

Behavioral Health Home National Nutrition Month

According to the CDC:

“Obesity is a contributing cause of many other health problems, including heart disease, stroke, diabetes, and some types of cancer. Obesity is a national epidemic, causing higher medical costs and a lower quality of life.”

Find out how BHH Services can help bring awareness

Comprehensive Care management	Review assessment to update medical needs. Ask client who his/her medical provider is, when his/her last nutrition consultation was. Identify information, education, and services about healthy eating that client will need.
Care Coordination	Assist client with making appointment with a Nutritionist/Dietician and accessing services and supports, including linking client to transportation.
Health Promotion	Provide educational facts sheets on Nutrition, link clients to videos on healthy foods. Educate client and a group of others on the importance of having a healthy weight.
Comprehensive transitional care	Coordinate meetings with area hospitals and inpatient facilities to ensure ongoing communication regarding admissions and discharges and to implement processes for sharing information .
Patient and family support	Assist client and his /her family with identifying and developing weight loss social support networks. Teach/Coach client on how to access nutritional assistance programs on their own.
Referral to community support services	Make direct referrals related to nutritional needs identified in client’s plan of care. Follow-up with community sources regarding referrals .

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Ash Wednesday	2	3	4
5	6	7	8	9	10	11
12 Daylight Saving Time begins	13	14	15	16	17	18
19	20 Spring begins	21	22	23	24	25
26	27	28	29	30	31	

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Community Resources

- [SNAP4CT-Eating Healthy on a Budget](#)
- [Nutrition Community Events Calendar](#)
- [Help with SNAP.](#)
- [211 CT info-Food Pantries Locator](#)
- [CT DSS Farmer's Market video](#)
- [CT DSS Farmer's Market list](#)
- [CT WIC program](#)
- [Ask a Nutritionist](#)

Online Resources

- [Eat Right-Fun way to serve vegetable- video](#)
- [Eating Well-Breakfast Ideas](#)
- [Understanding the New Nutrition Labels video](#)
- [Affordable Latin Cooking book](#)
- [Healthy Eating on a Budget Cookbook](#)
- [Choose My Plate Healthy Eating Quizzes](#)

Toolkit links

- [What's for Breakfast? Word Search Activity](#)
- [National Nutrition Month Toolkit](#)
- [Brown Rice 5 Ways Infographic](#)
- [What's My Plate Infographic](#)
- [Healthy Weight Issue briefs](#)
- [CDC Adult Obesity information links](#)
- [Child and Teen BMI Calculator](#)
- [Adult BMI Calculator](#)

#iamawholeperson

#ctbhh

#eatright

#nutrition

#health

Call BHH Toll Free 1-844-551-2736

