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Quarterly Newsletter | Fall 2019

HealthMatters

THE OBESITY EPIDEMIC

7%

higher chance of having a stroke

49%

more likely to develop coronary heart disease

60

diseases linked to obesity

96%

more likely to have heart failure



Now Partnering



CCH members will soon have discounted access to Weight Watchers



In this issue...

Health. It's what Community Care Health is about. After all, it's right there in our name. And because the health of our members is so important to us, we continually strive to connect our members with the programs, information and providers necessary to help all of us make long-lasting, healthy decisions.



And when it comes to our long-term health, perhaps no issue affects so many of us than obesity. It is one of the greatest issues facing our country today – in our child, adolescent and adult populations – the consequences of which affect all aspects of our lives.

From increased chances of having a stroke and developing coronary heart disease to heart failure and other long-term medical issues, the effects of obesity are well known. What is not so well known are the variety of resources that we can take advantage of to help mitigate its risk.

This issue explores the spectrum of these resources, from the role that our biology plays in our weight-loss goals to exercise and healthy eating tips to determining when weight-loss surgery is an appropriate course of action.

We're also excited to announce a soon-to-be launched partnership with WW Freestyle – formerly Weight Watchers – to provide reduced cost pricing and specific programs designed for diabetics and children. And don't miss out on our Provider Profile featuring Dr. Kelvin Higa, medical director of Fresno Bariatrics, who is leading ground-breaking work in obesity and metabolic disorders.

We hope you enjoy this issue and find its contents informative. As always, we welcome your feedback, so please feel free to send any comments or suggestions about HealthMatters to info@communitycarehealth.org. For specific questions about your health plan, Member Services can be reached at (855) 343-2247.

Aldo De La Torre
 President, CEO
 Community Care Health



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HealthMatters is a quarterly newsletter brought to you from Community Care Health. Designed to keep members abreast of the latest information impacting their health, we hope you find this a valuable resource.



Focus on Being Overweight and Obese

Insights from
Dr. Daniel Bluestone,
Community Care Health Chief Medical Officer

Being overweight or obese puts you at risk for many health problems that you can avoid. For many people who are overweight or obese, losing weight is the best way to improve your overall health and the quality of your life. Many people find that although they initially lose weight by dieting, they quickly regain the weight after the diet ends. Because it is so hard to keep weight off over time, it is important to have as much information and support as possible before starting a weight-loss plan. You are most likely to be successful in losing weight and keeping it off when you believe that your body weight can be controlled. While it can be challenging to commit to the lifestyle changes needed to lose weight and improve your health, if you set reasonable goals and commit to them, you can be successful.

How do I know if I am overweight and by how much?

Doctors use a special measure called "body mass index," or BMI, to decide who is underweight, normal weight, or overweight. Your BMI will tell you whether your weight is appropriate for your height (see chart next page)

- If your BMI is between 25 and 29.9, you are overweight.
- If your BMI is 30 or greater, you are obese.

Should I see a doctor or nurse?

If you are overweight or obese, see your primary care provider. He or she might have suggestions on ways to lose weight. Obese people are more likely than people of normal weight to get diabetes, heart disease, cancer, and lots of other health problems. People who are obese also live less time than people of normal weight. That's why it's important to try to keep your weight in the normal range.

What's the best way to lose weight on my own?

To lose weight, you have to eat less or move more. Doing both is even better. Studies have compared many different diets. Any diet that reduces the number of calories you eat can help you lose weight – as long as you stick with it.

Physical activity works the same way. You can walk, dance, garden, or even just move your arms while sitting. What's important is that you increase the number of calories you burn by moving more. And you have to keep doing the extra activity.

If you go on a diet for a short time, or increase your activity for a while, you might lose weight. But you will regain the weight if you go back to your old habits. Weight-loss is about changing your habits for good. The best way to start is to make small changes and stick with them. Then, little by little, you can add new changes that you also stick with.

Are there medical treatments that can help me lose weight?

There are medicines and surgery to help with weight-loss. But those treatments are only for people with extreme weight problems who have not been able to lose weight through diet and exercise. What's more, weight-loss treatments do not take the place of diet and exercise. People who have those treatments must also change how they eat and how active they are.

