



Seniors Taking Charge of Your Health!

Lesson 9: Prevention – Getting Checked and Medicare Services

Getting Ready

1. Review the lesson plan and read the educator resources before each session.
2. Prepare to do chair exercises. Choose Modules A and B with balls (found elsewhere in this document) or Tufts/CDC Growing Stronger, Part III (a separate booklet or online at: http://www.cdc.gov/nccdphp/dnpa/physical/growing_stronger/growing_stronger.pdf).
3. Make copies of chair exercise guide for participants to take home (if not done so already).
4. Copy and staple the handouts that best meet the needs of your audience (one set for each participant).
5. Gather supplies needed for lesson, recipe, and activities.

General Supplies

1. Handouts for participants.
2. Pens or pencils for participants to write on the handouts.
3. Balls for chair exercises (foam will not bounce as much as air-filled, so foam balls may be a better choice). Optional: step counters to replace those that are lost or broken.
4. Supplies for “Bingo for Better Health” are bingo cards for all participants (found elsewhere in the manual), large dry beans for bingo pieces, and prizes such as magnifying glasses, measuring cups, healthy snacks, bottled water, spice blends, packets of artificial sweetener, low-calorie and shelf-stable milk products, canned or fresh fruits and vegetables, night lights, and lotion or hand cream.

Supplies When Preparing a Recipe for Participants (Strongly Recommended)

1. Ingredients to prepare the recipe provided or another healthy recipe.
2. Supplies for tasting recipe, such as plates, forks or spoons, and napkins.

Beginning the Session

1. Introduce yourself by name and the organization that you represent. Take attendance.
2. Summarize the lesson by going over the objectives. Let the group know that the session will be informal and that questions can be asked at any time.

Objectives for Participants

1. Learn the importance of getting checked.
2. Learn about the term “prevention.”
3. Learn that key aspects of prevention are eating healthy, being physically active, getting checked, and having good relationships with health care providers.
4. Learn about preventive services covered by Medicare.
5. Do chair exercises, complete physical activity charts, and set new physical activity goals.

Authors

Jennifer Teems, Graduate Assistant, Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602, 706-542-4869.

Joan G. Fischer, PhD, RD, LD, Associate Professor, Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602, 706-542-4869.

Menus and Physical Activity Programs

Mindy Bell, Graduate Assistant, Department of Foods and Nutrition, The University of Georgia, Athens, GA 30602, 706-542-4869.

Educator Resources

Before presenting the lesson, read these resources that were used to prepare this lesson:

- United States Preventive Task Force (USPTF) Guide to Clinical Prevention, 2006, <http://www.ahrq.gov/clinic/pocketgd.pdf>.
- Live Healthy Georgia, Get Checked, <http://www.livehealthygeorgia.org/getChecked.shtml>.
- Musich, S., Ignaczak, A., McDonald, T., Hirschland, D., Edington, D.W. Self reported utilization of preventive health services by retired employees age 65 and older. *Journal of the American Geriatrics Society*, 2001;49:1665-1672.

Script

*Remember to take attendance.
Give participants their handouts.*

Review

It's great to see everyone! Today we are going to talk about the term "prevention" and some things you can do to help be healthy in the days, months, and years to come. First let's review and think about how prevention fits in with some other themes we've discussed so far. Prevention is all about getting checked and we'll discuss this in detail today. Physical activity is also extremely important to stave off disease – how much physical activity should we be getting every day? *Wait for responses.* That's right – 30 minutes of moderate physical activity daily. How long should we wash our hands? *Wait for responses.* That's right – at least 20 seconds after we use the restroom or prepare foods, especially raw meats. Hand washing can help us prevent from getting food borne illnesses. What are the guidelines for fruits and vegetables, whole grain foods, and milk products? *Wait for responses.* That's very good – we should be getting 7 to 10 servings of fruits and vegetables, three servings of whole grain foods, and three servings of low-fat milk products daily. We should also limit fat and sodium or salt in our diets. A balanced diet is a key to prevention as well.

