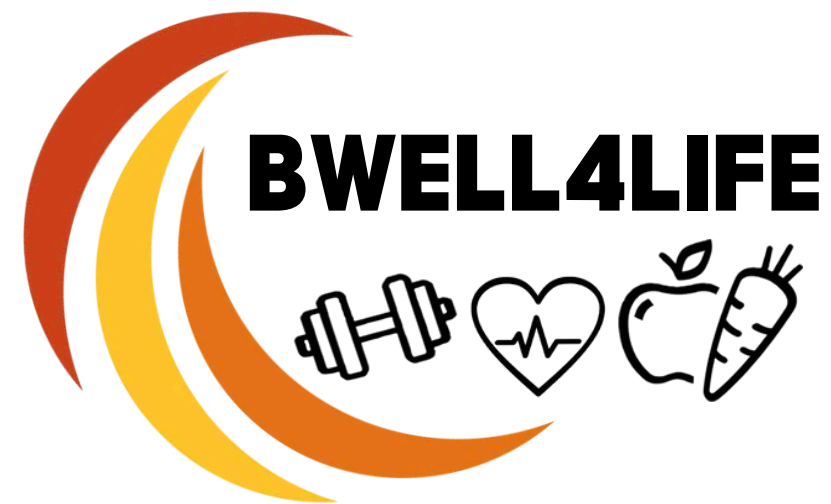


# SESSION 4

## Health Advocacy



# Your Community Health Educator

◆ XXXXXX@XXXX.XXX

◆ XXX-XXX-XXXX



# Ice Breaker: Reflection

Take a moment to think about and answer this question:

**Can you share a time when a visit to a healthcare provider or a health screening made a significant difference in your health or wellness journey?**



# Review of Learning Objectives

**By the end of the session, participants will:**

- ✓ Discuss key concepts from the pre-work for Session 4
- ✓ Understand the importance of primary care providers(PCPs), annual physical exams, and other health services
- ✓ Understand common chronic diseases and learn about some types and benefits of cancer screenings
- ✓ Gain confidence and learn how to better advocate for your health
- ✓ Identify barriers to healthy eating and physical activity, strategize solutions, and set SMART goals



# REVIEW

Prep Work for Session 4



# Summary of Prep-Work for Session 4

1. The Importance of Primary Care Providers (PCP)
2. Maximizing your PCP Appointments
3. Health Care Services
4. Basics of Common Chronic Diseases
  - Obesity
  - Heart disease
  - Diabetes
  - Cancer: Colorectal, Breast, Cervical, Prostate, Lung
5. Cancer Screening



# The Importance of Primary Care Providers (PCP)

Annual physical exams are essential to your overall health.

## AT AN ANNUAL CHECK-UP YOUR PCP CAN:



**Make sure your vaccines are up to date**



**Screen early to detect health diseases**



**Refer to a specialist if needed (like a heart doctor-cardiologist)**



**Treat unexpected health issues**



**Manage long-term health issues**

# Maximizing Your PCP Appointments

1

Be open and honest.



2

Ask questions.



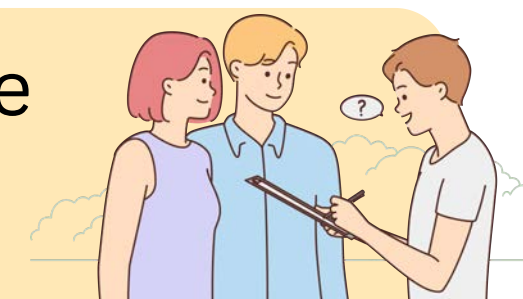
3

Keep records of your medical history, medications, current health issues, etc.



4

Speak up and communicate effectively.



5

Be proactive in your PCP relationship.



# Health Care Services

## Dentist



Preventative care, routine cleanings, tooth decay and gum disease management.

## Nutritionist



Education, diet counseling, individualized food plans.

## Optometrist

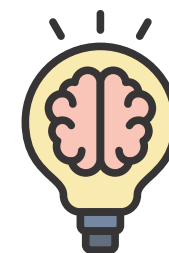


Annual eye exams, care for eye conditions and detection of other health issues.

## Mental Health



Individual Counseling and Parent Support Groups.



Speak to our community health educators if you are interested in accessing clinic services and insurance resources

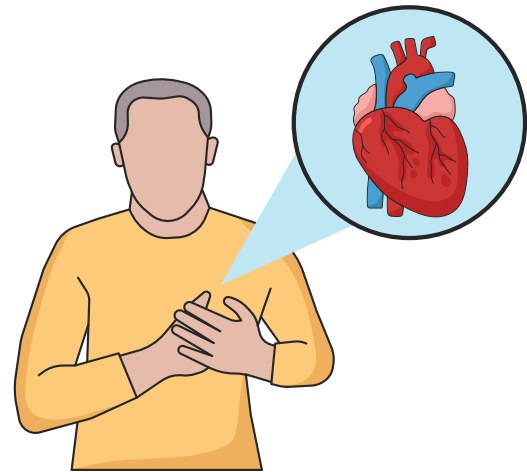
# Basics of Common Chronic Diseases

## What is a chronic disease?

Chronic diseases develop slowly and can last for a long time (3 months or more). Examples of chronic diseases include heart disease, diabetes, and cancer.

## Chronic Disease Treatment

In general, visiting the doctor regularly, and screening can lower the impact of chronic diseases before they become major problems.



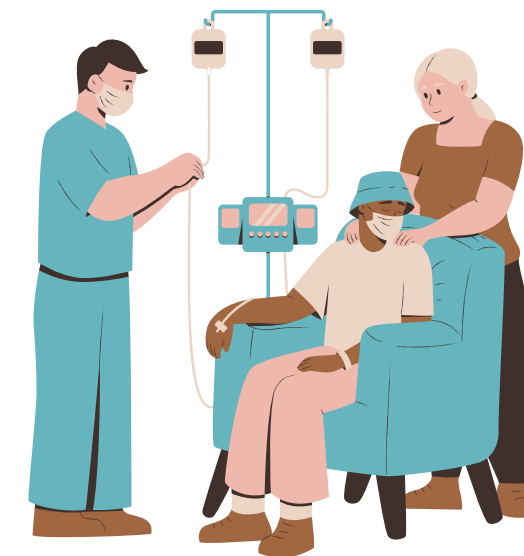
## Heart Disease

There are several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease (CAD).



## Diabetes

There are different types of diabetes, caused by either a lack of insulin or the body not using insulin properly.



## Cancer

Abnormal or damaged cells grow and multiply when they shouldn't, body has difficulty working the way it should.



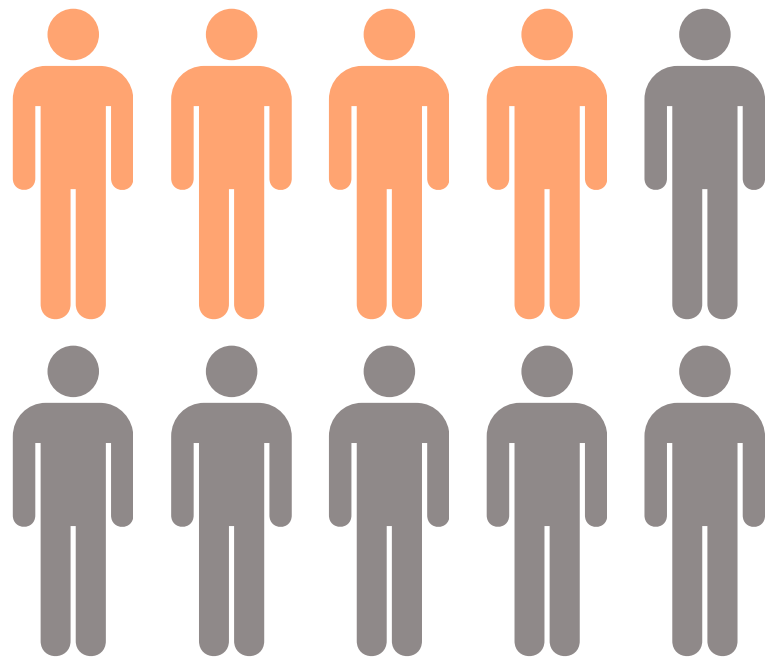
## Obesity

Obesity occurs when excess body fat accumulates due to overeating, inactivity, and genetics. It raises the risk of chronic conditions like heart disease and diabetes.