How do weight-loss medicines work?

Weight-loss medicines work by reducing your appetite or by changing the way you digest food. They are appropriate only for people who:

- Have a BMI of 30 or greater; or
- Have a BMI between 27 and 29.9 and also have medical problems, such as diabetes, heart disease, or high blood pressure

Can I try herbal or non-prescription medicines to lose weight?

Some herbal weight-loss medicines are unsafe. Check with your doctor or pharmacist before you take any herbal weight-loss medicines. There

weight-loss treatments do not take the place of diet and exercise

is also a non-prescription version of a medicine doctors prescribe. This medicine is called Orlistat (brand name: Alli). It is probably safe to try. But it can cause unwanted side effects, such as cramps, burping, and gas. Some weight-loss medicines are sold over the internet. However, these are not always safe, and they can even contain harmful ingredients.

How do weight-loss procedures work?

Weight-loss procedures work by making your stomach smaller. Some types of surgery also change the path food takes through your gut so that fewer calories and nutrients get absorbed. Another procedure changes the nerve signals between the brain and the stomach so you don't feel hungry.

Weight-loss surgery is appropriate only for people who:

- Have a BMI greater than 40; or
- Have a BMI of 35 to 39.9 and also have medical problems, such as diabetes, heart disease, or high blood pressure

How do I decide if weight-loss treatment is right for me?

If your doctor suggests weight-loss treatment, ask these questions:

- About how much weight can I expect to lose and how long will that take? – This depends on the treatment. There are several different types of stomach surgeries to help with weight-loss. The amount of weight-loss and how long it takes to lose weight is different for each one.
- What are the risks of treatment for someone like me? – Medicines can have side effects. Surgery can lead to infections, bleeding, the need for other operations, and even death. To reduce the risk of these problems, make sure your surgeon is very experienced and that you are treated at a certified "Center of Excellence."
- What changes will I need to make to my diet and lifestyle? – Weight-loss treatments are not "short-cuts" that get you out of making lifestyle changes. People getting treated must also change how they eat and how active they are. No weight-loss treatment works on its own. Sometimes people can get surgery only after they prove they can make lifestyle changes – by losing some weight on their own.
- Will I be able to process food normally? – Some types of stomach surgeries leave people unable to get all the nutrients they need from food. People who have this problem must take vitamin and mineral supplements for the rest of their lives.

Your doctor is the best source of information to answer all of your health-related questions about weight-loss. If you are struggling to lose weight, call your doctor for an appointment today.

BMI (Body Mass Index) for Adults																									
Weight (lbs)	OBESE (>30)					OVERWEIGHT (25-30)					NORMAL (18.5-25)					UNDERWEIGHT (<18.5)									
	Height (feet/inches)																								
	4'8"	4'9"	4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"	6'4"	6'5"			
260	58	56	54	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	32	31			
255	57	55	53	51	50	48	47	45	44	42	41	40	39	38	37	36	35	34	33	32	31	30			
250	56	54	52	50	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	30			
245	55	53	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	31	30	29			
240	54	52	50	48	47	45	44	43	41	40	39	38	36	35	34	33	32	31	30	29	28	28			
235	53	51	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29	28			
230	52	50	48	46	45	43	42	41	39	38	37	36	35	34	33	32	31	30	30	29	28	27			
225	50	49	47	45	44	43	41	40	39	37	36	35	34	33	32	31	31	30	29	28	27	27			
220	49	48	46	44	43	42	40	39	38	37	36	34	33	32	31	30	29	28	27	27	26	26			
215	48	47	45	43	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	26	25			
210	47	45	44	42	41	40	38	37	36	35	34	33	32	31	30	29	28	28	27	26	26	25			
205	46	44	43	41	40	39	37	36	35	34	33	32	31	30	29	28	27	26	26	25	24	24			
200	45	43	42	40	39	38	37	35	34	33	32	31	30	30	29	28	27	26	26	25	24	24			
195	44	42	41	39	38	37	36	35	33	32	31	31	30	29	28	27	26	26	25	24	24	23			
190	43	41	40	38	37	36	35	34	33	32	31	30	29	28	27	26	26	25	24	24	23	23			
185	41	40	39	37	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	22			
180	40	39	38	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21			
175	39	38	37	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21			
170	38	37	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20			
165	37	36	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	20			
160	36	35	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	19	19			
155	35	34	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	18			
150	34	32	31	30	29	28	27	27	26	25	24	23	23	22	22	21	20	20	19	19	18	18			