Let's review the handout called "*Seniors Taking Charge of Your Health!*" and talk about things you do to stay healthy. Try to think of some of the healthy foods that you eat to stay healthy. *Invite participants to share what foods they eat for good health.* Hopefully you are trying to aim for 7 to 10 servings of fruits and vegetables daily, at least three servings of whole grain foods, and three servings of low-fat milk products. Next, think about the activities you do to stay physically and mentally active and things that you do to stay positive and help cheer yourself up. *Invite participants to share how they stay positive and active.* Super – now what are some check-ups that we need? Right! You can check your feet daily, which is especially important for those with diabetes. Ask your doctor how often you should have your blood pressure, blood cholesterol, blood sugar, and body weight checked. You may need these checked more often if you have high blood pressure, high blood cholesterol, or diabetes. Regular vision and hearing check-ups are also important. Ask your doctor or pharmacist to review your medications to help avoid medication problems. Another important part of good health is washing your hands for at least 20 seconds before preparing foods and after using the bathroom. Proper hand washing helps decrease the risk of foodborne illness, colds, and the flu.

Introducing Prevention

Can anyone tell me what prevention means? *Wait for a few different responses.* Great! Those are all great definitions. Prevention is a very general word that can be applied to many different situations. It can refer to countless activities that you can do to help avoid *any* type of problem. Today, we will focus on how prevention relates to your health and wellness.

Some of the topics will be a review for you, but we are going to talk about how they fit into the term "prevention." We will focus on how you, your health care provider, and your family can help you prevent and manage disease. We will also talk about preventive services suited for your age that target the prevention of many conditions and diseases. You may be surprised that your insurance may pay a large portion of the cost of many of these services.

Three Pieces of Prevention

Let's look at your handout called the "*Three Pieces of Prevention: The Perfect Preventive Puzzle.*" *Carefully review the handout with participants.* You, your health care provider, and your family and friends can all work together to contribute to your present and future wellness.

Let's talk about what YOU can do everyday to boost your prevention prowess. Can anyone think of examples? *Wait for responses.* Those are great answers. Some of the most important behaviors to prevent health problems are to be active, choose healthy foods, maintain a healthy weight, be smoke-free, and use the preventive services that we will talk about later in this lesson. In previous lessons, we learned some great ways to prevent and manage diabetes and heart health.

Your health care provider is a key component in this equation. Only your health care provider can ensure that you have the proper services (vaccinations, screenings, or counseling) appropriate for you. However, only YOU can ensure your health care provider is knowledgeable

about your health and your family history of certain conditions. Remember to always be open and honest in discussing your health with your health care provider.

Family and friends are part of prevention, too. Can anyone tell me where they fit in? *Wait for responses.* Yes, that's right! Your friends and family can provide support for a healthy lifestyle. Making changes to your daily routine can be difficult, but people who make those changes with a friend, family member, or spouse are often more successful at keeping healthy lifestyle changes than those who go at it alone. Walking for thirty minutes or eating an extra serving of vegetables will seem easier if you have a buddy who cares and provides support.

Preventive Services

Now we are going to discuss specific preventive services that may be recommended for you. Let's review the handouts titled "*Recommended Preventive Services*"; one is for women and one is for men. Some services are recommended because they detect certain conditions while they are still manageable. In other words, the service allows you to catch a potential problem *before* it becomes a disease – this will likely save you a lot of discomfort and frustration if it is caught before you really get sick. Your handout is specifically for your gender. As we go through the handout, try to recall if you have had the service. If you haven't had a service, ask your health care provider if it would benefit you. *Carefully review handout with participants.*

It would be a good idea to bring this handout with you to your next appointment with your health care provider to make sure you have not missed any opportunities for prevention. The screenings help prevent common diseases such as cardiovascular disease, diabetes, colon cancer, and osteoporosis.

Many of the services we discussed are covered by insurance. Find your handout "*Preventive Services Covered by Medicare.*" Use this as a reference to see for the preventive benefits you should be receiving if you are enrolled in Medicare. If you need help enrolling in Medicare or understanding benefits, call the GeorgiaCares 800-number provided at the top of the page.