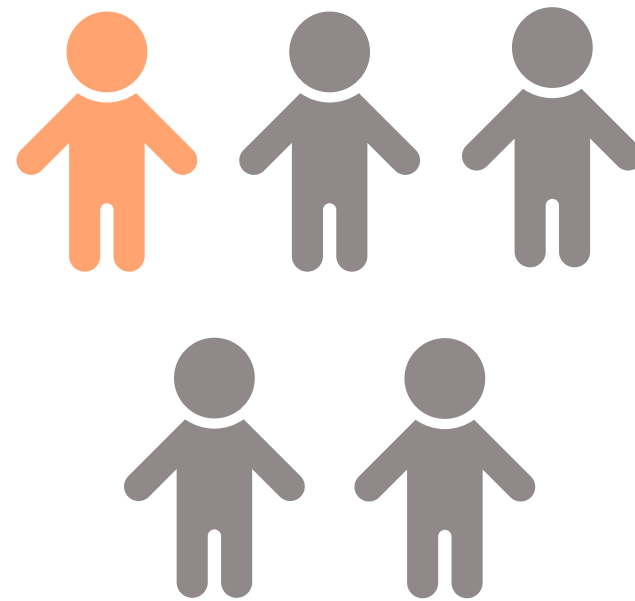
# OBEESITY

# GENERAL INFORMATION

4 in 10 Americans are obese



1 in 5 American children are obese



Obesity is more common in Hispanic and non-Hispanic Black people than in non-Hispanic White or Asian people



## BMI



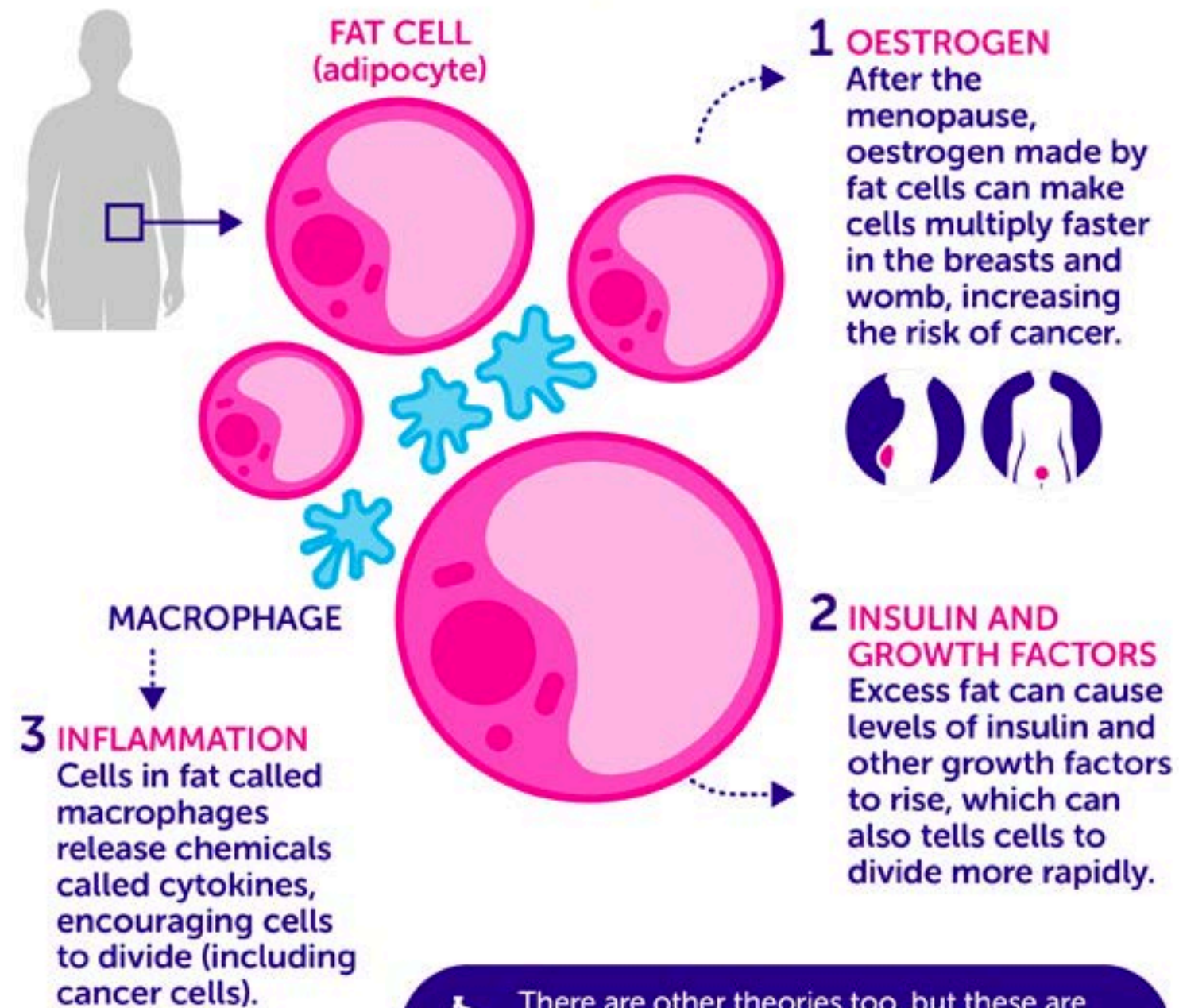
- Body mass index (BMI) is a measure of a weight relative to your height
- Obesity is having a BMI of higher than 30.

