The Psychology of Weight Loss

According to the Centers for Disease Control and Prevention, 66 percent of Americans are currently on diets to lose weight or prevent weight gain. Yet only 5 percent of individuals who lose weight will keep it off.

Successful and long lasting weight loss does not begin on the plate or in the gym - it begins in the mind. Here are five questions to guide you toward sustainable weight loss:

How do I think about weight loss? Use positive thoughts and terminology in order to generate energy and motivation. Also, think of healthy eating and exercise as permanent lifestyle changes rather than activities designed to achieve a short-term goal.

How do I decide when to eat? If you eat out of boredom, loneliness or stress, consider constructing a list of other activities that lift your mood or relax you. Next time you reach for food, ask yourself if you’re truly hungry. If you’re not, draw from that list to find other soothing activities.

How do I decide what to eat? Is it availability, or ease of preparation? Instead, try eating for nutrition. This means knowing what your body needs and reading nutrition labels.

How do I decide when to stop eating? Learn to listen to your body’s signals of satiation. Eliminate distractions while you eat and eat slowly enough for the brain to register satiation - approximately 20 minutes.

What motivates me to lose weight? Write down how weight has affected your life and what the risks are if you continue as you were. Write down what you hope will be different as a result of losing weight. Your motivation should include better health, mobility, energy and quality of life.

Remember, at FSAP, you have access to free and confidential behavioral mental health services, fitness coaching, and nutrition coaching.

John W. Wilson, Psy.D., Licensed Clinical Psychologist

FSAP Now Has an Office in Cox Hall

In an effort to better serve clients, the Faculty Staff Assistance Program opened a new satellite office location at Cox Hall. The office is located on the 3rd floor, in rooms 355 and 356.

FSAP provides comprehensive employee assistance services that enhance the emotional and physical health, performance and well-being of individuals and organizational units at Emory. All employees, including faculty, staff and healthcare professionals, face a variety of challenges, changes and demands. FSAP can offer support to help you navigate the path to success.

Services at this satellite location are available by appointment only. Please call 404-727-4328 or 404-727-WELL to schedule an appointment. For more information about the services provided, visit the FSAP website at www.fsap.emory.edu.

Staff Fest - 5/14/2010

Fun Run/Fun Walk: Join your co-workers on May 14th for the annual Fun Run/ Fun Walk in Lullwater Park to kick off Staff Fest 2010. The two-mile run starts at 10 a.m., with the one-mile walk following at 10:30 a.m. Register online at www.emory.edu/staff_fest.

Volleyball: Refereed games will be from 11 a.m. until 2 p.m. To register, team captains should visit www.emory.edu/staff_fest. Please note that there is only one (1) registration per team.
Wellness and Lifestyle

The Public Health Corner:
Talking With Your Health Care Provider

According to Healthy People 2010, access to high-quality health care and having an ongoing relationship with a healthcare provider are essential for personal health and well-being. Receiving adequate and consistent care for both physical and mental health can help prevent health concerns, increase mental wellness, and stop illness in its tracks. Below are a few tips for being actively involved in your care:

- Be assertive when calling to set up an appointment. Make sure to tell the scheduler if your situation is urgent. Emory employees and immediate family members who utilize the Emory Healthcare system, regardless of insurance coverage, can use the Emory Employee Connection Program by calling 404-778-EVIP for assistance.

- Develop a list of questions ahead of time that you want to ask during your appointment to ensure that you will get the answers you seek.

- Bring a list of the prescriptions, over-the-counter medications, and vitamins or supplements you are taking, as well as any allergies you have.

- Be honest with your health care provider, even about sensitive subjects. Having accurate information will help your provider to offer the best care and advice.

- Ask for clarification. If you are uncertain about something your provider has said, ask for more explanation. Often, if questions are not asked, medical professionals will assume that patients understand.

- Ask when you should feel better or about follow up care. It is important to know what to expect or what to do if things don’t go as expected.

For more information on Healthy People 2010, visit www.healthypeople.gov.

Alyssa Lederer, MPH, CHES, Health Educator

Access to Behavioral Mental Health Services

For free short-term mental health services:

- Contact the Emory Faculty Staff Assistance Program (FSAP) at 404-727-WELL to schedule an appointment, or visit www.fsap.emory.edu for more information.

- FSAP offers confidential individual, couples and family counseling, as well as psychiatric consultation and support groups.

- Services are available to Emory University and Emory Healthcare faculty, staff and EUHM community providers and their immediate household family members.

- The FSAP Behavioral Mental Health team consists of skilled professionals including licensed clinical social workers, professional counselors, psychologists and psychiatric consultants with broad expertise.

For external mental health services through your health insurance plan:

- Contact Aetna Member Services at 800-847-9026 or visit www.aetna.com/docfind/custom/emory for a list of In-Network Behavioral Health providers.

- Aetna provides a network of experienced psychiatrists, psychologists, clinical nurse specialists and licensed counselors with specialties in treating children, adolescents, adults and families.

