htm>
- Adult vaccination screening form*:
<http://www.cdc.gov/vaccines/recs/Scheduler/AdultScheduler.htm>
- My Healthfinder*:
<http://www.healthfinder.gov/prevention/myHealthfinder.aspx>
- Healthfinder Get Screened*:
<http://www.healthfinder.gov/prevention/>
(Enter your information in the my healthfinder box and click Get Started).

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If you have questions about how to make healthy living changes,
please talk with your health care team.



Manage Stress



If you are having difficulty coping with the demands in your life, you are experiencing stress. Most of us like some challenges; however, too much stress creates problems in our lives. Read the information below to learn more about stress.

How do I know if I have too much stress?

- If you have too much stress in your life, your body will let you know. Stress may be experienced in different ways. Some things you may notice include:
 - Difficulty concentrating
 - Feelings of worry and fear
 - Muscle tension
 - Sweaty palms
 - Heart pounding
 - Irritability toward others
 - Fatigue
- If you are overly stressed for a long period of time, it can put your health at risk.
- If you or someone you know is in an emotional crisis, you can call the **Veterans Crisis Line** at 1-800-273-TALK (8255).

How can I better manage my stress?

- **Learn problem-solving skills.** Improving your problem-solving skills can help you cope. Your health care team may offer a class or information sessions on problem solving or you can visit www.startmovingforward.org.
- **Practice relaxation training.** Learning relaxation and mindfulness can help you manage stress. Daily relaxation may protect you from the impact of stress on your body. Your health care team may offer relaxation or mindfulness training or you can use the Manage Stress resources at www.prevention.va.gov/HealthyLiving/ManageStress.asp.

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- **Use technology.** There are many mobile apps available such as *PTSD Coach*, *Breathe2Relax*, and *Moving Forward*.
- **Be physically active.** Take a brisk walk or engage in other physical activities. Regular physical activity is best (see the *Be Physically Active* handout: www.prevention.va.gov/docs/VANCP_HL_Be_Physically_Active_508.pdf).
- **Learn to express yourself.** Learning to share your thoughts and feelings in an assertive and respectful manner can help reduce stress. Ask your health care team for guidance.
- **Manage your time.** Make a list of what you need to get done. Then make plans for addressing the items on the list, and stick to the plan.
- **Practice positive thinking.** Stress is often associated with negative, self-critical thinking. Focus your attention on positive thoughts about yourself, your accomplishments, things you feel proud of or grateful for, etc. It can help to list 3–5 things you feel grateful for each day.
- **Plan pleasant activities.** Make time for fun. Plan regular, enjoyable activities and see if this reduces your stress. This *Pleasant Activities Tip Sheet* includes ideas for you to consider: www.prevention.va.gov/docs/PleasantActivitiesTipSheet.doc.

FOR THE MOST CURRENT INFORMATION AND OTHER RESOURCES:

- VHA National Center for Health Promotion & Disease Prevention: www.prevention.va.gov
- Veterans Health Library: www.veteranshealthlibrary.org
- VHA Mental Health Services: www.mentalhealth.va.gov
- VA-DoD Problem-Solving Program*: www.startmovingforward.org

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www.prevention.va.gov

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VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Patient Care Services
Health Promotion and Disease Prevention



Be Safe



Did you know there are practical steps you can take to be safe? To maintain your health, it is important to be safe and protect yourself from sexually transmitted infections, falls, and motor vehicle crashes. Read below to learn more about how to be safe.

How do I prevent sexually transmitted infections (STIs)?

- STIs can be passed to another person during sex. You can protect yourself from STIs by abstaining from sex. If you are sexually active, use a latex condom every time you have sex (vaginal, anal, or oral) if your partner is or might be infected.
- You can also decrease your number of sexual partners to reduce your risk.
- If you are in a mutually monogamous relationship with an uninfected partner (you and your partner have sex only with each other), you can reduce your risk of developing STIs.

What are the symptoms of STIs?