# OBESITY

# EFFECTS ON THE BODY

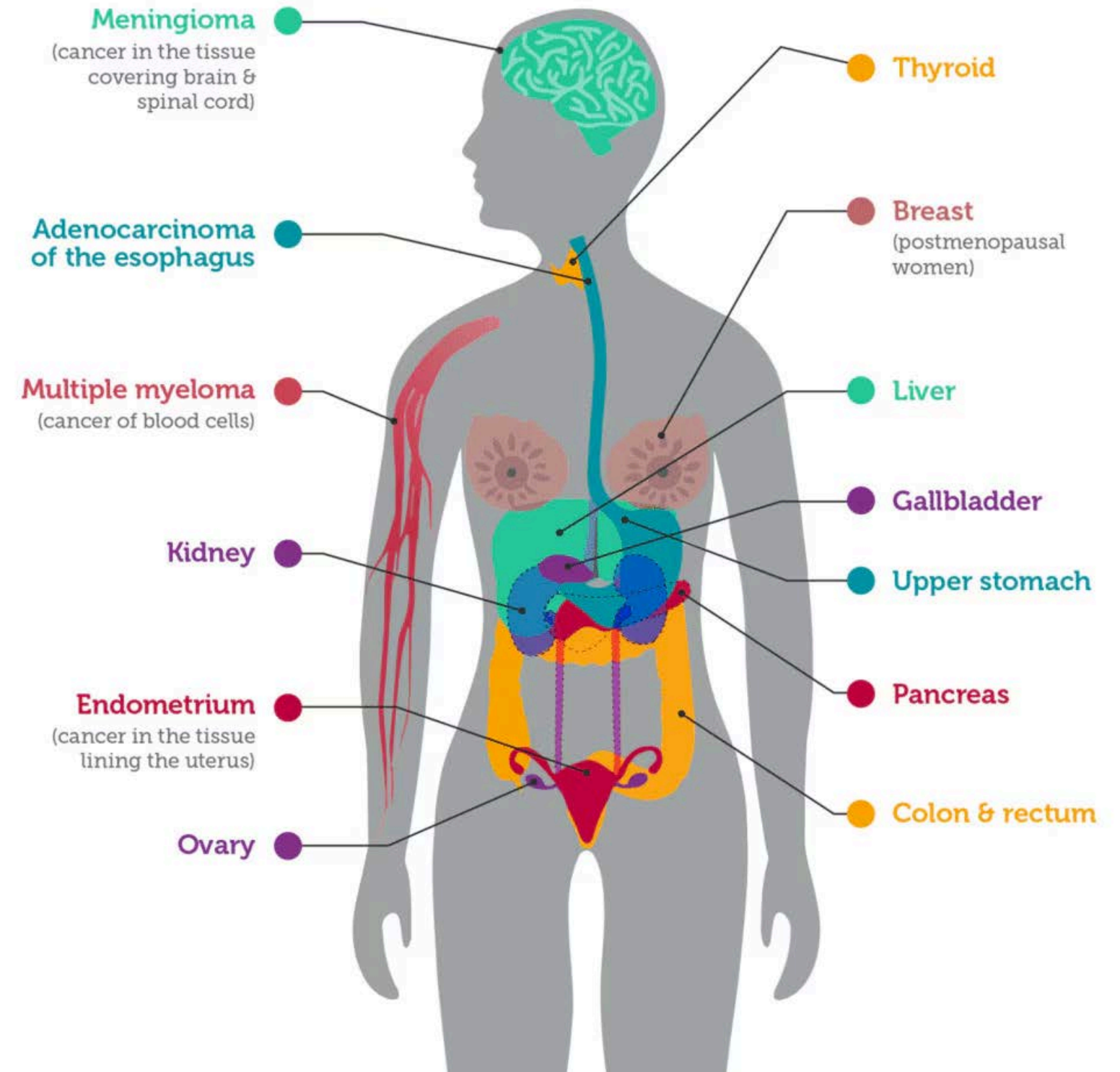
## HOW COULD OBESITY LEAD TO CANCER?

Research has identified three main ways



There are other theories too, but these are the main ideas being studied. More research is needed to understand this in more detail.

## Cancers Associated with Overweight & Obesity

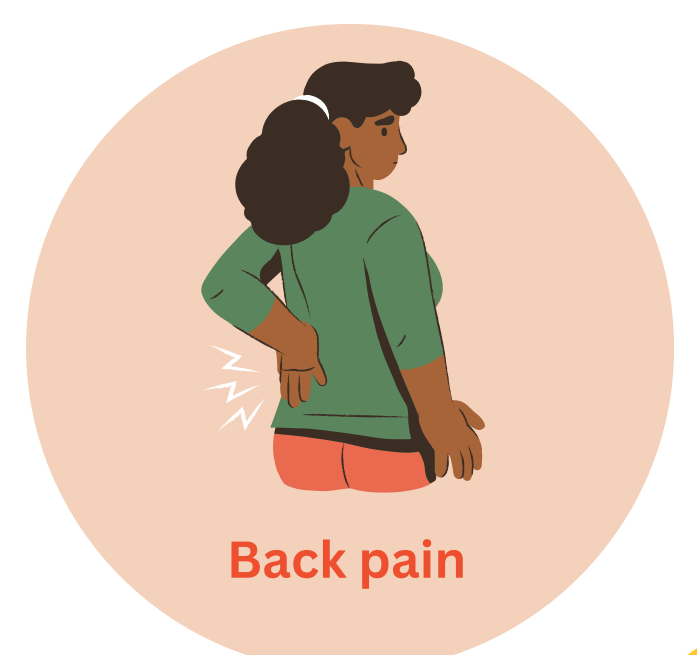
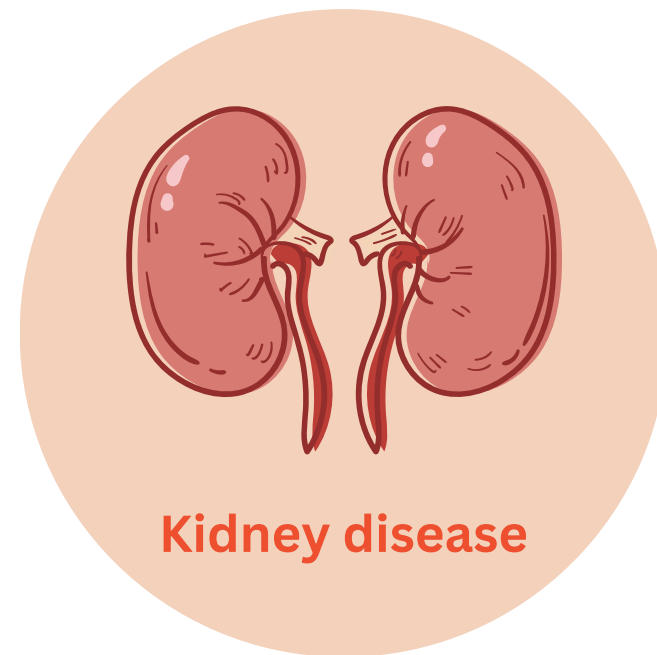
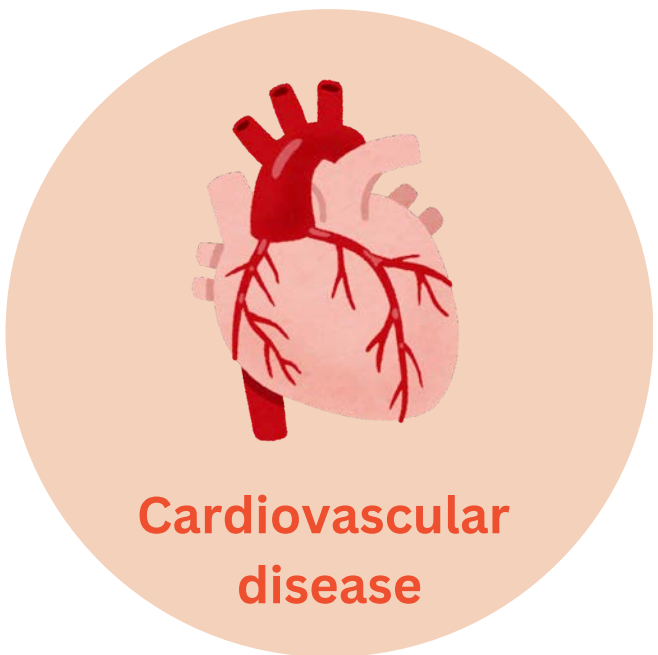
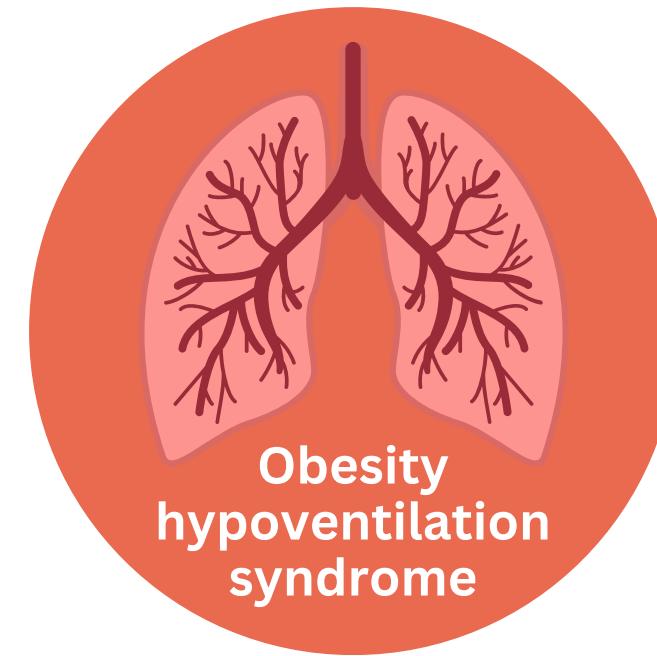
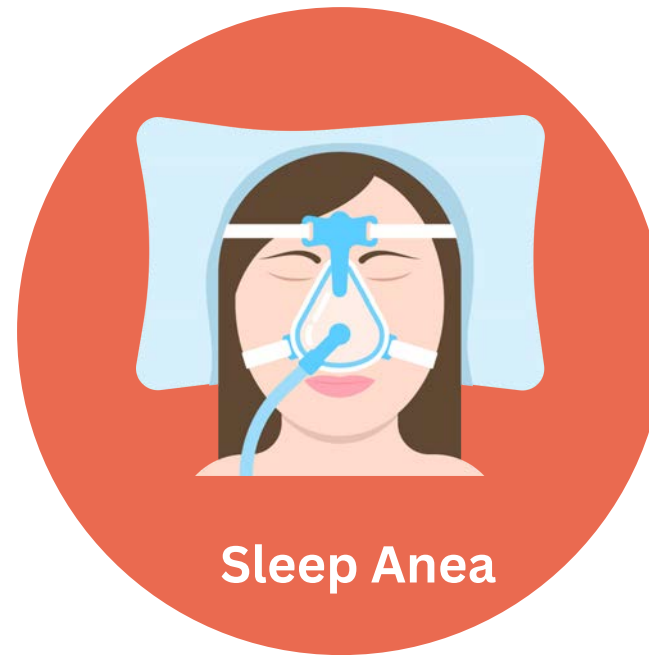


