



Quality Spotlight - Obesity

HopeHealth's quality focus for the month of January is obesity. This focus includes topics like BMI screening, nutrition counseling, and activity counseling. Below, read about the importance of BMI, and creative ways to involve the whole family in increasing your daily movement!

What is BMI and Why is it Important?

Caitlin Guess

MPH, RDN/LDN, CDCES

It's no secret that weight and waistlines can change during the holiday season. With holiday celebrations, family gatherings, and other festivities involving food and alcohol, it is only natural that your body may store the extra calories you consume, leading to changes in body shape and size as well as the number on the scale.

If you go to the doctor in January, one topic of discussion related to any weight changes may be your BMI, which is short for body mass index. After these conversations, you may find yourself wondering what is body mass index, and why is it important for your health?

Simply put, BMI is a measure of your body size based on your height and weight that classifies the result as normal, underweight, overweight, or obese based on pre-set categories established in 1998 by a panel of nine medical experts:

- A normal BMI falls between 18.5 and 25**
- A BMI less than 18.5 is considered underweight**
- A BMI between 26 and 29.9 is overweight**
- A BMI greater than or equal to 30 is obese**

The calculation can be done at home using a mathematical equation, or you can go to [any number of calculators online](#) that will do it for you.

Does this mean that if your BMI is above or below normal you're not healthy? Not exactly. In general, the higher your BMI, the higher your risk of developing a range of chronic health conditions linked with excess weight, including diabetes, high blood



pressure, high cholesterol, arthritis, liver disease, and sleep apnea. However, with all of these diseases, BMI alone is not the only factor to consider when determining health or illness.

[Click here to keep reading about BMI and your health.](#)

Creative Ways to Move with Your Kids

Kitty Finklea
RD, AFAA-CPT

Do you find it hard to get your kid off the sofa and away from screens? You're not alone – research indicates 8 to 12-year-olds spend up to 4-6 hours a day in front of screens and teenagers spend up to 9 hours. As a result, our children tend to be less active, more stressed, depressed, and at increased risk for health conditions such as obesity, diabetes, and hypertension.



Here are some creative ideas to get everybody in the family moving more:

Fun Games

Have games available such as frisbee, croquet, badminton, hacky sacks, or Nerf equipment. Keep equipment and supplies handy like a swing set, chalk for hopscotch and art, balloons, ping pong balls, jump ropes, hula hoops, different types of balls, and more. Try out these ideas for family games:

Nerf challenge – Have Nerf equipment such as guns and darts for each family member for games like capture the flag. Decide on teams and rules before you start! Use paper cups for each team base or for targets.

Hide and glow (sweat) – Write out 15-20 different exercises (pushups, jumping jacks, walking/running in place, crab walk, etc.) with repetitions or time included and place each in a plastic egg to hide. When a child finds an egg, the entire family does the exercise listed together.

Family boot camp – Each family member writes out 5 favorite exercises such as calisthenics, martial arts, or dance moves. Then the family goes on a walk or run and incorporates 60 seconds of moves at certain points during the walk.

Other ideas – Develop an obstacle course in the yard for a timed competition, have an egg relay, take the twister game outside, or have a tug of war competition. Remember competition is all about fun, not winning or losing.

[Click here for more fun ways to move!](#)

Medicaid Renewal Continues

Losing Medicaid or CHIP?

3 Things to know

about your health care options



During the COVID-19 pandemic, states were able to pause the review of eligibility for Medicaid and the Children's Health Insurance Program (CHIP), and could not remove anyone who was enrolled in this coverage. Now, states are allowed to restart those reviews. This means some adults and children may lose their Medicaid or CHIP coverage! If your state tells you that you've lost or may soon lose health coverage through Medicaid or CHIP, [click here to download](#) an informational flyer on important things to know! For more information, contact one of our HopeHealth Patient Benefits Counselors at (843) 667-9414.

Best Chance Network



FREE SCREENINGS

- Clinical breast exam • Pelvic exam
- Pap smear • Mammogram

Preventive screenings are incredibly important for your overall health. You may qualify for free screenings through the Best Chance Network if you meet certain criteria! Click here to view the eligibility guidelines [in English](#) and [in Spanish](#).

Recipe Spotlight

Is eating healthy, delicious foods part of your plan for the new year? If so, check out our recurring spotlight which will feature fun and nutritious recipes!

Build A Healthy, Delicious Sandwich!

Instead of a plain turkey or ham sandwich, add flair to your sandwich routine by adding new flavors and more health-promoting nutrients!