CCH is proud to announce new partnership with WW (Weight Watchers)

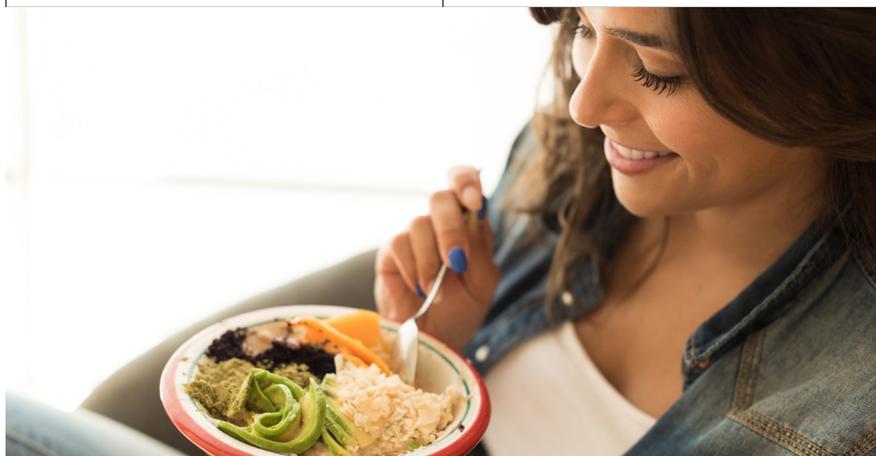
Coming soon, all CCH Members will be able to take advantage of the **WW Freestyle™** program at reduced pricing.

No matter what your goal is—to lose weight, move more, develop a more positive mindset, or all of the above—WW will bring you the science-based programs and tools that work.

When you enroll, CCH members can take advantage of a reduced WW membership by more than 50% off the regular membership price. Additionally, benefit-eligible dependents, including spouses, children (18-26 years of age), also have access to discounted membership—making health and wellness a family affair!

Be on the look out for more information regarding these programs!

WW offering	Employee special pricing
Digital Only	\$8.05 per month
Digital + Weekly Workshops	\$18.25 per month



Following our program

You'll eat what you love.

Based on our science-backed SmartPoints® system, WW Freestyle™ nudges you toward a healthier pattern of eating. And everything is on the menu! Plus, there are 200+ Zero Point™ foods that you don't have to measure or track, giving you extra freedom and flexibility.

You'll shift your mindset.

You'll learn how to think in new ways and handle tough moments with self-compassion. Plus, a new partnership with Headspace a leader in meditation and mindfulness, will provide you with techniques to help you be more mindful throughout the journey.

You'll do what moves you.

Our approach to activity is simple: if you enjoy it, you'll be more likely to keep at it. Anything that gets you moving more will do great things for your health and help you reach your goals.

Wellness that Works.™



CCH to Unveil WW (Weight Watchers) for Diabetes Program*

Uses positive lifestyle changes and personalized coaching to help members with Type 2 Diabetes better manage their weight and blood sugar.

CCH, in partnership with WW, is excited to offer this groundbreaking program that combines a proven WW approach with confidential, unlimited, one-on-one email and phone support from a Certified Diabetes Educator (CDE).**

Benefits include:

- Unlimited access to in-person Wellness Workshops
- WW digital tools, including the mobile app
- A personal food plan tailored to your needs, which applies the components of medical nutrition therapy for Type 2 Diabetes to the WW Freestyle™ program

What to expect as a member:

- Start with a 30-minute phone call with your CDE to create a personalized food plan to help you meet your daily SmartPoints target and maintain healthy blood sugar levels.
- Receive your plan along with topic-specific newsletters (such as managing low blood sugar or sick days, or meal planning), and schedule a follow-up call.
- Try out your personal food plan and some of the strategies discussed with your CDE, while you continue to attend Workshops and utilize all the tools.
- On the follow-up call, talk about what's working for you and what isn't, and make adjustments. You'll also discuss any low or high blood sugar levels you may have experienced, as well as safe exercise guidelines.
- Your CDE and you will come up with a plan for continued phone calls as often as you like. Email your CDE anytime with diabetes-related questions or for support.
- Receive weekly emails covering Workshop topics, but applicable to managing Type 2 Diabetes.