[cancer.gov/obesity-fact-sheet](https://www.cancer.gov/obesity-fact-sheet)

Adapted from Centers for Disease Control & Prevention

# OBESITY

# EFFECTS ON THE BODY



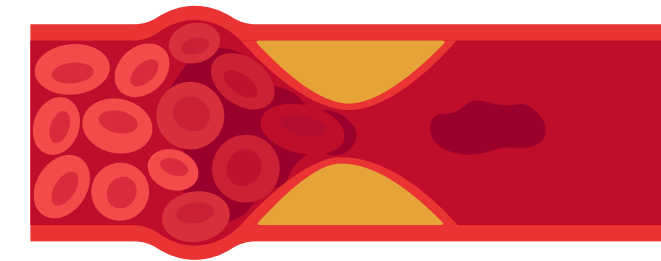
# HEART DISEASE

# RISK FACTORS

Coronary arteries are vessels that supply the heart with blood. **Coronary artery disease** is when these vessels are narrowed making it more difficult to keep the heart pumping.



High Blood Pressure



High Cholesterol

## High Blood Pressure

Blood pushes hard on the inner walls of the arteries.

### High blood pressure (hypertension)

Systolic: at least 140 mm Hg or higher  
Diastolic: at least 90 mm Hg or higher



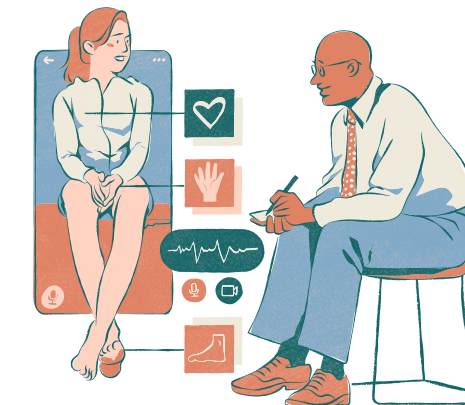
Diabetes



Smoking, Alcohol

## Cholesterol

There are different kinds of cholesterol. Some lower the risk of heart disease and stroke, but most increase your chance by causing blockages in the blood vessels.



Genetics,  
Family History



Lack of Physical  
Activity

# DIABETES

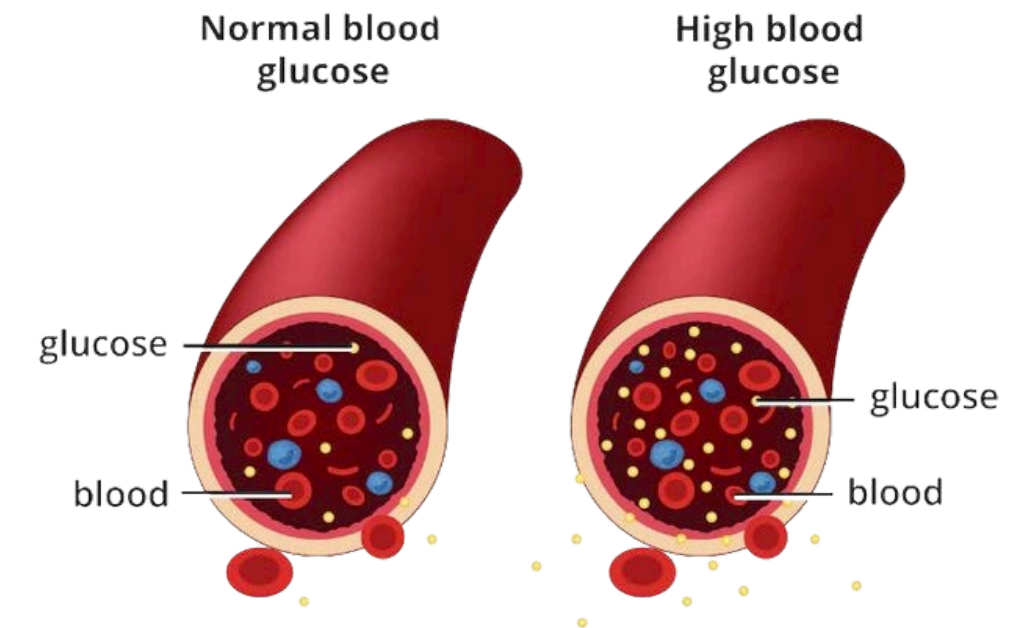
# SYMPTOMS

## Type 1 Diabetes

The body is unable to make its own insulin. Typically diagnosed in children and young adults, but can be found at any age.

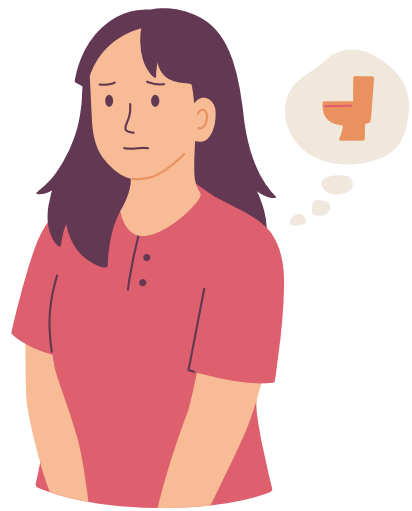
## Type 2 Diabetes

The body produces insulin but cannot use it properly, causing sugar to remain in the blood. While it is typically diagnosed in adults, it is increasingly common in young people.