- Unfortunately, many STIs do not have symptoms. This means you can have an STI without knowing it. If you think you may have an STI or have been exposed, talk to your health care provider.
- STIs can also be passed from a pregnant woman to her baby before or during the baby's birth. If you are pregnant, get tested for STIs and seek appropriate treatment if the test is positive to avoid passing the infection to the baby.

How are STIs treated?

- Some STIs can be cured with antibiotics if they are treated early. Untreated STIs can cause serious health problems, such as infertility.
- If you are treated for an STI, your sex partner(s) should also be treated to prevent re-infecting you.

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about your goals.

How dangerous are falls in the home?

- Among older adults, falls are the leading cause of injury deaths. About half of all falls happen at home. Falls are also the most common cause of nonfatal injuries and hospital admissions for trauma.
- If you or a loved one has fallen recently or has balance problems, make sure your home is safe. You can request a home safety assessment from your VA health care team.

What can I do to prevent falls in my home?

- You can prevent tripping and falling by removing small throw rugs. If you choose to use them, use double-sided tape or anti-slip mats underneath the rug.
- You can improve the lighting in your home. As you get older, you need brighter lights to help you see well. Hang light-weight curtains or shades to reduce glare.
- Wear shoes inside and outside the house. Avoid going barefoot or wearing slippers.
- Remove things (papers, books, clothes, shoes) from stairs and places where you walk, so you will be less likely to trip.
- Keep items you use often in cabinets that you can reach easily without using a step stool.
- Make sure you use non-slip mats in the bathtub and on shower floors.
- Install grab bars next to your toilet and in your tub or shower. Also install handrails and lights in all staircases.
- If you can engage in regular physical activity, especially strengthening exercises, you may reduce your risk of falling by increasing strength and balance (see the *Be Physically Active* handout).

How do I prevent motor vehicle crashes and injuries?

- Don't drive while under the influence of alcohol or drugs or ride with somebody who is.
- Impaired driving is dangerous and causes more than half of all motor vehicle crashes.
- You can reduce your chances and your loved ones' chances of dying from a motor vehicle-related injury by correctly using seat belts and car seats. Wear seat belts in cars and helmets on motorcycles and bicycles.

- Don't text message or talk on a cell phone while driving. Pull far over to the side of the road away from traffic.
- Be aware that motor vehicle crashes are the leading cause of death in Veterans in the early years after returning home from deployment.

FOR MORE INFORMATION:

- VHA National Center for Health Promotion & Disease Prevention: www.prevention.va.gov

STIs

- American Social Health Association, How to use a condom*: http://www.ashastd.org/condom/condom_overview.cfm
- Clinical Public Health Program: HIV/AIDS: <http://www.hiv.va.gov/>
- Healthfinder — Quick Guide to Healthy Living*: <http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicID=32&cnt=1&arealD=0>

FALLS

- What You Can Do to Prevent Falls*: http://www.cdc.gov/HomeandRecreationalSafety/pubs/English/brochure_Eng_desktop-a.pdf
http://www.patientsafety.gov/SafetyTopics/fallstoolkit/media/fall_prevention_at_home.pdf
- Healthfinder — Reduce Your Risk of Falling*: Quick Guide to Healthy Living: <http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicID=17>

MOTOR VEHICLE SAFETY

- Veteran's Safe Driving Initiative: http://www.safedriving.va.gov/docs/safe_driving_brochure.pdf
- Driving Resources — Veteran's Safe Driving Initiative: <http://www.safedriving.va.gov/resources/driving.asp>
- Distracted Driving: Frequently Asked Questions and Answers*: <http://www.distraction.gov/content/get-the-facts/faq.html>

* Indicates that the link leads to a non-VA website. The VA is not responsible for content on the site.

If you have questions about how to make healthy living changes, please talk with your health care team.



BE SAFE: Prevent Falls



Did you know there are practical steps you can take to be safe? It is important to be safe and protect yourself from falls. Read below to learn more about how to prevent falls.

