

Your Health Matters!

Summer 2013



Get Out and Go for a Walk in San Francisco

We live in one of the best walking cities in the world. So put on your walking shoes, get some fresh air, and see San Francisco from a walking pace. There are many exciting things you can do while walking the city. Plus, you can get a workout while learning and seeing new things.

Here are just a few places you can go and learn about the city.

You can walk the Barbary Coast Trail and learn about San Francisco during the gold rush years. Just follow the series of bronze medallions and arrows embedded in the sidewalk connecting the Barbary Coast Trail's historic sites. Along a 3.8-mile path (mostly flat or gently sloping), the trail weaves its way from Downtown to Fisherman's Wharf to Union Square. Learn more at www.barbarycoasttrail.org.

Walk one of the Golden Gate National Park Conservancy trails such as Lands End or the Presidio. You will have breathtaking vistas and historical treasures to immense redwoods and intimate wildlife encounters. Learn more at www.parksconservancy.org.

You can also enjoy a beautiful walk through the gardens in Golden Gate Park or visit Chinatown, the oldest one in the country.



inside



NEW YEAR'S GOALS



HEALTHY FOODS



ASTHMA

Do You Know Someone With

Asthma?



People with asthma have lungs that are easily bothered. This makes it difficult for them to breathe. People of all ages can have asthma, but the disease almost always starts during childhood.

An asthma attack happens when something irritates a person's lungs. Their airways swell up and start to close. When this happens, air cannot get through and into their lungs and body.

Things that can cause an asthma attack are different for each person. Some of the more common things are:

- **Smoke from air pollution**
- **Mold**
- **Tobacco smoke**
- **Allergies**
- **Colds or the flu**
- **Changes in temperature**
- **Crying, laughing, and stress**

How can you tell if someone is having an asthma attack? An asthma attack can happen at any time. Someone who is having an asthma attack will have a lot of trouble breathing. Some symptoms include:

- **A whistling sound when breathing**
- **Coughing that lasts for more than a week**
- **Tightness in the chest**
- **Shortness of breath**

Ask your doctor if you think you or your child has asthma. Your doctor will perform a breathing test. Even though there is no cure for asthma, your doctor can give you medicine to help control asthma and make you feel better.



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Two Healthy Foods

During the spring months before summer, cauliflower and oranges are ripe, ready to eat, and easily found in farmers' markets.

CAULIFLOWER

Cauliflower is a vegetable and is part of the mustard family. It has a zesty, slightly spicy taste and a crunchy texture when raw or cooked. Almost any part of a cauliflower is edible, but most people eat the head, which is usually white – but some types come in purple and green. The crisp green leaves and stalk are also edible, but they need to be cooked. Look for cauliflower with a firm, evenly colored head and leaves and stalks that are crisp and not wilted.

ORANGES

Oranges are found all year in the Bay Area. There are over 600 varieties of oranges, with Valencia and navel the most common. But this time of year you can find clementines, tangerines, and blood oranges. A one-cup serving of sliced oranges has only about 85 calories and no fat. They are a major source of vitamin C, flavonoids, and many nutrients that support the body's metabolism and lower blood pressure and cholesterol. Add them to your salad, or make a sweet sauce for fish or chicken. When choosing an orange, it's best to pick one that feels heavy because it's usually juicier. A good orange should have no soft spots. It's best to look for oranges that have a bright orange coloring.



Eat Healthy for a Better

YOU



Eating healthy is good for your body.

You can have more energy. You can lose weight. You can even stop diseases, like diabetes, before they happen.

Being healthy may mean that you have to make some changes. For some people, these changes are not easy.

Start with the foods you eat. Here are some ways you can make the food you eat better for your body:

- Eat from a smaller plate
- Eat more fresh fruits and vegetables

- Stop eating fried foods
- Stay away from salty foods
- Drink more water

Change the way you shop for food. Pick foods that are better for you such as:

- Whole-grain bread
- Fresh fruit
- Reduced-fat or skim milk
- Popcorn (without butter)
- Brown rice
- Sweet potatoes



Renew Your New Year's Goals



Many people make New Year's goals. These goals often have to do with living a better life. Some of the most popular goals include:

- **Eating healthier**
- **Losing weight**
- **Getting out of debt**
- **Quitting smoking**

Did you make any of these goals last year? Goals can be hard to keep. This year, try these tips to stay on track:

- **Take easy steps.** Some goals are harder than others. Make sure your goals are easy to keep. You may give up if your goals are too hard.
- **Start small.** If you don't have a lot of time, make your goals part of your life. For example, you can take a short walk when you have a lunch break.
- **Share your goals.** Let your friends know about your goals. They can help you in reaching your goals.
- **Don't give up.** It is OK if you stop working on your goal for a little while. Just make sure you get back on track quickly.

Breakfast: It's Important

Nutritionists say that breakfast is the most important meal of the day, but why? Eating in the morning increases your metabolism (how fast you burn calories) and helps your body get going. If you don't eat breakfast, your body doesn't process your next meal as quickly. It holds on to any nutrients it can, instead of burning them.

Studies show that people who eat breakfast tend to weigh less than people who skip it. Breakfast eaters have more energy, do better in school and at work, and eat healthier throughout the day. Without breakfast, people can get tired and grumpy. So, think about what you would like to eat tomorrow morning. You'll be glad you did.



Health Reform and You!

Federal health reform is less than one year away from becoming reality in the United States. Beginning January 1, 2014, there will be more health care options available to more people in the United States due to the Affordable Care Act.

What do the 2014 expanded health care options mean to you?

One will be an expanded role of Medi-Cal. Medi-Cal is California's public health insurance program. It will be increased to enroll many more low-income, uninsured adults. Another will be "Covered California." It will be a marketplace where you will be able to choose the right health plan for your needs.

Learn more at www.healthexchange.ca.gov and www.coveredca.com.



Keep Your Hands Clean!

Washing your hands is easy. It can keep you from getting sick.

WASH YOUR HANDS ...

- When you cook
- Before you eat
- When you are sick
- After using the toilet
- After changing diapers
- After touching garbage

WHEN YOU WASH ...

- Wet your hands
- Add soap
- Rub and scrub up to your wrists for 20 seconds
- Rinse your hands
- Dry your hands with a clean towel





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Be Free of Hepatitis B

Anyone can get the hepatitis B virus. The virus is also known as HBV. The disease damages the liver. Some people who are infected with the virus can fight it off. Others may have it for the rest of their lives.

It is possible to have HBV and not know it. A person can get the virus if he or she comes in contact with someone else's infected body fluid. This can be through blood, sex, needles, and during childbirth.

Some groups have a greater chance of getting HBV than others. These groups include:

- **People who live with, work with, or have had sex with someone with HBV**

- **People with sexually transmitted infectious (STIs)**
- **People who use needles**
- **Pregnant women and newborn babies**
- **People who travel to, or were born in, places where HBV is common**
- **Men who have sex with other men**

There is a way to protect yourself from getting HBV. Talk to your doctor about getting the HBV vaccine.

www.sfhepbfree.org

Read to Your Children

You may wonder when you should start reading to your kids, or if you should read to your babies only when they are old enough to understand words. But it is never too early to start reading to your kids.

Reading is an important way for a parent to help a baby learn words. Reading also helps a baby's brain cells grow. Studies show that kids whose parents read to them often know more words by age 2 than kids who have not been read to. So start reading together and enjoy the wonder of books.

