

HEALTH UPDATES

STATISTICS &amp; RESOURCES

ACTION STEPS



# TPA HEALTH NEWSLETTER

## Health Awareness & Action



## MESSAGE FROM THE CMO

### A MESSAGE TO OUR COMMUNITY

**January 2026** is more than a new beginning—it's a powerful opportunity to reset habits, refocus on heart health, and take control of your weight, cholesterol, and long-term wellness.

This month's Health Newsletter focuses on:

- Building sustainable habits (not quick fixes)
- Understanding cholesterol and metabolic health
- Reducing heart disease risk in our New York & Caribbean communities
- Simple action steps you can start today.

As we welcome 2026, I want to personally thank you for being part of our health community across **New York and the Caribbean**. Every January, we see renewed motivation—but lasting health comes from informed choices and consistent action.

Heart disease, diabetes, obesity, and high cholesterol continue to affect our communities at higher-than-average rates. The good news? Many of these conditions are **preventable, manageable, and reversible** when identified early.

This month, we encourage you to:

- Know your numbers
- Build heart-healthy habits
- Schedule preventive screenings
- Take small steps that lead to big changes

Your health is your greatest investment—and we are here to support you every step of the way.

**With commitment to your wellness,**

*Chief Medical Officer*

## WEBINAR

### START STRONG

**HEALTH RESET • NEW YEAR HABITS • A HEALTHY WEIGHT**

[HEALTHFORUM.CASONY.ORG/](https://HEALTHFORUM.CASONY.ORG/)

[CLICK HERE](#)

## INSIDE THIS ISSUE:

"Small changes create big victories. Your strongest year starts now."

Inside This Issue:

- The New Year Health Reset
- The Heart-Weight Connection
- Caribbean Food Swaps
- GLP-1 Medication Facts
- 30/60/90 Habit Reset System
- Movement & Sleep Guide
- Know Your 2026 ABCS + S
- 10 MythBusters for January
- Weight-Loss Motivation
- Monthly Wellness Action Plan

**Screening saves lives. Early action prevents disease.**

[CLICK HERE](#)

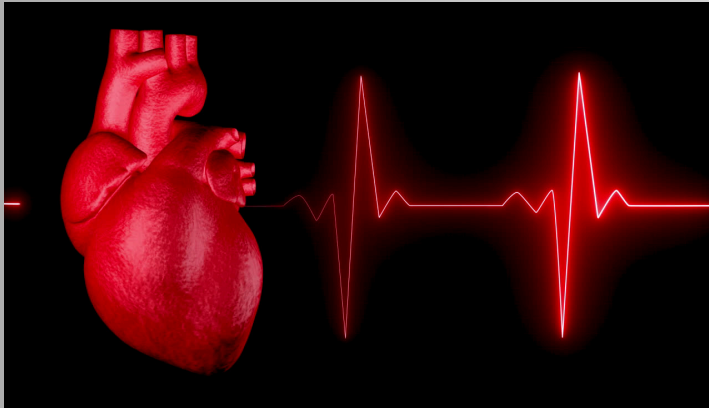


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## START STRONG

### JANUARY 2026 HEALTH RESET

Heart Health • New Year Habits  
Healthy Weight

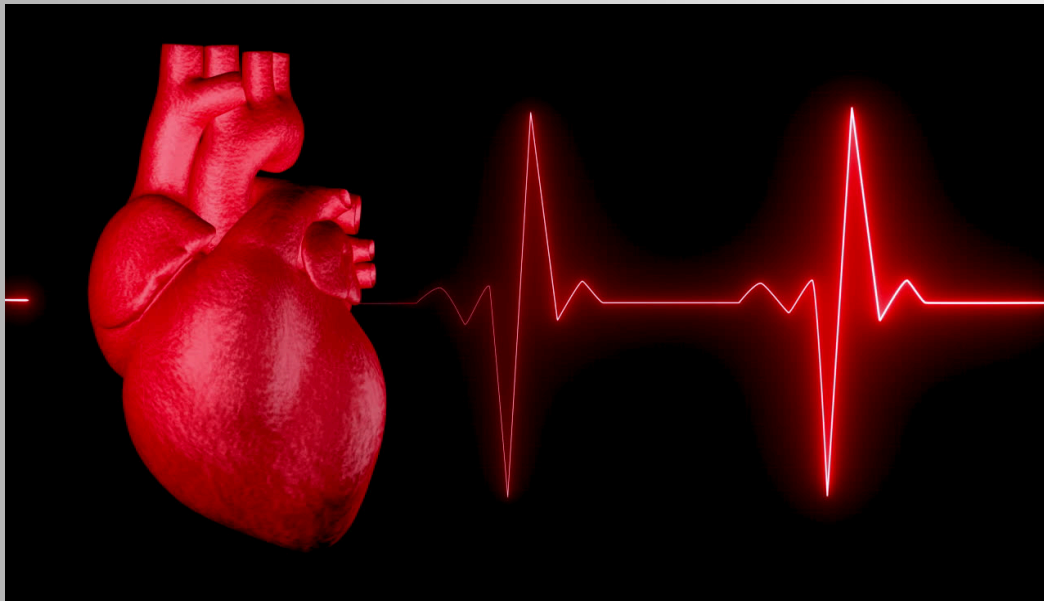
“Your future health begins with  
the choices you make today.”