How dangerous are falls in the home?

- Among older adults, falls are the leading cause of deaths from injuries. About half of all falls happen at home.
- Falls are also the most common cause of non-fatal injuries and hospital admissions for trauma.
- If you or a loved one has fallen recently or has balance problems, make sure your home is safe. You can request a home safety assessment from your VA health care team.

What can I do to prevent falls in my home?

- Prevent tripping and falling by removing small throw rugs. If you choose to use them, anchor them with double-sided tape or anti-slip mats underneath.
- Improve the lighting in your home. As you get older, you need brighter lights to help you see well. Hang light weight curtains or shades to reduce glare.
- Wear shoes inside and outside the house. Avoid walking barefoot or wearing slippers.
- Remove things (papers, books, clothes, shoes) from stairs and places where you walk, so you will be less likely to trip.
- Keep items you use often in cabinets that you can reach easily without using a step stool.
- Make sure you use non-slip mats in the bathtub and on shower floors.
- Install grab bars next to your toilet and in your tub or shower. Also install handrails and lights in all staircases.
- You can use a walker or a cane for extra support.

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What else can I do to prevent falls?

- Physical activity, especially strengthening exercises, may reduce your risk of falling by increasing strength and balance (see the *Be Physically Active* handout). Physical activity makes you stronger and helps you feel better.
 - Physical activities that improve balance and coordination (like Tai Chi) are the most helpful.
 - Lack of physical activity leads to weakness and increases your chances of falling.
 - If you need help deciding what types of physical activity are good for you, ask your doctor or health care team.
- Sometimes medicine can make you feel dizzy or unsteady on your feet, especially if the medicine is new. Tell your health care team if you feel dizzy or unsteady on your feet.
- Avoid alcohol and sleep medications.
- Get your eyes checked regularly by an eye doctor to make sure your eyesight is as good as it can be.

Talk to your health care provider about preventing falls if:

- You are concerned about falling.
- You are on medicines that make you feel dizzy or unsteady on your feet.
- You have suddenly fallen without getting dizzy.
- You are at increased risk of injury due to osteoporosis (brittle bones).
- You are on blood thinners.
- You have been injured as a result of a fall.

FOR THE MOST CURRENT INFORMATION AND OTHER RESOURCES:

- VHA National Center for Health Promotion & Disease Prevention: www.prevention.va.gov. Go to the *Healthy Living* tab and choose "Be Safe"
- Veterans Health Library: www.veteranshealthlibrary.org, search "preventing falls"

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BE SAFE: Prevent Sexually Transmitted Infections



Did you know there are practical steps you can take to be safe? It is important to be safe and protect yourself from sexually transmitted infections (STIs). Read below to learn more about how to be safe.

What are STIs?

Sexually transmitted infections (STIs) are viral and bacterial infections that can be spread from one person to another through sexual contact. You can get STIs from any sexual activity, whether it involves the mouth, anus, vagina, or penis. STIs are the same as sexually transmitted diseases (STDs). Even though most STIs respond well to treatment, some can be treated but not cured.

How do I prevent STIs?

- STIs can be passed from person to person during sex. If you are sexually active, use a latex condom every time you have sex (vaginal, anal, or oral). If you are allergic to latex, there are condoms made of non-latex rubber that you can use. However, lambskin condoms will **not** protect you from STIs.
- You can reduce your risk by decreasing your number of sexual partners.
- You can reduce your risk of developing STIs by having sex with only one person who only has sex with you, as long as both of you are not infected with an STI.
- You can protect yourself from STIs by abstaining from sex.

I'm pregnant. Can my baby be harmed by STIs?

- STIs can also be passed from a pregnant woman to her baby before or during the baby's birth. If you are pregnant, talk to your health care provider about getting tested and how to avoid passing infection to your baby.
- If you are infected with human immunodeficiency virus (HIV) talk to your health care provider about whether breast feeding is safe for your baby.