## Gestational Diabetes

Diagnosed in pregnant women.



Frequent urination



Thirst



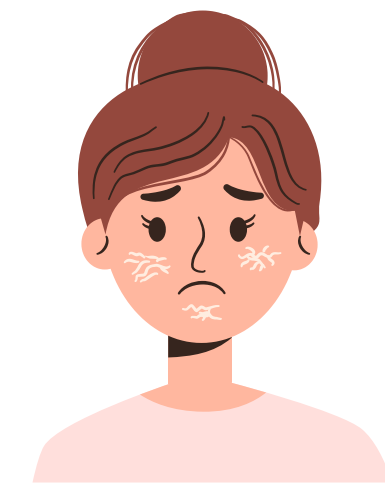
Hunger



Unexplained weight loss



Fatigue



Dry Skin

## What is Cancer?

Cancer is the uncontrolled growth of abnormal cells in the body.

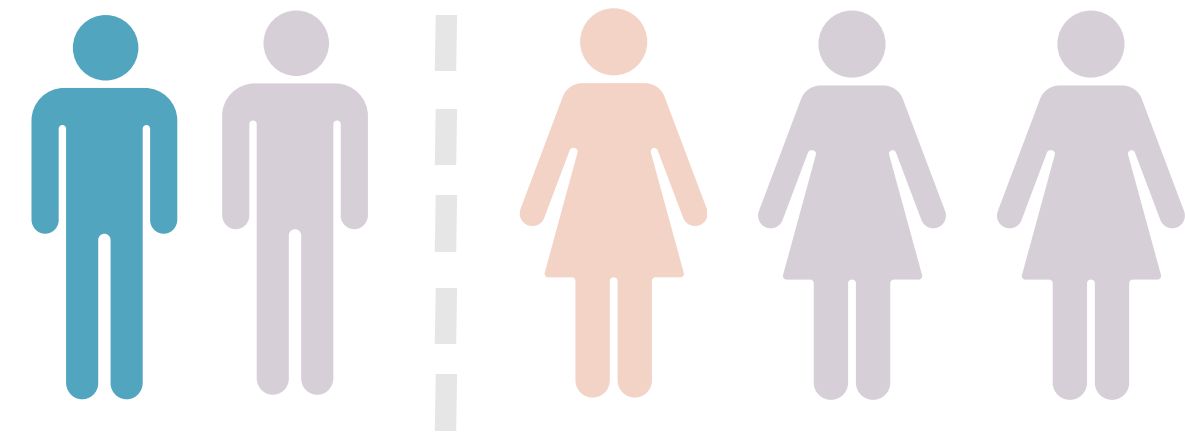
Cells that get old or are abnormal do not die, and instead multiply out of control.

When cancer cells grow out of control, they can crowd out normal cells and create a group or mass of cancer cells called a tumor.

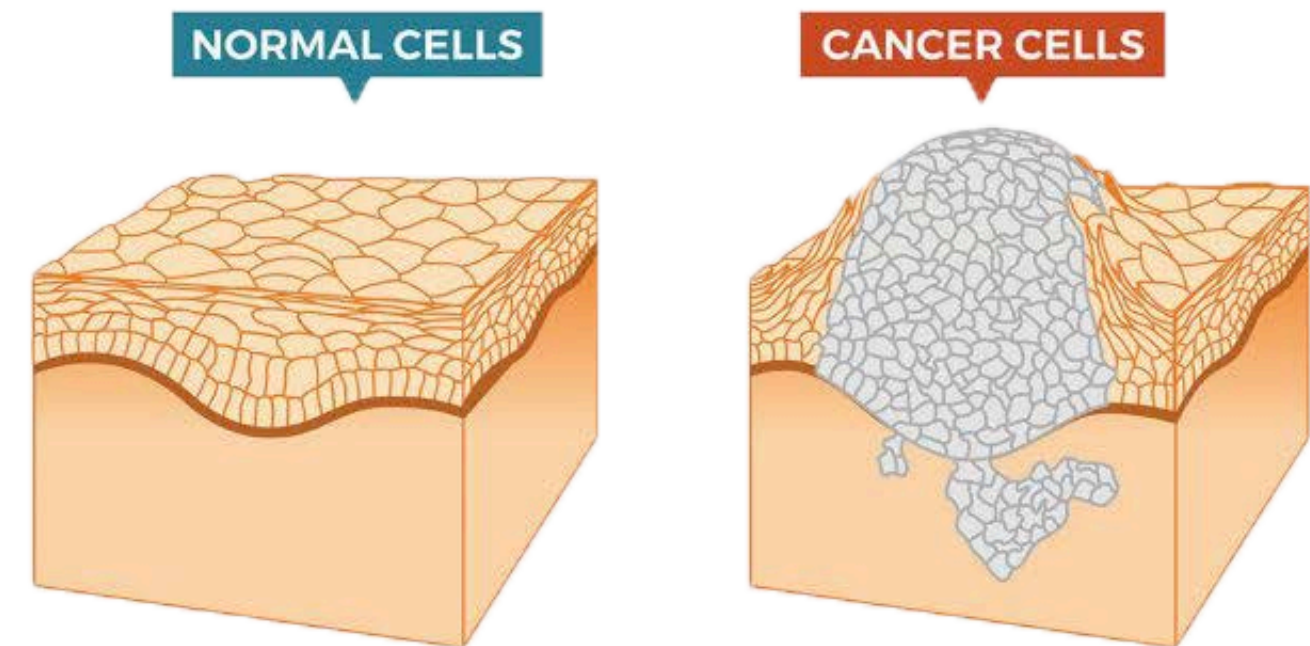
## What causes cancer?

There are many factors that can increase your risk for cancer such as:

- Lifestyle habits
- Inherited changes that are pass down from your parents.
- Chemicals that can cause cancer when exposed to it also known as carcinogens.



**1 in 2 men** and **1 in 3 women**  
are diagnosed with cancer.



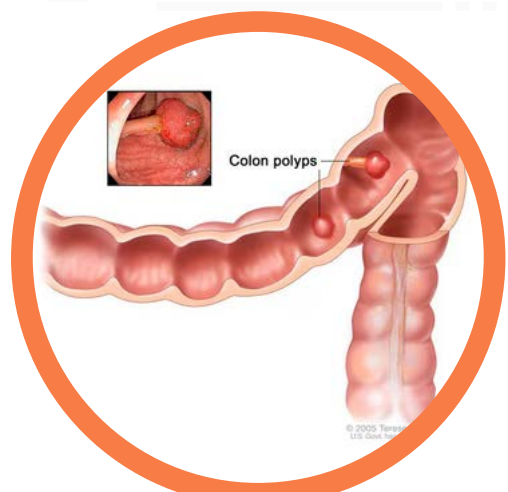
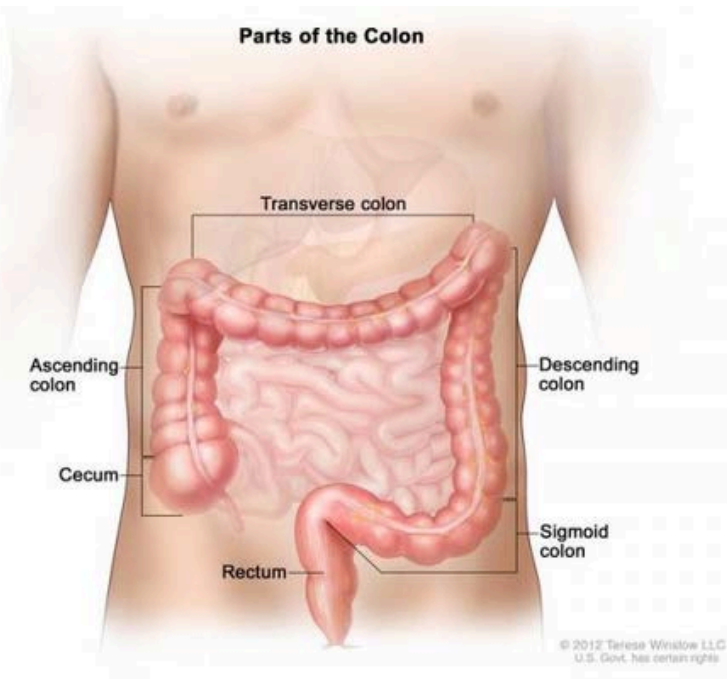
# COLORECTAL

# CANCER

## What Is Colorectal Cancer?

The third most common cancer in the U.S. Cancer starts in the colon or rectum, sometimes called “colon cancer” for short.