- Inpatient and outpatient benefits cover both mental health and substance abuse/chemical dependency treatment.

- To submit a claim for Out-of-Network mental health expenses, visit www.aetna.com/docfind/custom/emory to locate a medical claim form. If you receive services from an in-network provider, you do not have to submit a claim - the provider will facilitate the claims submission process.

Robin Huskey, LCSW, CEAP, Manager of Education and Outreach
Going Local: Planning Your Own Urban Garden

The latest trend in food culture is to “go local” with your food purchasing habits. Eating local, seasonal produce is a rule of thumb for making sustainable food choices that not only benefit your health, but also the environment. You can’t get any more local than your own backyard, so consider planting an urban garden.

When planning a garden, there are four things to consider:

- **Space:** Think about the amount of space you have in your backyard. If your yard is large, you may be able to have a raised bed garden, which are typically 3-4 feet wide. If you have a small deck or balcony, a container garden may suit your space. Many vegetables grow well in wooden boxes or clay canisters. If your outdoor space is limited, an inside herb garden may be the best option.

- **Sunlight:** Make sure that the area that you have designated for your garden gets plenty of sunlight. Observe the sun patterns and make sure that the area is exposed to a minimum of 5-6 hours of sunlight per day.

- **Seasonal produce:** Find out what grows well in your area, and the best time for planting. You can find this information online in the annual harvest calendar at [www.georgiaorganics.org](http://www.georgiaorganics.org), or ask someone at your local home and garden center.

- **Schedule:** Be realistic about how much time you have to devote to tending a garden. If you only have a few minutes a day, choose plants that require little attention to flourish. If you have several hours to devote to the endeavor, you can be a little more ambitious and plan a garden that could be the envy of the neighborhood.

If you need help deciding, visit [www.kraftbrands.com/homefarming](http://www.kraftbrands.com/homefarming) to help you determine what type of garden will have the most success in your urban or suburban location.

Tara Cox, MPH, RD, Wellness Specialist  
Sources: [www.georgiaorganics.org](http://www.georgiaorganics.org), [www.kraftbrands.com/homefarming](http://www.kraftbrands.com/homefarming)

Mid-Summer Italian Bread Salad

A crusty rosemary bread works nicely for this classic Italian salad. The bread, pulled into bite-sized pieces, along with tomatoes, cucumbers and red onions, are tossed with fresh herbs and just enough vinegar and oil for a nice glistening.

1 clove garlic  
1 (1 pound) loaf Italian bread  
1 cup chopped tomatoes  
1 cup cucumber - peeled, seeded and chopped  
1 cup chopped red onion  
1 clove garlic, minced  
2 cups chopped fresh basil  
1/8 cup chopped fresh thyme  
1/4 cup olive oil  
2 tablespoons balsamic vinegar

Rub a peeled clove of garlic around a wooden salad bowl. Pull apart or chop the bread into bite-size pieces. In the prepared salad bowl, combine the bread, tomatoes, cucumbers, red onions, garlic, basil and thyme. Add enough olive oil and vinegar to lightly coat, toss and serve.

Serves 8. Nutrition per serving: Calories 234; Total Fat 9 g; Cholesterol 0 mg; Total Carbohydrates 33 g; Sodium: 34 mg; Dietary Fiber: 2.5 g; Protein: 6 g

Nutrition analysis provided by Jessica Peterson, Dietetic Intern  
Emory University Hospital  
Recipe, photo source: [www.allrecipes.com](http://www.allrecipes.com), 2010
Asthma and the Air We Breathe

The prevalence of asthma has been increasing since the early 1980s across all age, gender and racial groups. It is estimated that one in 15 Americans suffer from asthma, and that 50 percent of cases are “allergic-asthma,” or caused by allergens or irritants inhaled into the lungs. Some of these asthma triggers include dust, animal dander, mold, pollen, cigarette smoke and air pollution. Other health conditions, such as runny nose, sinus infections, reflux disease and psychological stress can also make asthma more difficult to manage.

In Metro Atlanta, the amounts of pollen and air pollutants during the spring and summer months can increase to extremely high levels. Not only can exposure to pollens or air pollution make symptoms worse for people with asthma, but high levels can also affect those who don’t suffer from asthma, especially the elderly and young children. It is important to limit time outdoors if possible when the levels of these substances are high in the air.

As we move into the summer months, some environmental factors in Georgia can bring about or worsen the symptoms of asthma. Asthma is characterized by inflammation of the airway passages resulting in the temporary narrowing of the airways that transport air from the nose and mouth to the lungs. Symptoms of asthma include difficulty breathing, wheezing, coughing and tightness in the chest.

Unfortunately, there is no cure for asthma; however, it can be controlled with proper prevention and treatment. Individuals with asthma should work with their physician to identify the triggers that affect them most and establish a plan for minimizing contact with those irritants.

Melissa Morgan, MS, HFS, Wellness Specialist

Sources: Asthma and Allergy Foundation of America, www.aafa.org; National Heart, Lung and Blood Institute, www.nhlbi.nih.gov