What are the symptoms of STIs?

- Many STIs do not have symptoms. This means you can have an STI without knowing it. If you think you may have an STI or have been exposed, talk to your health care provider.

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Why should I get tested for an STI?

- STIs can cause severe organ damage and infertility. Infertility can happen to a man or a woman, leading to the woman not being able to get pregnant. Many STIs show few or no symptoms, especially in women. You could have an STI and pass it to someone else and not know it. Having one STI can increase your risk for getting other STIs. If you are concerned, get checked for STIs. Don't risk giving the infection to someone else.

How do I get checked for an STI?

- Talk to your health care provider or call your local health department. They can help you get the tests you need.

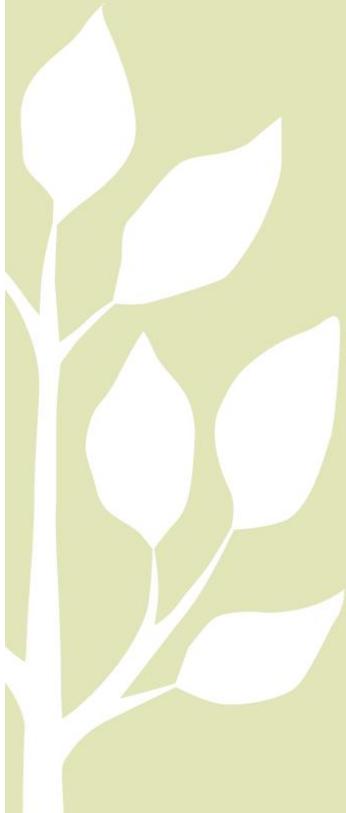
How are STIs treated?

- Some STIs can be cured with antibiotics if they are treated early. Untreated STIs can cause serious health problems, such as infertility.
- If you are treated for an STI, your sex partner(s) should also be treated to prevent re-infecting you.
- Some STIs cannot be cured, but treating them can improve your health. It is important to talk to your health care provider if you think you might have an STI.

FOR THE MOST CURRENT INFORMATION AND OTHER RESOURCES:

- VHA National Center for Health Promotion & Disease Prevention: www.prevention.va.gov. Go to the *Healthy Living* tab and choose "Be Safe"
- Veterans Health Library: www.veteranshealthlibrary.org, search "infectious diseases"
- Clinical Public Health Program: HIV/AIDS: www.hiv.va.gov

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BE SAFE:

Prevent Motor Vehicle Crashes



Did you know there are practical steps you can take to be safe? It is important to be safe and protect yourself from motor vehicle crashes. Read below to learn more about how to prevent motor vehicle crashes.

Are Veterans more likely to be in motor vehicle crashes?

- Motor vehicle crashes are the leading cause of death in Veterans in the early years after they return home from deployment.
- Your military experiences may have taught you not to use seat belts. In civilian driving, seat belts can reduce your and your loved ones' chances of injury or death from a motor vehicle accident. Wear a helmet if you drive a motorcycle, even if your state's laws do not require it.

How do I prevent motor vehicle crashes and injuries?

- Don't drive while under the influence of alcohol or drugs or when sleep deprived, or ride with somebody who is. Driving while impaired by drugs, alcohol, or sleep loss is dangerous and causes more than half of all motor vehicle crashes.
 - Don't text or talk on a cell phone while driving. Before using a cell phone, pull far over to the side of the road away from traffic.
 - Ask your health care team if you are taking any medications that can slow down your reaction time and put you at risk for motor vehicle crashes.

FOR THE MOST CURRENT INFORMATION AND OTHER RESOURCES:

- VHA National Center for Health Promotion & Disease Prevention: www.prevention.va.gov. Go to the *Healthy Living* tab and choose "Be Safe"
- Veterans Health Library: www.veteranshealthlibrary.org, search "safe driving"

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www.prevention.va.gov

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VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Patient Care Services
Health Promotion and Disease Prevention



BE SAFE: Prevent Falls



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