Questions? Call WW at 866-204-2885.

*WW for Diabetes subscription: May be available to those who meet eligibility criteria, and participation requires a Digital + Workshops subscription, the availability of which will vary in accordance with company size and commitment. Further restrictions apply.

** The WW for Diabetes information and guidance provided by the CDE is not intended as a substitute for medical diagnosis or treatment; you should always consult your physician about any healthcare issues.

¹ Klein S, Sheard EL, Pi-Sunyer X, et al. Weight management through lifestyle modification for the prevention and management of type 2 diabetes: rationale and strategies. Diabetes Care. 2004;27:2076-2073.

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COMMUNITY CARE HEALTH



Empowering your family to lose weight and live healthy



CCH is excited to announce our partnership with Kurbo by WW to offer weight loss and healthy living programs for *children ages 3-17*.

Here's how it works:



Personal coaching

Weekly individual/family video coaching plus in-app chat with a Kurbo coach to build healthy habits, stay on track, and celebrate success.



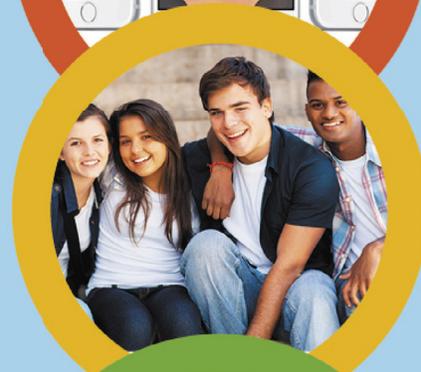
Easy mobile app

Our food and fitness tracker, games, and challenges make getting healthy fun.



Flexibility and convenience

Weekly 15-minute video coaching sessions can be scheduled around your activities.



Kurbo by WW is a new program offered to CCH members (children) ages 3-17.

Stay tuned for more information about this exciting new partnership!

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Wellness that Works™





The Truth Behind Weight-Loss Surgery Myths

If you are considering weight-loss or bariatric surgery, you have a lot of information to sort through. But, how do you know what's true and what isn't?

As one of the most experienced weight-loss surgery programs in the country, the metabolic and bariatric surgery team at Fresno Heart & Surgical Hospital has seen and heard it all.

Confused by all the myths out there? Here are a few helpful truths to help make the best decision for you.

Myth #1: Having weight-loss surgery is taking the easy way out.

Truth: Weight-loss or bariatric surgery, like any other lifestyle change, is a life-long commitment.

Research shows that it's nearly impossible for people affected by severe obesity to maintain long-term

weight-loss with diet and exercise. The cause for obesity is much more than an "addiction" to food. Many physical and psychological factors play a part in each case.

But bariatric surgery isn't a magic pill. There are guidelines you must follow to qualify for surgery and to continue being successful in your weight-loss journey. Each potential patient goes through an evaluation process to determine readiness for surgery. It includes medical history, nutrition and weight history and psychological status.

Myth #2: Weight-loss surgery isn't safe.

Truth: As with any surgical procedure, there are risks that you should discuss with your surgical team and loved ones. However, with the advancements of minimally invasive surgery, safety

and after-surgery recovery has dramatically improved.

Many studies have shown that the risk of death from any weight-related illness, like type 2 diabetes and hypertension, is less for those who've had bariatric surgery, compared to those who haven't. According to the American Society of Metabolic and Bariatric Surgery, bariatric surgery is now safer than a hip replacement or having your gallbladder removed!

Myth #3: Most people who have bariatric surgery regain all their weight.

Truth: It is true that some patients regain a small percent of weight (about 5%) two years or more after surgery. However, most are successful in maintaining their weight-loss long-term along with any related health issues that may have affected them.

Success isn't only determined by weight-loss, but by how each patient perceives an improvement of quality of life. Dr. Keith Boone, Metabolic and Bariatric Surgeon at Fresno Heart & Surgical Hospital says "While most people only focus on the weight-loss aspect of the surgery, we really focus primarily on the medical issues. Issues like diabetes, sleep apnea, infertility, high blood pressure and even arthritis."

