



Hopkins AWAKE Network Newsletter

Healthy People 2010

As we approach the year 2010, we will have the opportunity to learn the results of a decade long health promotion program coordinated through the Federal government called **Healthy People 2010** (<http://www.healthypeople.gov/>).

This program has 2 main goals, to increase quality and years of healthy life and to eliminate health disparities. There are 28 focus areas and though sleep is not its own category, there are a number of areas that relate to sleep apnea causes and its effects. There are 4 notable areas: Diabetes, Heart Disease and Stroke, Nutrition and Overweight and Physical Activity and Fitness.

Their publications include a wealth of information, including the following tidbits:

- “More than 64% of the U.S. adult population is overweight or obese.”
- “Currently 18.2 million Americans have diabetes, and nearly one-third are unaware that they have the disease.”
- “Heart disease and stroke account for more than 40% of all deaths each year.”

Diabetes, Heart Disease and Stroke are all conditions that are linked to Obstructive Sleep Apnea as well as being overweight and obese and can be improved with weight loss. If you overweight or obese, it is time to make a plan for weight loss. Any weight loss will be beneficial and the more weight lost, the better. If you have sleep apnea, treating your sleep apnea also improves those Diabetes, Heart Disease and Stroke. For someone who uses a CPAP machine or an oral/dental appliance, this means using the device during ANY period of sleep (even naps). If you skip using your machine or mouthpiece for a night, it is similar to skipping a medication for a day.

Next Hopkins AWAKE Network meeting

Topic: Sleep Apnea and the Transportation Industry
Speaker: Nancy Collop, MD—Medical Director
Johns Hopkins Hospital Sleep Disorders Center
Date & Time: Tuesday, November 10th at 6:00 p.m.
Location: Johns Hopkins at Green Spring Station—Pavilion II Conference Room
10753 Falls Rd. Lutherville, MD 21093
JH at Green Spring is located near the intersection of I-83 and I-695
Parking is FREE. Conference Room is near the coffee shop

November, 2009

Hopkins AWAKE group
coordinator

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Join our email list!

Email awake@jhmi.edu
to join our email list.

You will receive this
newsletter, announce-
ments for upcoming
AWAKE meetings and oc-
casional emails with in-
formation on sleep topics.

Note: Location Change



Working Towards a Healthy Weight

Consider your strategy

Working on weight loss and maintaining a healthy weight requires DAILY monitoring. Many people try to focus on 2 main areas. If you are unable to become more active, then your focus will be on more changes to your eating habits.

1. Decrease the calories you take in by changing your diet and eating habits.
2. Increase your calories burned by becoming more active.

Get Prepared, Get Information

Weight-control Information Network

<http://win.niddk.nih.gov> or 1-877-946-4627.

Educate yourself on becoming more healthy. You can find information online or request any of the following brochures be mailed to you:

- Weight-loss and Nutrition Myths
- Active at Any Size
- Tips to Help You Get Active
- Walking: A Step in the Right Direction

NHLBI

<http://www.nhlbi.nih.gov> or 301-592-8573

You can access a BMI calculator (this helps you determine if you are considered overweight) a menu planner and information on choosing healthy amounts of food from the National Heart, Lung and Blood Institute.

Healthier US

<http://www.healthierus.gov> or 1-800-336-4797

Includes links for leading an active lifestyle and nutrition information. Take the Adult Fitness Test to evaluate your physical fitness (part of the Presidential Fitness Challenge you may remember from childhood—only this one is for adults).

Keep Track

Remember, you are trying to make lasting changes to your routine and this isn't easy. Many find that by writing down or recording their habits, they can keep better track of their progress. You can calculate calories, record your food/beverages and log your physical activity using the internet resource <http://www.mypyramidtracker.gov/> or <http://www.calorieking.com>

Mypyramidtracker will also give you a summary of your net balance—are you taking in more calories than you use (leads to weight gain) or are you burning more calories than you eat (weight loss).