Colonoscopy screening tests can find, monitor, and remove these growths before they cause serious issues.



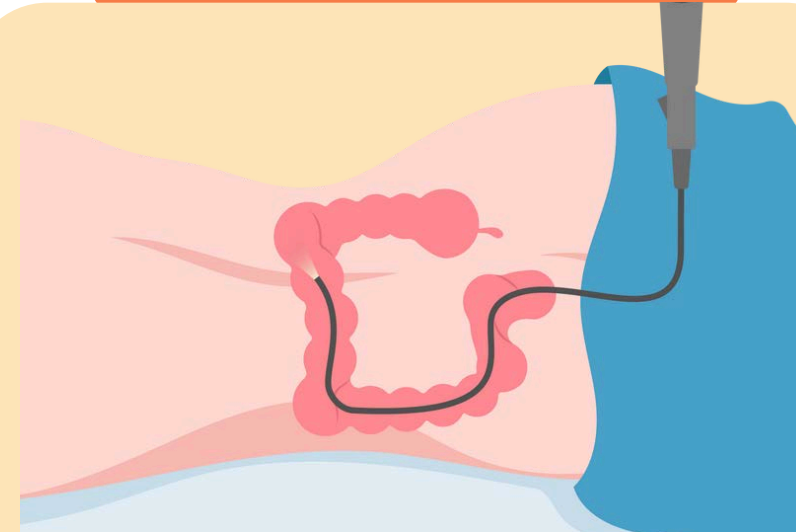
Cancers start as small growths called “polyps.”

### Home Stool Tests



Tests are done at home. A small sample of your stool is mailed to the lab. \*Only for those considered low risk for colon cancer. If normal, repeated every 1-2 years. If abnormal, colonoscopy is required.

### Colonoscopy



Doctor puts you to sleep and uses a camera to look for polyps (tumors) or remove polyps. If clear, repeated once every 10 years, or sooner if something needs to be monitored.

### Recommendation:

Adults be screened starting at age 45 continuing to age 75.

## What Is Breast Cancer?

A disease in which cells in the breast grow and multiply abnormally. It spreads when the abnormal cells enter the blood and are carried into other organs. The type of breast cancer depends on which type of cells in the breast start to grow out of control. It is the most common cancer in women.

- Lobes made up of Lobules: produce milk
- Ducts: tubes that carry milk to the nipple
- Connective tissue: surround and hold everything together



### Recommendation:

Women be screened starting at age 40 and repeated every other year until age 74.

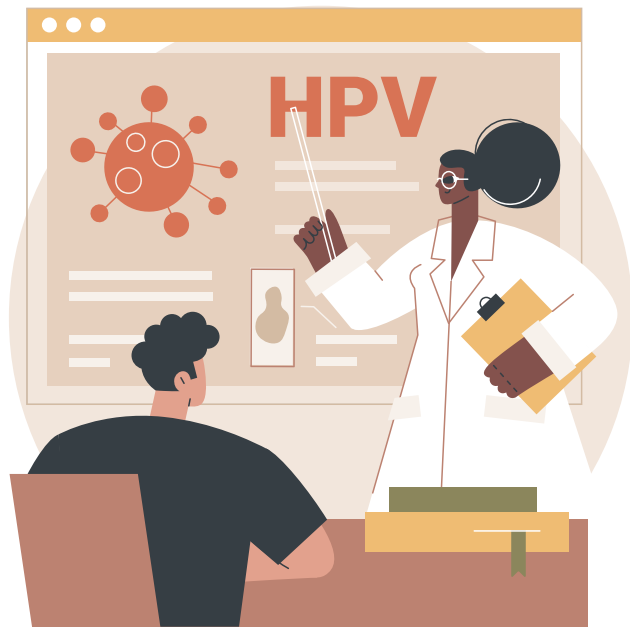
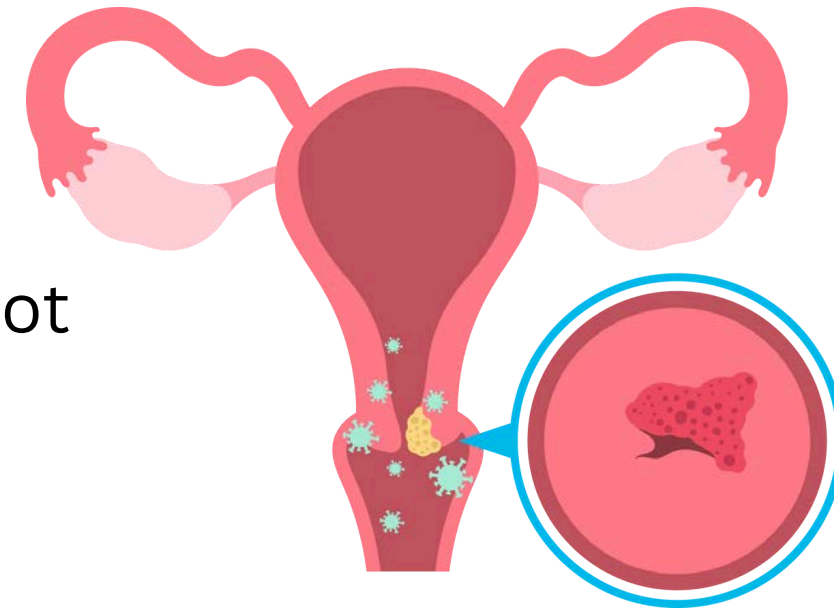
## Mammography

Most breast cancers start in the ducts or lobules. They can spread to other parts of the body through blood or lymph.



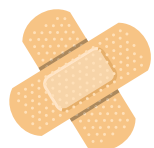
## What Is Cervical Cancer?

Cancer that starts in the cervix, which connects the vagina (birth canal) to the uterus (womb). Abnormal cells that are not detected and removed, will spread deep into the cervix.



## Causes

Almost all cervical cancers are linked to Human Papilloma Virus (HPV), which can be passed from person to person during sex. HPV is extremely common, most people will encounter it in their lives. While it has no obvious symptoms, HPV infection can lead to cervical cancer over time.



## Recommendation:

Human Papilloma Virus (HPV) vaccine given between age 12 up to age 26.

# PROSTATE

# CANCER

## What Is Prostate Cancer?

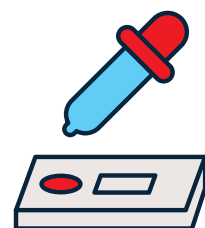
Cancer that starts in the prostate, a gland that sits below the bladder, surrounding the urethra in men that is involved in the production of semen. It is the most common cancer in men.

## Risk Factors

Older African-American men, and men with close relatives who had prostate cancer are all more likely to get prostate cancer in their lifetime.