In general, most adults have their weight and blood pressure checked regularly, but some recommended tests don't get used very much – even services that are covered by Medicare and other insurance. Make sure you don't let an opportunity for prevention pass you by! Many people over age 65 don't get checked for:

- Colon cancer screenings: About 38% of people have not been screened as recommended.
- Breast cancer screenings: About 24% of women have not had a mammogram in the past two years.
- Cholesterol screening: About 17% of people haven't had their cholesterol screened in the past four years.
- Prostate cancer: About 30% of men haven't had the recommended screening.
- Flu shot: About 30% of people haven't been vaccinated for the flu in the past year.

Now let's test your prevention knowledge. Can you name one or more things that YOU can do to prevent disease and illness? *Wait for responses.* Great! That's right, there are many things you can do, including being physically active, getting checked, and being smoke free, just to name a few. Can you name at least one preventive service that you can receive from your health care provider? *Wait for responses.* Yes, those are all great answers. Bone mineral density screenings, blood pressure screenings, and screenings for colon cancer are also all great preventive services your health care provider can offer. One more question. Are the preventive services recommended for men always the same services that are recommended for women? *Wait for responses.* That's right – although many recommended services are the same, that is not always the case. Great job!

Menu and Recipe

Along with using preventive services, another way that we can help protect our health and manage chronic diseases is by eating a variety of healthy foods, such as those on today's menu titled "*Sample Menu #9.*" This menu has about 1,800 calories. Can anyone describe some of the healthy parts of today's menu? *Wait for responses and encourage participants to pick out some of the healthy aspects of the menu, including 7 to 10 servings of a variety of brightly colored fruits and vegetables, at least three servings of whole grain foods, three low-fat milk products, and lean meats, poultry, or fish.* Have you been including these types of foods in your own meals and snacks at home? *Wait for responses.* Excellent! It sounds like you've been including many of the foods that will help you to feel great and fight diseases. Remember that another important part of fighting diseases is keeping food safe to eat. Be sure to wash your hands for 20 seconds before you prepare food, and to keep foods eaten raw, such as fruits and vegetables, separate from raw meat, poultry, and fish.

There's also a healthy and delicious recipe to go with today's sample menu. Honey-kissed carrots are a colorful and bright orange vegetable. The carrots are steamed and flavored with a small amount of honey, soft tub margarine, and cinnamon, so they are low in salt and fat. You can prepare them in the microwave or on the stovetop; whichever you prefer. *If a recipe is provided for participants to try, then be sure to tell participants what is in the recipe, in case anyone is allergic to any of the ingredients.*

Be Physically Active Everyday!

How is everyone doing with their daily minutes of physical activity? Hopefully you're adding more minutes as you progress and are writing them in your calendar. Does anyone have any activities for strength and flexibility on their calendar? *Wait for responses.* Well, for those who don't, you can write in the exercises we're about to do for today's date. We'll be using balls today to help us with our chair exercises.

Begin the exercise session with a five to ten minute warm-up. Then, begin Exercise Modules A and B (balls) or Tufts/CDC Growing Stronger, Part III.

NOTE: *For groups using step counters: Encourage participants to continue recording their steps in the Physical Activity Chart, and to try adding more steps each week as they feel able. Help those whose pedometers are lost or broken and hand out additional Physical Activity Charts as needed.*

Activity: “Bingo for Better Health”

Gather the group together to play “Bingo for Better Health.” The bingo cards are printed at the end of all of these lessons. Give participants large dry beans for bingo pieces and bingo cards that have a series of nutrition and health-related illustrations in each bingo square. Play this game as normal bingo is played. Shuffle the stack of large bingo pieces, select one to call out to participants, and show the bingo piece to participants. The first participant to accurately declare bingo wins. Ideas for prizes include a magnifying glass to read food and medicine labels, measuring cups, healthy snacks, bottled water, spice blends, small packets of artificial sweetener, low-calorie pudding mix, shelf-stable milk or soy products (e.g., low-calorie milk powder, low-calorie cocoa packet, 8-ounce boxes of milk), canned or fresh fruits and vegetables, lights (e.g., night light, flashlight, key-chain light, other battery-powered lights), and small bottles of lotion or hand cream.