Step 1 - Choose A Bread:

- Whole wheat, rye, pumpernickel, or other multigrain bread slices, plain or toasted. Choose whole grain breads, wraps, flatbreads, bagels, etc. and aim for at least three to four grams of fiber.
- Large lettuce leaves (vs. bread) for a lettuce wrap sandwich. Other options include collard greens and cabbage leaves.

Step 2 - Add A Protein:

- Sliced chicken, turkey, lean roast beef
- Lower-sodium lunch meat (nitrite/nitrate free) turkey, chicken, ham, or roast beef
- Chicken, egg, chickpea, or tuna salad - Use less mayonnaise or try lower-fat or "light" mayonnaise, and add veggies such as chopped onion, celery, grated carrot, etc.
- Healthier cheese options such as part skim mozzarella, feta, goat cheese, or lower fat cottage or cheddar cheese
- Nut butters including peanut butter, almond butter, sunflower seed butter, etc.
- Hummus (chickpea spread) or mashed cooked beans

Step 3 - Add A Spread:

- 1/4 avocado, mashed
- 1-2 tbsp. hummus
- 1 tbsp. "light" ranch
- "Light" mayonnaise (*try those made with olive oil)
- Spicy, dijon, or flavored mustards
- Low-sugar jam or jelly - berry flavors add more nutrients!

Step 4 - Add Toppers:

- 1/4 cup alfalfa sprouts
- 1/2 avocado, sliced
- Tomato, cucumber, carrot, pepper, or radish slices
- Fruit slices such as apple or pear (brightens up a plain sandwich and adds crunch!)
- Kale, romaine, spinach, or spring mix leaves (vs. plain iceberg lettuce leaves)

Complete your meal by adding one or two sides:

- Add vegetables such as a side salad, or cut up carrots, celery, cucumbers, peppers, etc.
- Add a piece of fruit, cut up fruit, or low-sugar fruit in a can or container
- Add a side of Greek yogurt for more protein
- If you need more crunch, add a measured portion of baked chips or pretzels

Drink water or tea flavored with lemon, lime, or orange slices, or enjoy a sugar-free flavored water!

Upcoming Seniors with Hope Events



Seniors with Hope at Bethea

February 1, 2-3:30 PM
157 Home Avenue, Darlington

Seniors with Hope at the Medical Plaza

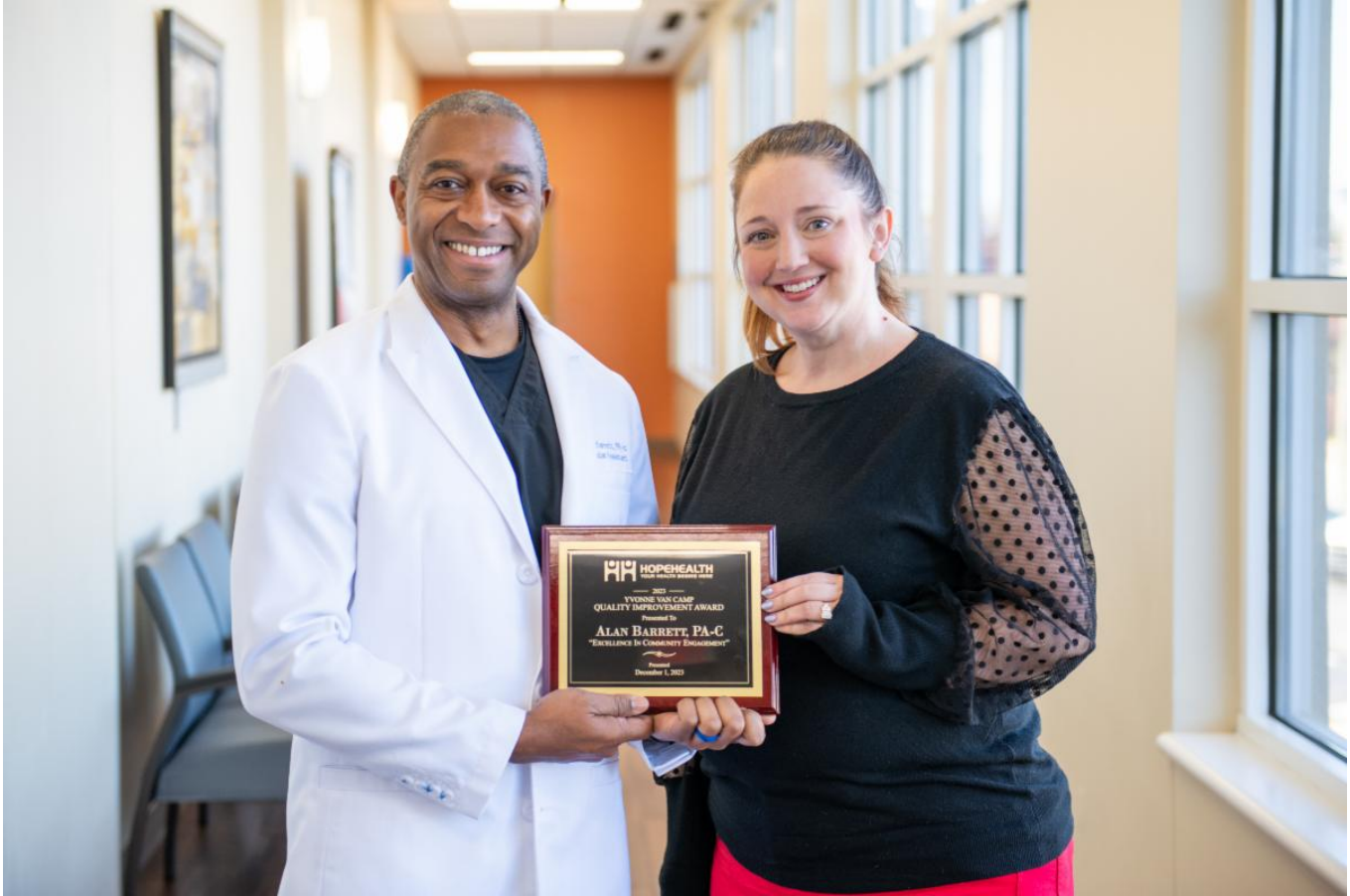
February 8, 2-3:30 PM
360 N. Irby Street, Florence