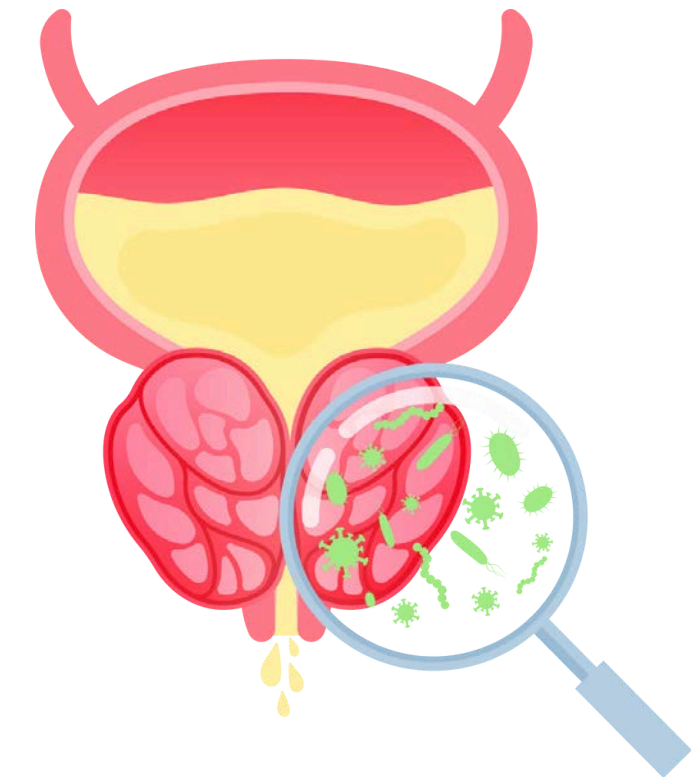
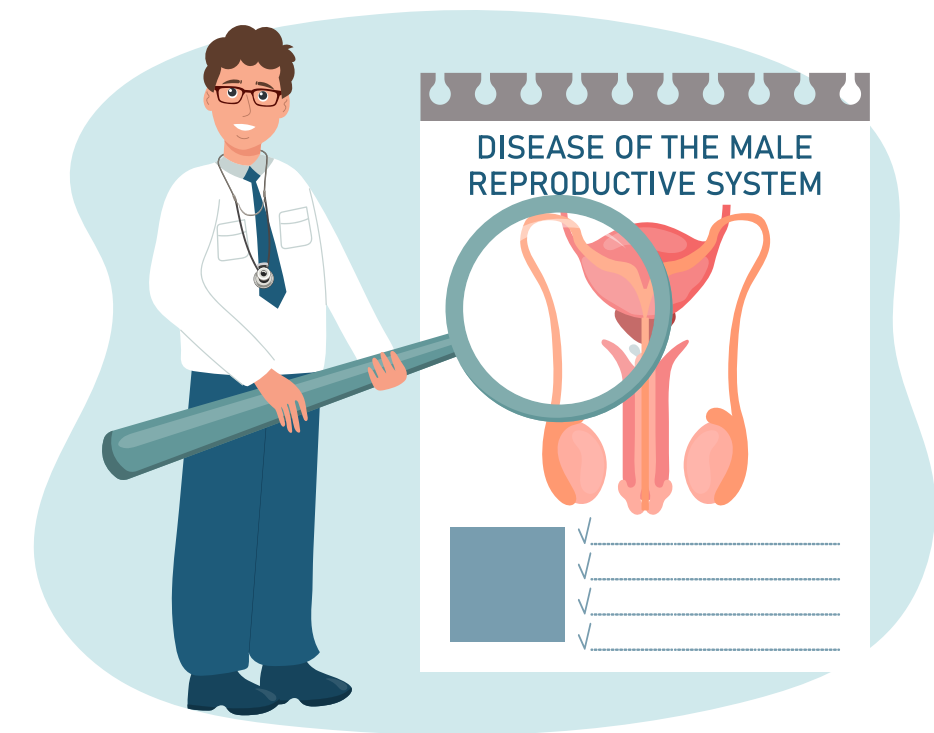
## Prostate Specific Antigen (PSA) Test

Blood test used to screen for prostate cancer.



### Recommendation:

Men aged 45 and up should get screened.



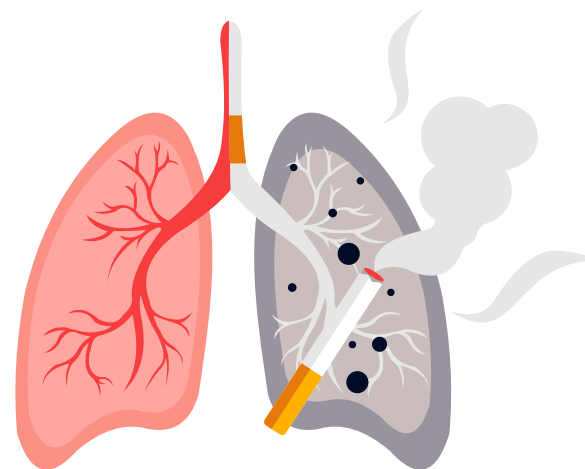
## What Is Lung Cancer?

Cancer that starts in the lungs, or bronchi, or trachea (breathing tubes).

## Causes

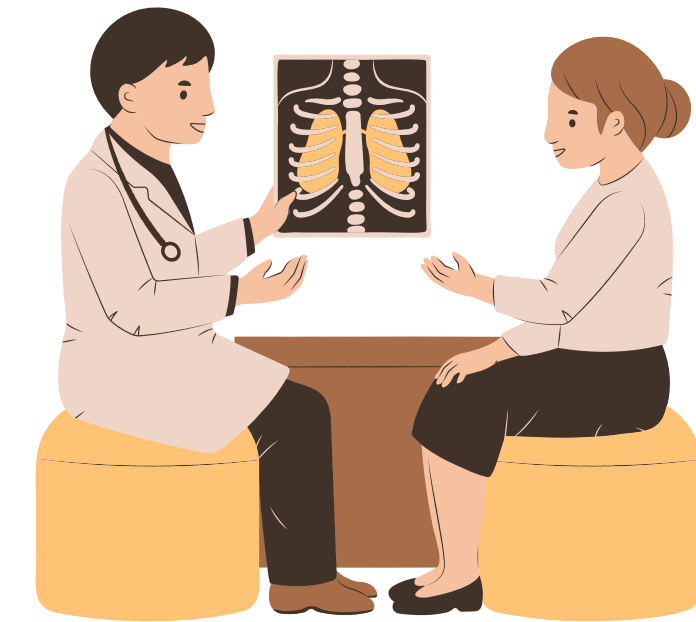
About 90% of all lung cancers are caused by cigarette smoking, asbestos exposure, radon exposure, 9/11 disaster dust exposure, secondhand smoke.

Screening test is done with low-dose computed tomography, (LDCT) which is an advanced x-ray of the chest. It's easy, fast, and no preparation needed!



### Recommendation:

Anyone with a history of heavy cigarette smoking should speak with their doctor about screening.

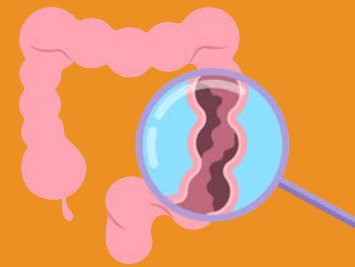


# CANCER

# SCREENING

## Colorectal Cancer

Recommendation: Adults be screened starting at age 45 continuing to age 75.



Colonoscopy

## Lung Cancer

Recommendation: Adults 50-80 years old should be screened if they have a long history of heavy cigarette smoking.