Seniors Taking Charge of Your Health! (Lesson 9)

Eat Healthy

What are some foods you eat to help you stay healthy?

Today we will talk about how eating the recommended 7 to 10 fruits and vegetables is an important part of prevention.



Be Active

What are some activities you do to stay physically and mentally active?

Today we will do some chair exercises for our physical activity.



Be Positive

What are some things that cheer you up and help you enjoy life?

Today we'll review the importance of family and friends in prevention.



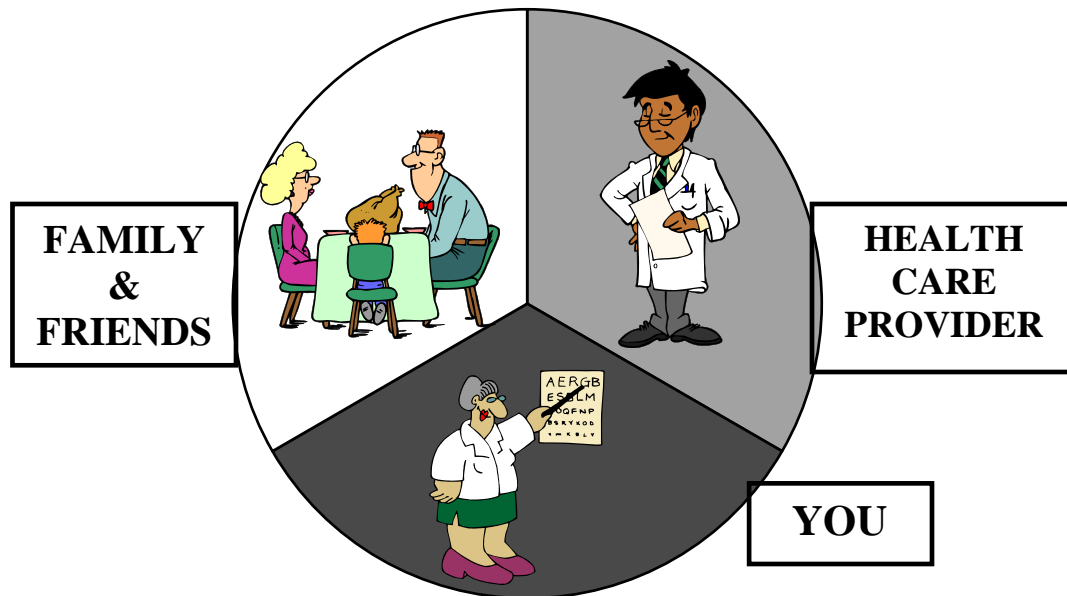
Get Checked

What are some check-ups we need?

Today we will talk about the importance of several check-ups, such as tests for bone health, diabetes, and colon cancer.



Three Pieces of Prevention: The Perfect Preventive Puzzle



YOU: Prevention starts with YOU! As you now know, you can improve your health by eating healthy and being active. Every improvement helps, so continue to prepare healthier foods and be physically active everyday.

YOUR HEALTH CARE PROVIDER: One thing YOU can also do is talk to your health care provider about preventive services. Always be honest with your health care provider and discuss issues of concern. Bring a list of questions or the list of *recommended services* to your next check-up to ensure you receive services you need and deserve.

FAMILY AND FRIENDS: Knowing your family history of certain diseases can help you focus on getting the preventive services you need. Also, when making changes to your diet and activity people are more likely to maintain positive changes in their lives with a motivating partner, so grab a friend and help each other stick with healthy habits.

WOMEN: Recommended Preventive Services

Ask your health care provider about the following preventive, counseling, and screening procedures that apply to you!!