Seniors with Hope in Kingstree

February 15, 2-3:30 PM
520 Thurgood Marshall Hwy, Kingstree

Seniors with Hope is held monthly and includes speakers, games, snacks, door prizes, and more. For more information about participating in the program, email [Diane Davis](mailto:Diane.Davis@scshc.org) or call (803) 525-4241.

Alan Barrett, PA-C, Receives Yvonne Van Camp Award



Each year, we recognize a provider who has demonstrated dedication to excellence and has committed time and energy above the job requirements to help the organization achieve excellence through quality improvement efforts. This award is named after Yvonne van Camp, who worked at HopeHealth in multiple capacities for 15 years and retired in 2018. Prior to her retirement, she served as Director of Quality and had a passion for continuous quality improvement.

This year, we would like to recognize **Alan Barrett, PA-C**, Physician Assistant at HopeHealth Medical Plaza, as the recipient of the 2023 Yvonne Van Camp Quality Improvement Award – Excellence in Community Engagement.

Alan has been caring for patients at HopeHealth for over 12 years. He is passionate about community engagement, and has spoken on several occasions at Seniors With Hope and other events. He has also written multiple articles for publication in regional journals and newspapers.

Alan is specifically dedicated to health promotion, men’s health, and improving health equity. He serves on the workgroup to develop the Streater Building, including the services to be offered and how to best utilize the space. During his tenure at HopeHealth, Alan has served on several provider and organizational committees.

He is invested in educating the next generation of clinicians, and has served as preceptor for numerous physician assistant and nurse practitioner students. He is currently pursuing his doctorate in physician assistant studies.

Alan serves as a Lieutenant Colonel in the South Carolina Air National Guard. HopeHealth is fortunate to have a physician assistant who is so committed to continuous quality improvement and dedicated to our community!

See Your Primary Care Provider!



If you have goals to be healthier in 2024, make an appointment today with your primary care provider. Tell your provider about your health goals and discuss how you can work together to accomplish them.

To make an appointment, call (843) 667-9414.

Access Hope: After-Hours Care



Access Hope is our convenient after-hours program for patients to receive care when life doesn't go as planned.

Why HopeHealth patients use Access Hope:

- Your primary care provider isn't available when you're not feeling well
- You are sick after-hours or on Saturday
- You are a new patient whose busy schedule doesn't allow you to be seen during normal provider hours

Our staff of health care providers at Access Hope is available in Florence and Manning, **Monday-Saturday from 8am - 8pm.**

Examples of after-hours care services provided by Access Hope are minor aches and pains, cold and flu sick visits, treatment of high blood pressure, management of diabetes and other chronic conditions, immunizations/flu shots/PPD testing, urinalysis, annual and pre-employment physicals, and STD treatment.

For more information about Access Hope, [visit our website.](#)

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hope-health.org

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