If you have been considering bariatric surgery, talk to your primary care provider or attend one of Fresno Heart & Surgical Hospital's free bariatric seminars. For more information, visit www.fresnobariatrics.org



Kelvin Higa, M.D., FASC, FASMBS

Dr. Kelvin Higa graduated from the prestigious Biomedical Sciences Program, a collaboration between the University of California Schools in Riverside and Los Angeles, in 1983. He completed his general surgical training in Fresno in 1988. He has served as Chief of Vascular Surgery the VA Medical Center, Chief of Surgery for Community Medical Centers and Saint Agnes Medical Center and is currently the CEO of ALSA Medical Group and Director of Minimally Invasive and Bariatric Surgery at Fresno Heart & Surgical Hospital.

As Professor of Surgery in the UCSF Fresno Medical Education Program, Dr. Higa is involved in the training of surgical residents and fellows. In addition to hosting visiting professors and other surgeons throughout the world, he is often asked to lecture or perform live surgeries in the US and abroad. He has published many peer reviewed papers book chapters and serves on the editorial board of several journals. He has served as President of the American Society for Metabolic and Bariatric Surgery (ASMBS) and the International Federation for Surgical Obesity and Metabolic Disorders (IFSO). He is recipient of the ASMBS Lifetime Achievement Award.

Dog Owners Walk 22 Minutes More Per Day. And Yes, It Counts As Exercise

Allison Aubrey, NPR.org



Dog owners often say the best thing about dogs is their unconditional love.

But new research suggests there's another benefit, too. Dog owners walk more.

In a study published Monday in the journal *BMC Public Health*, dog owners on average walked 22 minutes more per day compared to people who didn't own a dog.

And they weren't just dawdling.

"Not only did we see an increase in exercise, but also the exercise was at a moderate pace," explains study author Daniel Mills of the University of Lincoln, in the United Kingdom.

The study found that the dog owners walked briskly and got their heart rates up. At times, their pace was about 3 miles per hour, which the Centers for Disease Control and Prevention considers moderate intensity.

Prior studies have shown that moderate-intensity walking is just as effective as running in lowering the risk of high blood pressure, high cholesterol, Type 2 diabetes and other conditions. And the more people walk, the more the health benefits increase,

measure speed, distance and other factors.

"People wore it 24 hours a day, which gave us a real insight into the total amount of activity," explains Mills, who was surprised by how much more active the dog owners turned out to be.

people who own pets seem to live longer than those who don't own them

according to the American Heart Association.

The U.K. study included men and women in their 60s and older. Some were dog owners and some were not. In order to assess the intensity of the walking, the volunteers agreed to wear activPAL devices, which

"This is a great study," says Robert Sallis, a family physician with Kaiser Permanente in California. He was not involved in the research, but commented on the findings.

"The national physical activity guidelines call for 150 minutes a week

of moderate-intensity exercise, and that's what they got in this study," says Sallis. In contrast, a CDC analysis has found that only about 50 percent of Americans get that much exercise every week.

Sallis says adopting a dog may help put an end to the excuses people have for not exercising. As dog owners know, when your hound leaps up onto your bed in the morning, you have little choice but to get up and go.

"If you look at studies on pet ownership, people who own pets seem to live longer than those who don't own them," Sallis says. An analysis from the American Heart Association finds dog ownership can protect against cardiovascular disease, for example.

Sallis says as beneficial as it is for our health, walking is not likely the only factor that explains why pet ownership is linked to longevity. Companionship can lead to lower rates of depression and stress, he says. "I think having a pet as you grow older is a great idea."

Aubrey, Allison. *Dog Owners Walk 22 Minutes More Per Day. And Yes, It Counts As Exercise* 01 Sept 2019. NPR post <https://www.npr.org/sections/health-shots/2017/06/12/532625213/dog-owners-walk-22-minutes-more-per-day-and-yes-it-counts-as-exercise>. Retrieved from <https://www.npr.org/sections/health-shots/2017/06/12/532625213/dog-owners-walk-22-minutes-more-per-day-and-yes-it-counts-as-exercise>.