(Highlighted procedures are covered by Medicare):

Recommended Preventive Measure	Action	
Full check-up, including height and weight	Discuss with your health care provider	
High blood pressure (screening)	Every 1-2 years	
Cholesterol/lipid tests	Every 5 years	
Dietary counseling	If you are at risk for a diet-related chronic disease	
Bone mineral density test (osteoporosis screening)	At least once. Discuss need to follow-up with your health care provider.	
Blood sugar test (diabetes screening)	Every 3 years	
Breast cancer (screening)	Every 1-2 years (Age 40+)	
Cervical cancer (screening)	Discuss with your health care provider	
Depression (screening)	Discuss with your health care provider	
Alcohol misuse (screening)		
Tobacco cessation counseling	If you use any type of tobacco	
Listed below are common <i>colorectal cancer</i> screenings. Discuss which is best for you with your health care provider:		
Fecal occult blood test	Yearly	<i>Your health care provider will choose which is right for you.</i>
Flexible sigmoidoscopy	Every 5 years	
Barium enema	Every 5-10 years	
Colonoscopy	Every 10 years	

Adapted from: US Task Force Guide to Clinical Prevention, 2006, <http://www.ahrq.gov/clinic/pocketgd.pdf>.
 Live Healthy Georgia, <http://www.livehealthygeorgia.org/femalescreening.shtml>.

MEN: Recommended Preventive Services

Ask your health care provider about the following preventive, counseling, and screening procedures that apply to you!!

(Highlighted procedures are covered by Medicare):

Recommended Preventive Measure	Action
Full check-up, including height and weight	Discuss with your health care provider
High blood pressure (screening)	Every 1-2 years
Cholesterol/lipid tests	Every 5 years
Prostate cancer screening	Discuss with your health care provider
Dietary counseling	If you are at risk for a diet-related chronic disease
Blood sugar test (diabetes screening)	Every 3 years
Abdominal Aortic Aneurysm (screening)	Discuss with your health care provider
Depression (screening)	
Alcohol misuse (screening)	Discuss with your health care provider
Tobacco cessation counseling	If you use any type of tobacco
Listed below are common <i>colorectal cancer</i> screenings. Discuss which is best for you with your health care provider:	
Fecal occult blood test	Yearly
Flexible sigmoidoscopy	Every 5 years
Barium enema	Every 5-10 years
Colonoscopy	Every 10 years

Your health care provider will choose which is right for you.

Adapted from: US Task Force Guide to Clinical Prevention, 2006, <http://www.ahrq.gov/clinic/pocketgd.pdf>.
Live Healthy Georgia, <http://www.livehealthygeorgia.org/malescreening.shtml>.

Preventive Services Covered by Medicare

If you need help enrolling in Medicare or understanding plan benefits, contact GeorgiaCares at 1-800-669-8387.

Coverage is usually 80% to 100%, however, deductibles may apply.

Covered Preventive Service	Frequency covered
Prostate cancer (Men): PSA <u>OR</u> digital rectal exam	Once a year
Mammogram (women)	Once a year
Cervical and vaginal cancer (women)	Every two years
Type 2 diabetes screening (blood glucose test)	Up to twice a year
Blood lipid test, screening	Every 5 years
Osteoporosis screening (bone mineral density test)	Every 2 years
Tobacco cessation counseling	Eight sessions in a year
Flu shot	Once a year
Pneumococcal shot	Once
Hepatitis B shot	Once
Colorectal cancer screenings:	
Fecal occult blood test	Yearly
Flexible sigmoidoscopy	Every 4 years
Barium enema	Every 4 years, or every 2 years if at high risk.
Colonoscopy	Every 10 years, or every 2 years if at high risk.

Adapted from: Medicare, Preventive Services, <http://www.medicare.gov/Health/Overview.asp>.

