

The Coastal Wave

A monthly newsletter about Galveston County's Community Health Center,



Five Tips for Eating Healthier This Holiday Season

'Tis the season for family, festivity, and food—lots of food. Temptations are everywhere, and parties and travel disrupt daily routines. What's more, it all goes on for weeks.

How do you stick to your meal plan when everyone around you seems to be splurging? Here are five tips that can help:

1. Holiday-Proof Your Plan

You may not be able to control what food you're served, and you're bound to see other people eating a lot of tempting treats. Meet the challenges armed with a plan:

Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.

Invited to a party? Offer to bring a healthy dish along.

If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.

Don't skip meals to save up for a feast.

It will be harder to keep your blood sugar in control, and you'll be really hungry and more likely to overeat.

If you slip up, get right back to healthy eating with your next meal.

2. Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier:

Have a small plate of the foods you like best and then move away from the buffet table.

Start with vegetables to take the edge off your appetite.

Eat slowly. It takes at least 20 minutes for your brain to realize you're full.

Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.

Also plan to stay on top of your blood sugar. Check it more often during the



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Coastal Health & Wellness Selects Mary McClure as Executive Director



Coastal Health & Wellness (CHW) is happy to announce Mary McClure as executive director. Mary, a long-time member of the CHW management team, was selected for the position by the clinic's board at its November meeting.

"Mary is a proven leader and her institutional knowledge of Coastal Health & Wellness makes her an outstanding choice for this role," said Dr. Milton Howard, chair of the CHW Governing Board. "I look forward to the future of Coastal Health & Wellness with Mary as the leader."

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Marketplace Open Enrollment Deadline is Dec. 15

Coastal Health & Wellness certified application counselors submitted 316 Federal Health Insurance Marketplace applications in just the first 30 days of 2018 open enrollment.

Of those, 219 were accepted for coverage in the Marketplace.

In all, 1,347 people looking for help or guidance were assisted by CHW during the same timeframe.

The first month statistics at CHW are outpacing previous years, likely due to the significant reduction in the open enrollment window.

The 2018 open enrollment window was cut roughly half compared to previous years. The timeframe is just November 1 to December 15, 2017.

In addition, the federal outreach budget was slashed by approximately 90%.

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holidays, and if you take medicine, ask your doctor if the amount needs to be adjusted.

3. Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan.

4. Keep Moving

You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usu-

al and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

5. Get Your Zzz's

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to control your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

Most of all, remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

DIRECTOR

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McClure, who served as interim executive director since December 2016, has been with CHW and the Galveston County Health District since January 2006.

"I'm honored to be selected for this position," McClure said. "I very much look forward to contributing to continued strides in Coastal Health & Wellness' mission of providing high-quality primary care to everyone, regardless of ability to pay."

As executive director, McClure is responsible for all aspects of CHW operations at both its Texas City and Galveston clinics.

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Depending on income, applicants may qualify for assistance paying monthly health care premiums. Applicants may also qualify for exemptions from paying a penalty on tax returns.

Galveston County residents with questions about the Federal Health Insurance Marketplace can call CHW at 409-978-4225 or visit the clinic at 9850-C Emmett F. Lowry Expressway in Texas City to speak with our certified application counselors.

THE CLOCK IS TICKING
FOR 2018 COVERAGE
IN THE HEALTH
INSURANCE
MARKETPLACE

NOV. 1 DEC. 15

Coastal Health & Wellness
Galveston County's Community Health Center

WE CAN HELP YOU MEET THE DEADLINE
GIVE US A CALL AT
409-978-4225

Coastal Health & Wellness
Galveston County's Community Health Center

PATIENT PORTAL
ASK US FOR DETAILS

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- REQUEST PRESCRIPTION REFILL
- SEND MESSAGES TO YOUR MEDICAL PROVIDER
- VIEW AND PAY YOUR STATEMENT

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TEXAS CITY CLINIC

Mid-County Annex
9850-C Emmett F. Lowry Expy.
Texas City, TX 77591

GALVESTON CLINIC

Island Community Center
4700 Broadway F100
Galveston, TX 77551

Appointments and Information

(409) 938-2234 or (281) 309-0255

NurseLine

(409) 978-4213