



Kaiser Permanente Presents:

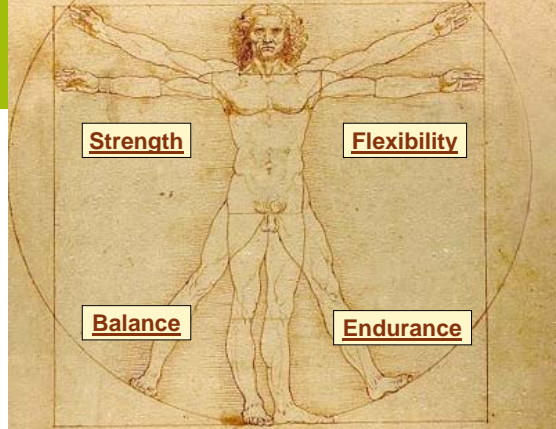
# A Healthy You



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# A Healthy You

**Strength**      **Flexibility**

**Balance**      **Endurance**




**TAKE THE PATH OF MOST RESISTANCE.**

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BMI	Weight (lb)	5'0"	5'3"	5'6"	5'9"	6'0"	6'3"
	140	27	25	23	21	19	18
	150	29	27	24	22	20	19
	160	31	28	26	24	22	20
	170	33	30	28	25	23	21
	180	35	32	29	27	25	23
	190	37	34	31	28	26	24
	200	39	36	32	30	27	24
	210	41	37	34	31	29	26
	220	43	39	36	33	30	28
	230	45	41	37	34	31	29
	240	47	43	39	36	33	30
	250	49	44	40	37	34	31


# Weighing the Risks



Your **Body Mass Index (BMI)** is a measurement that allows you to assess any risks that you may have for medical problems due to excess body weight.

Types of Health Risks	26	27	28	29	30	31	32	33	34
Death / all causes versus a BMI of less than 19			60%	110%	120%				
Death / heart disease versus a BMI of less than 19			210%	360%	480%				
Death / cancer versus a BMI of less than 19								110%	
Type 2 diabetes versus a BMI of between 22 & 23			1480%	2660%	3930%	5300%			
High blood pressure versus a BMI of less than 23			180%	360%	350%				
Degenerative arthritis versus a BMI of less than 25						400%			
Gallstones versus a BMI of less than 24			150%				270%		

Source: Scientific American, August 1996, "Trends in Medicine: Gaining on Fat," W. Wray Gibbs



## KP Health Classes and Health Videos for Everyone

My health manager | Health & wellness | Health plans & services | Locate our services

Health classes

- Healthy living in Northern California
- Find a health class
- Search tips
- Health calculators
- Healthy lifestyle programs

Related links:

- Health encyclopedia
- Facility directory

### Healthy living in Northern California

**Make the doctor connection**  
Choose a physician, view physician home pages, e-mail your doctor, check lab results, and more.

**Find a health class**  
Stretch your mind, and maybe even your body, with one of our health classes.

**Watch your way to better health!**  
Find videos for download on popular health topics.

**Online programs**  
Want to stop smoking or learn how to prevent aches and pains? Our online programs can answer your health questions.

**Online tools for you**

- Make mouth-watering meals using our healthy recipes.
- Get into shape one step at a time with our 10,000 Steps® Program.
- Join Weight Watchers® at a discounted rate.

## Nutrition Goals

### Focus on:

- Plenty of whole grains, vegetables & fruits
- Portion size

### Avoid:

- High Fructose Corn Syrup
- Trans fat
- Saturated fat:
  - Meats
  - Dairy



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## Cholesterol

<b>Total Cholesterol</b>	<ul style="list-style-type: none"> <li>200 or less</li> <li>170 or less if history of heart attack, stroke, bypass surgery or diabetes</li> </ul>
<b>LDL</b>	<ul style="list-style-type: none"> <li>129 or less</li> <li>99 or less if heart disease or diabetes</li> </ul>
<b>HDL</b>	<ul style="list-style-type: none"> <li>men 45 or more</li> <li>women 50 or more</li> </ul>
<b>Triglycerides</b>	<ul style="list-style-type: none"> <li>less than 150</li> </ul>

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## Blood Pressure Goals

*Otherwise Healthy*  
130/85

*With Diabetes or Heart Disease*  
120/80

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## Heart Healthier Lives

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Helping Californians live heart-healthier lives

Cardiovascular disease is America's #1 killer, but at Kaiser Permanente our cardiovascular care is saving lives every day. And because we believe that California communities should be as heart-healthy as our Northern California members, we are now making our tools and expertise in cardiovascular care available to everyone.

ASSESS PREVENT MANAGE RISKS Reduce your risk and thrive.

www.permanente.net/healthyheart/

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## On-line resources for everyone

Live healthy

WWW.KP.ORG

Select one of our featured topics for information, tools, and resources to help you live healthier.

- Child & teen health
- Complementary & alternative care
- Fitness
- Health calculators
- Health videos
- Healthy aging
- Healthy living to go: Download audio files
- Men's health
- Mind & body health
- Nutrition
- Pregnancy and new baby
- Preventive care
- Quit smoking
- Weight management
- Women's health
- Temas sobre la salud

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## Sister, Daughter, Self

- 1 in 5 women, 1 in 14 men are the victims of IPA at some point in their lives
- IPA is the leading cause of injury to American women ages 15-44
- IPA is a leading cause of pregnancy-associated mortality

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## Recognizing Intimate Partner Abuse

- Do you ever feel emotionally or physically threatened or hurt by your partner?
- HITS Scale:
  - Physically Hurt you?
  - Insult you?
  - Threaten you?
  - Scream at you?
- Are you afraid of your partner?



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## If Not For Ourselves, For Our Children

Exposure to Intimate Partner Abuse as a child increases health care utilization throughout life and is associated with poorer health outcomes as an adult

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## Community Advocacy Resources

- 24-hour crisis line
- Emergency housing
- Transitional housing
- Counseling
- Legal services
- Prevention activities
- National DV Hotline (800) 787-3224, [www.ndvh.org](http://www.ndvh.org)

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## Resources in San Francisco/San Mateo

W.O.M.A.N., Inc	(877) 384-3578
La Casa de Las Madres	(877) 503-1850
CUAV (Gay, Lesbian, Bisexual & Transgender)	(415) 333-4357
Living in a Nonviolent Community	(415) 885-7636
Asian Women's Shelter	(877) 751-0880
Donaldina Cameron House (Asian)	(415) 781-0401
Arab Cultural and Community Center	(415) 664-2200
Community Overcoming Relationship Abuse (CORA)	(800) 300-1080
NARIKA (for South Asian Women) – Berkeley	(800) 215-7308
SEMAH, Inc. (Islamic) – Newark	(866) 997-3624

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I believe  
in making  
good  
choices.



thrive