Sample Menu #9

Breakfast

Egg, scrambled or hard-boiled, 1 large, or ¼ cup egg substitute
Whole wheat English muffin, toasted, 1 muffin, with 2 teaspoons soft margarine
Orange, 1 small
Milk, 1%, 1 cup

Snack

Pear slices, canned in juice or water, drained and transferred to a bowl and microwaved if desired, with cinnamon, ½ cup
Milk, 1%, 1 cup



Lunch

Hamburger, made with 2 ounces cooked lean ground beef, 1 small (2 ounce) whole wheat hamburger bun, lettuce and tomato, 2 teaspoons mustard
Corn, fresh or frozen, boiled (or no-salt-added canned, drained, heated), ½ cup, with 1 teaspoon soft margarine
Side salad, made with 1 cup romaine lettuce, ½ cup sliced cucumbers or other vegetable, 1 tablespoon reduced-fat salad dressing

Snack

Vanilla wafers, 5 wafers
Pumpkin dip, made with ¼ cup canned pumpkin, 1 tablespoon cream cheese, ½ teaspoon cinnamon, and sweetened with artificial sweetener

Evening meal

Chicken and rice, made with ½ cup cooked brown rice, 1 teaspoon soft tub margarine, 3 ounces skinless chicken breast, fresh or canned, with salt-free seasoning to taste
Honey-Kissed Carrots (recipe provided)
Black-eyed peas, frozen or canned, rinsed, drained, heated, ½ cup
Mixed berries, fresh or frozen, ½ cup, or other seasonal fruit you enjoy

Snack

Yogurt, low-fat and low-calorie, vanilla or fruit-flavored, ¾ cup
Whole grain, ready-to-eat, unsweetened cereal, fortified (like Cheerios®), ¼ cup

Honey-Kissed Carrots

Serves 2

Ingredients:

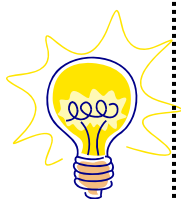
- 1½ cups carrots, peeled and sliced (about 3 medium carrots)
- ½ cup water
- 2 teaspoons honey
- ⅛ teaspoon ground cinnamon
- 1 teaspoon soft tub margarine



Directions:

1. Place carrot slices and water into a microwave-safe bowl; cover with a paper towel.
2. Microwave on HIGH approximately 6 to 8 minutes, or until carrots are fork-tender, stirring halfway through cooking time (carefully – bowl will be hot).*
3. While carrots are still warm, add in margarine, honey, and cinnamon, and stir to evenly glaze the carrots and melt the margarine.
4. Serve warm.

*Individual cooking times may vary depending on your microwave oven. If you prefer to steam your carrots on the stovetop, this method would also be a good option.



Try this!

Carrot slices are great for dipping in low-fat dressing, peanut butter, or other dip for a quick and healthy snack. You can also roast them in the oven with other vegetables and combine with whole wheat pasta to go with an evening meal. Shredding carrots makes a great salad addition.

Estimated Nutrition Facts per serving:

60 calories
1 g total fat
0 g saturated fat
12 g carbohydrate
1 g protein
2 g fiber

Nutrient Analyses of Sample Menus

Day/ Nutrient	Calories	Total Fat (g)	Sat. Fat (g)	Total Carb. (g)	Protein (g)	Fiber (g)
Sample 1	1805	52	15	257	89	28
Sample 2	1751	56	17	228	95	34
Sample 3	1774	50	12	240	96	27
Sample 4	1831	60	15	240	93	34
Sample 5	1725	52	13	228	101	26
Sample 6	1773	58	15	234	88	27
Sample 7	1744	61	18	221	94	32
Sample 8	1763	53	13	235	99	30
Sample 9	1757	51	17	232	101	30
Sample 10	1768	56	15	227	101	26
Sample 11	1810	68	19	223	92	27
Sample 12	1750	50	14	242	100	31
Average	1771	56	15	235	96	29



Most of the sample menus provide nutrients in the ranges of:

- 1750 to 1850 calories
- 25% to 35% of total calories from fat
- 7% to 10% of total calories from saturated fat
- 50% to 60% of total calories from carbohydrate
- 20% to 25% of total calories from protein
- 25 to 35 grams of fiber

Nutrient analysis estimates were completed using Diet Analysis Plus, Version 6.1, from ESHA Research, 2004. Nutrient values for individual foods can vary depending on brand, type of processing, method of preparation, and other factors. Be sure to read the Nutrition Facts panel of food labels if you'd like to know exactly how much of specific nutrients are in the foods you buy.