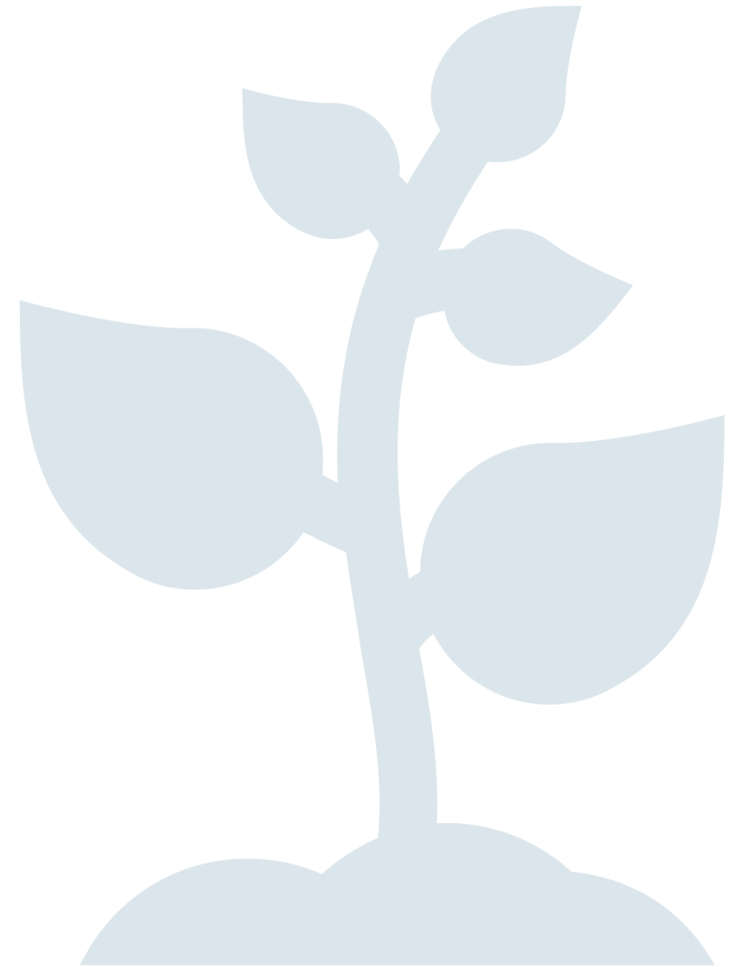




Faith & Works: Practical Steps for a Healthy, Holistic Life

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Objectives

- Discuss practical steps to enable us care for, and nurture our body so that we can fully live out God's purposes on earth
- Discuss nutritious foods which make for a healthy body
- Review recommended Preventive Health Screens
- How to incorporate physical activities in your daily routine
- Discuss the importance of good sleep

Disclaimer

- I do not have any commercial interests impacting this talk
- This discussion does not make me your personal physician
- Discuss any issues you identify following this presentation, with your primary care physician or specialist
- Be kind to yourself, no guilt tripping!
- The benefits are not guaranteed and will only be apparent in individuals who apply the principles presented

Practical Steps

- Complete a food diary of all food, snacks and drinks you had in a typical 3-day period
- What physical activities do you engage in weekly?
- How much sleep do you get nightly ?
- Have you had an annual health check in the past 1 year?
- Are you meeting the health goals you set for yourself on Jan 1st?

A Healthy Sustainable Lifestyle-not a diet!

"Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul" (3 John 1:2) ESV

- Most of us are knowledgeable about healthy lifestyles
- Are you complying with the food and drink recommendations?
- Why are you unable to be physically active?
- Do you have restful sleep each night?