Peter Simonian M.D. Receives National Recognition

Dr. Peter Simonian was recently recognized as one of the first class of Distinguished Arthroscopy Leaders by the Arthroscopy Association of North America (AANA). The elite group includes 21 of the nation’s most accomplished Orthopaedic Surgeons based upon their education, research and achievements in the advancement of arthroscopy and dedication to improving patient outcomes.

“AANA is extremely proud to honor Dr. Simonian as part of this exceptional group of surgeons,” said Larry Field, M.D., AANA president. “His contributions to the association and advancement of minimally invasive orthopaedic surgery benefits colleagues from around the world. We appreciate his expertise and are proud to have him as an AANA member.”

Dr. Simonian is a highly rated Healthgrades® physician recognized for the personal and outstanding care he provides injured athletes of all ages and levels out of the Simonian Sports Medicine Clinic.



Timely Access to Care

Health Plans in California must ensure that members have timely access to their physicians and other providers when seeking care. This means that there are limits on how long you have to wait to get an appointment and telephone advice. The wait times are shown in the chart below. Some exceptions to the wait times apply. Sometimes waiting longer for care is not a problem. Your provider may give you a longer wait time if it would not be harmful to your health. It must be noted in your record that a longer wait time will not be harmful to your health. Members who have questions or believe they need to be seen sooner should contact either their provider’s office or Community Care Health’s Member Services Department at (855) 343-2247.



Appointment Type	Standard
Emergency Care (life threatening)	Seek immediate care at the nearest hospital
Urgent Care (non-life threatening) – no prior authorization required	Appointment offered within 48 hours of request
Urgent Care (non-life threatening) – prior authorization required	Appointment offered within 96 hours of request
Non-urgent care appointments with a primary care physician (PCP) for regular and routine primary care services	Appointment offered within 10 business days of request
Non-urgent care appointments with a specialist	Appointment offered within 15 business days of request
Non-urgent care appointment with a mental health provider (who is not a physician)	Appointment offered within 10 business days of request
Non-urgent care appointments for ancillary services for the diagnosis or treatment of an injury, illness or other health condition	Appointment offered within 15 business days of request
Telephone triage and advice*	No greater than 30 minutes

*Community Care Health also provides access 24-hours-a-day, 7 days per week to talk to a qualified health care professional through Teladoc. Please call (800) 835-2362.

What's Happening

... around town and at Community Medical Centers



Learn more at
<https://fresnobariatrics.org> or
by calling (866) 433-8558

FRESNO BARIATRICS SUPPORT GROUPS 2019 SCHEDULE



General Support Group

1st Tuesday of each month, 6:30 p.m.-7:30 p.m.

Exercise and Nutrition Group

2nd Monday of each month, 6:00 p.m.-7:00 p.m.

Back on Track Support Group

3rd Wednesday of each month, 6:30 p.m.-8:00 p.m.

Yoga Class

2nd Wednesday of each month, 6:30 p.m.-7:30 p.m.

4th Wednesday of each month, 12:00 p.m.-1:00 p.m.



Farmers Market Around Town

Eat Healthy. Stay Healthy. Support Your Community.

Fresno VA Farmers Market

Tuesdays, 8:00 a.m.-1:00 p.m.
Front Entrance of Fresno VA

Vineyard Farmers Market

Saturdays, 7:00 a.m.-Noon
Blackstone & Shaw

Old Town Clovis Saturdays Farmers Market

Saturdays
8:00 a.m.-11:30 a.m.
Pollasky & Fifth



Tai Chi for Arthritis & Fall Prevention

Every Saturday, until Nov 23 10:30 am-11:30 am

CRMC is hosting a 12-week FREE Tai Chi course to help with arthritis and fall prevention. The 12 relaxed modified courses will teach you a new move every week.

First and last classes will have assessments to test your balance and mobility. **Classes will be held in the Sequoia Room at Community Regional.**

For more information or to register for this course, call (559) 459-4450.

www.facebook.com/events/2265725283550539/



COMMUNITY CARE
HEALTH

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Committed to Providing Quality Healthcare Services for the Central Valley



**Your Voice
Matters**

Have a story to share, questions or
comments? Please contact our staff at
staff@communityhealth.org

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