Low-dose computed tomography, (LDCT)

## Prostate Cancer

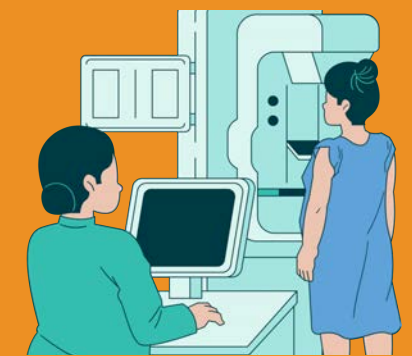
Recommendation: Men should be screened starting at age 45 continuing to age 69.



Prostate Specific Antigen Test

## Breast Cancer

Recommendation: Women be screened starting at age 40 and repeated every other year until age 74.



Mammography



Early-stage cancers often have no obvious symptoms. Screening tests help find cancers as early as possible, so that more treatment options are available.

## Cervical Cancer

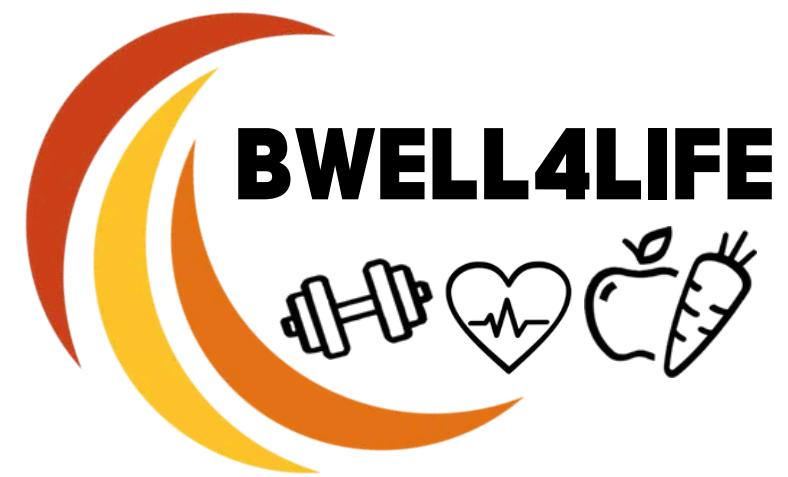
Recommendation: Human Papilloma Virus (HPV) vaccine should be given between ages 12 and 26.



Pap Test

# Q&A

Please ask any questions you have



# BRIEF STRETCHING SESSION



# Quick Stretch!



# Let's Talk: Getting the Most Out of Your Healthcare Visits



# Let's Talk: Getting the Most Out of Your Healthcare Visits



- Do You Have Insurance and a Primary Care Provider?
- Making the Most of Your Appointment
- Q&A: Common Concerns and Solutions

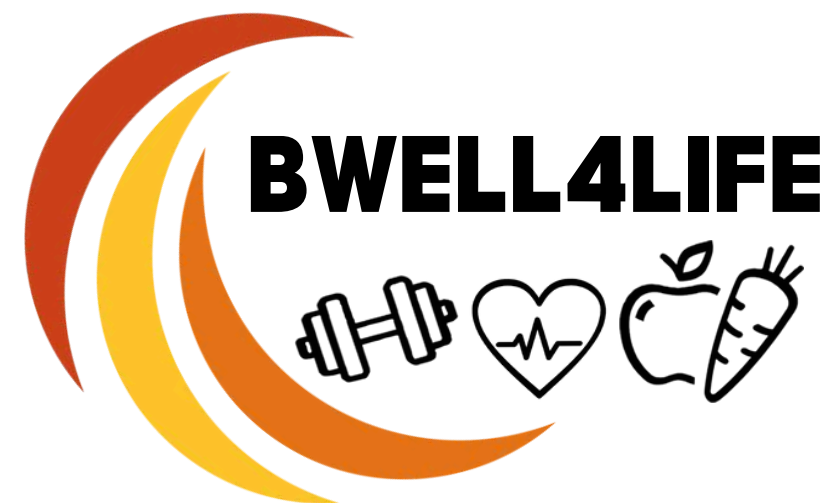
**Note: Your Participant Manual has valuable resources to help you advocate for your health!**



**Denise Harris**  
Nurse Practitioner  
Community Health Educator

# BREAK TIME

10 minutes



# SMALL GROUP DISCUSSION: STRATEGY SESSION



# Small Group Discussion: Strategy Session

- Divide into groups of four.
- In your group, discuss the following questions.



# Small Group Discussion: Physical Activity & Healthy Eating Habits



## 1. Success Stories

- What has worked well for you in maintaining healthy eating habits and staying active?

## 2. Challenges

- What difficulties have you faced in making healthier food choices and maintaining regular physical activity?

## 3. Overcoming Barriers

- How do you think you can overcome these challenges?
- Share advice with each other on how to overcome barriers.

**Remember:**

Your Participant Manual has resources to help you stay on track with your goals!

# Small Group Discussion:

## Creating Your SMART Goals

### For the Coming Week:

1. Modify Nutrition Goals
2. Modify Physical Activity Goals
3. Modify Hydration Goals (*Are you drinking enough water?*)

### Tips:

- Make goals you can stick to over the next week.
- Feel free to share your goals with the group for support and accountability.

When setting goals, make them **SMART**:  
Specific, **M**easurable, **A**ttainable, **R**elevant and **T**ime-bound.



# NEXT STEPS



# Review: Session 4 Key Points

1. Summary of Prep-work for Session 4
2. Chronic Diseases and Cancer screening
3. Discussion: Getting the Most Out of Your Healthcare Visits
3. Overcoming Barriers to Physical Activity & Healthy Eating Habits



# Checklist (Complete before end of Study)

- Sleep2BWell (Experimental Group Only):  
Sleep Sessions 1 & 2**
- Physical Appointment Measurements, Week 10**
- Surveys, Week 10**
- Physical Appointment Measurements, Week 24**
- Surveys, Week 24**



# See you Next Time!

Reminder for Participants in Sleep2BWell (Experimental Group) :

Two more session remaining!

## Sleep Session 1:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

## Sleep Session 2:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_



# See you Next Time!

## Physical Measurement Appointment: Week 10

**Dates:**

**Location:**

## Physical Measurement Appointment: Week 24

**Dates:**

**Location:**



**REMINDER**

- Please fill out the Attendance Sheet with your name and information.
- Complete the checklist before the end of the study!

# FitBit Community Group: Weekly Challenge

## Active Today, Stronger Tomorrow!

Complete 30 minutes of moderate physical activity for 5 days this week.



Share a post or photo of you exercising.



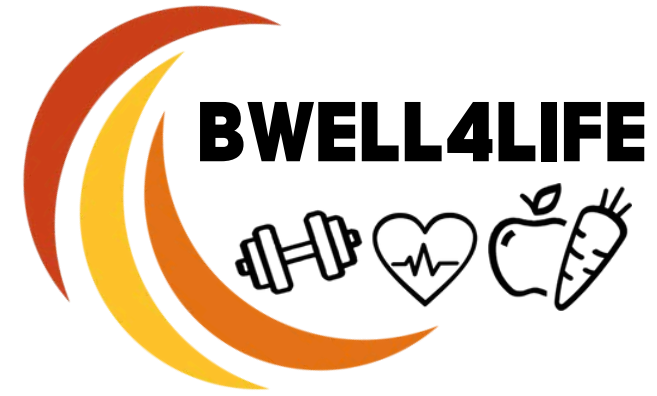
# CONGRATULATIONS

**You have successfully completed**



**Well done!**

# Certificate Ceremony Celebrating Your Completion of



# Group Photo



*Thank  
You*

 **Weill Cornell Medicine**  
Meyer Cancer Center