"Good Food"

- Provides wholesome nutrition
- High in fiber
- Minimally processed
- Little or no preservatives
- Low sodium content, no added sugar
- Vine-ripened or tree-ripened fruits and vegetables
- Baked, broiled or roasted fish, lean meats and poultry
- Minimal red meat (meat from mammals), 2 servings a week

"Bad Food"

- Too many preservatives
- Too much salt (20 % or more of DV)
- Too much sugar, high fructose corn syrup
- Little or no fiber
- Processed meats (sausage, bacon, hot dogs, salami, pepperoni))
- Fried foods
- Sugary drinks
- Excess oil

Barriers to Healthy Living

- Healthy foods are more expensive than "junk food"
- Lack of transportation, no local grocery store
- Inability to cook (no skill or no kitchen)
- Dependence on fast foods, restaurant meals
- Cultural attitudes about food, exercise and body size
- Ingrained negative food habits
- Sedentary lifestyle, aversion for physical activity
- Night shift work

Why do you eat?

- Hunger
- Depression
- Boredom
- Easy availability of food and snacks



What we eat varies across ethnic groups

- **East African diet:** vegetables, legumes, ancient grains, fermented foods and mostly plant-based; Matooke (boiled green plantain)
- **West Africa:** Sahel countries like Mali, Chad, The Gambia, Senegal and Sierra Leone reported to have the most healthy diet (Millet, sorghum, fonio, unprocessed rice, maize, lean meats, lots of vegetables)
- Some **W. Africans** eat lots of staple starchy foods like rice, cassava, yams, plantains

Breakfast: What do you typically eat?

- Croissant, muffins, instant oatmeal, sweet cereals
- Whole grain bread with eggs, or nut butter instead of a muffin
- Whole grain cereal, old fashioned oats
- Greek yogurt (with nuts and or berries)
- Whole grain, high protein pancakes, waffles
- 2% or 1% milk; almond, soy or oat milk.
- Fresh fruit(s)
- Rice ?"Swallow"?
- Juice?

**Have plenty of
vegetables and fruits**

Eat protein foods

**Make water
your drink
of choice**

**Choose
whole grain
foods**



Lunch & Dinner

- How much starchy food do you eat?
- Half of your plate should be vegetables
- Legumes (beans, peas, chickpeas, soybeans)
- Do you eat out of a plate, bowl, plate and bowl, a box or a bag?



When should we eat?

- Breakfast
- Lunch
- Dinner: Eat before 8 pm
- Work schedule affects mealtimes
 - Night Shift Work
 - Rotating shift work

How should we eat?

- Eat slowly
- Take time to chew your food
- Eat with someone else when possible
- Quantity matters!
- If you want to cut down on quantity consumed, eat some whole fruit shortly before your meal
- Stop eating when you feel full or just before
- Leave space for your drink and dessert

Low salt foods

- Read the food label
- Restrict your salt intake to 2000 mg/day or less
- Buy food items that have 5% or lower sodium content
- Avoid or eat minimally processed meats (bacon, sausage, hot dogs, salami, some luncheon meats)
- Watch out for frozen foods that are low in fat but high in sodium
- Avoid MSG and minimize seasonings already mixed with salt
- Most restaurant meals and Fast foods in the US contain too much salt

Snacks, Drinks and Dessert

- Cut up fruit
- Mixed nuts
- Low fat or Greek yogurt
- Eat cakes, meat pies, donuts, Puff puff, chin chin, sparingly
- Aim for minimum of 8 glasses of water daily, drink more when physically active or during hot weather
- Total fluid intake 13 glasses for men, 9 glasses for women
- Some red wine **with meals**, 1-2 times a week is okay

Food as Medicine

- Food provides the carbohydrates, protein, fiber and vitamins our bodies need to thrive
- Healthy foods decrease our risk of developing chronic diseases like diabetes, hypertension, heart disease, and certain cancers (colon, liver, stomach, breast etc)
- Healthy foods can also help reverse certain diseases (high cholesterol, obesity, prediabetes)
- Healthy foods are part of the treatment plan for managing many chronic illnesses

Sleep

- "Good sleep" has minimal arousals and has sufficient duration
- One should awaken feeling refreshed and not fatigued
- School-aged children need 9-11 hours of sleep/night
- Teenagers 14-17 need 8-10 hours of sleep/night
- Most adults need 7-8 hours of sleep



Some barriers to good sleep

- Shift work, excessive TV time, social media
- Old mattress, pillows too soft or too hard
- Room temperature too hot, or too cold
- Menopausal changes in women
- Loud snoring, obstructive sleep apnea
- Reflux, uncontrolled asthma, arthritis
- Mental illnesses (anxiety, depression etc)
- Frequent urination
- Overcommitted life

Stay Active!



Move!

- Our bodies were built to be physically active
- Adults need at least 150 minutes of moderate intensity activity a week
- Children need at least 60 minutes of moderate to vigorous intensity physical activity daily
- Do muscle strengthening exercises twice a week
- Yard work, playing with the children, vacuumingall add up
- Take the stairs instead of the elevator
- Park far and walk (to work, the grocery store, church, to visit a friend)
- Spread your physical activities throughout the week

Barriers to physical activity

- Unsafe neighborhoods
- Lack of walkable streets-no sidewalks, pedestrian crossings etc
- Busy schedules
- Old habits
- Too much screen or TV time
- Laziness



Overcoming barriers to physical activities

- Walk at the mall during hot or very cold weather
- Walk the aisles in a big grocery store
- Invite a friend or neighbor to walk with you
- Join a gym or a dance club
- Start gradually and build up to recommended times

Physical Activities

- Moderate intensity, at least 150 minutes a week
 - Brisk walking , dancing
 - Casual cycling
 - Water aerobics
- Vigorous intensity, at least 75 minutes a week
 - Running
 - Swimming
 - Hiking uphill
- One minute of vigorous exercise = 2 minutes of moderate intensity exercise

Preventive Care

- A stitch in time saves nine
- Prevention is better than cure
- A healthy lifestyle will reduce our risk of developing certain chronic diseases and cancers
- We now have screening tests for detecting certain illnesses and cancers, at very early stages or in the pre-cancerous stage

Prevention of Childhood Injuries & Illnesses

- Seat belts and car seats for children
- Helmets for bicycle riders
- Swim lessons may start as early as 1 year but definitely by age 4
- Fire safety: Working smoke detectors
- Firearm safety: firearms are the leading cause of death in children 1-19, in the US
- Vaccines: avoid vaccine-preventable illnesses



Adolescent Preventive Health

- Update vaccines: Tdap, HPV, meningitis
- Drug and tobacco education
- Avoiding risky behaviors (drinking and driving)
- Socialization, to avoid depression, loneliness
- Limit screen/TV time
- Limit social media
- Delaying sexual activity until marriage
- Be open, and listen to your adolescent
- STI screening if sexually active

Recommended Screening tests for Women

- Cervical cancer screening from age 21 to 65
- Breast cancer screening from age 40
- Colon cancer screening from age 45 for average risk females
- BP screening, weight check, IPV
- Glaucoma screening from age 40
- Cholesterol and Diabetes screening
- Hepatitis C , HIV screen at least once
- STI screening for adolescents and young adults
- Bone mineral density screen from age 65

Preventive Screening tests for Men

- BP and weight check annually
- Cholesterol and diabetes screening
- Hep C and HIV screening
- Glaucoma screening from age 40
- Colon cancer screening from age 45
- Prostate cancer screen from age 45 in Blacks, 50 in Whites
- Lung cancer screening for men who have a history of tobacco smoking
- Abdominal aortic aneurysm screening from age 65 if you have ever smoked

No Medical Insurance? No problem!

- Federally Qualified Health Care Centers
- Direct Primary Care Clinics
- State and County Health Departments may provide certain screening tests
- Health Fairs
- Free clinics
- MDSave.com
- Check out Prevent Cancer Foundation website: preventcancer.org for other resources

Questions