## “Why January Is the Most Important Month for Your Health”

- January is the highest BP month for Caribbean adults in NYC
- Average weight gain from November–January: 5–8 lbs
- Stress, salt, and starch peak during holiday months
- Heart attacks increase in January more than any other month
- The good news: 90% of heart disease risk is preventable
- Your heart responds instantly to your habits.
- January is your chance to reset blood pressure, sugar levels, and weight before risk rises later in the year.
- This month sets the tone for the next 12 months





## HEART HEALTH BY THE NUMBERS

### Why Screening Matters: The Numbers You Should Know

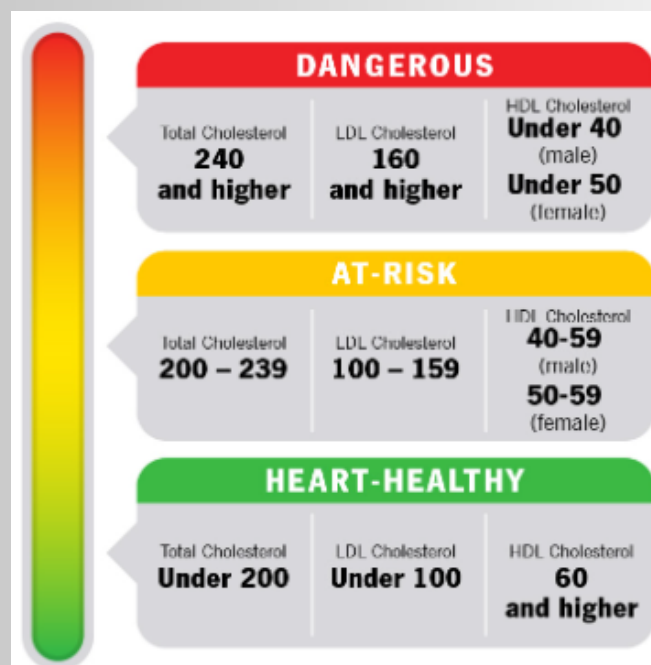
In New York & Caribbean populations:

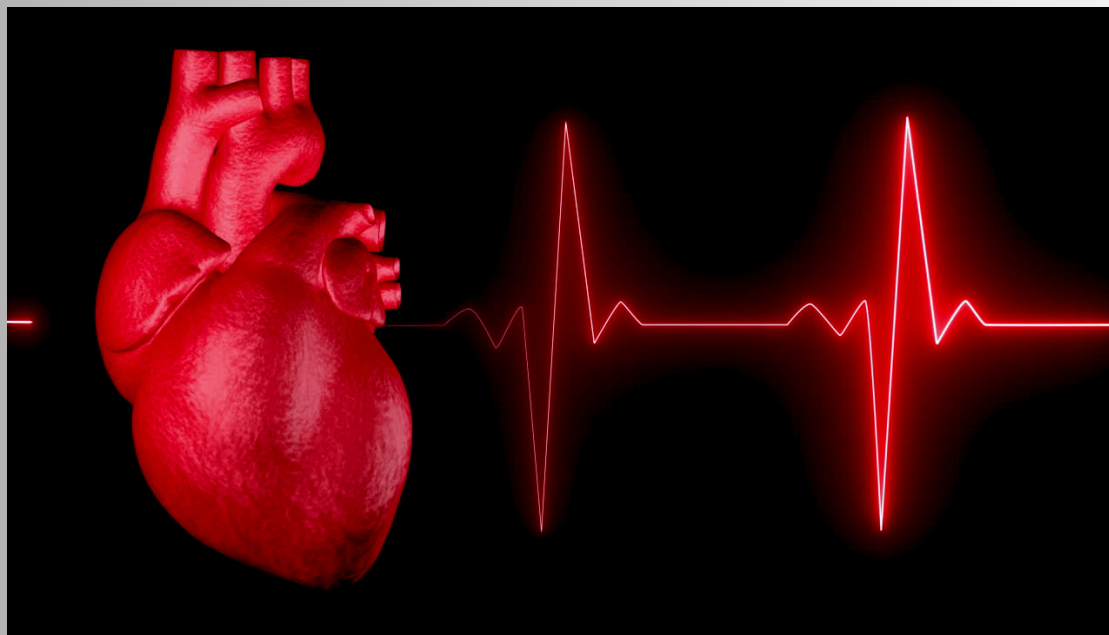
- ❤️ Heart disease remains the #1 cause of death
- 📊 Over 60% of adults are overweight or obese
- 💧 Nearly 1 in 2 adults has elevated cholesterol
- 🔄 Metabolic syndrome affects up to 35% of adults, often without symptoms

Why this matters

Many people feel “fine” but still have silent risk factors. High cholesterol, high blood pressure, and insulin resistance often show no warning signs—until serious complications occur.

Screening saves lives. Early action prevents disease.





### What Is Metabolic Syndrome?

A cluster of conditions that raise heart disease and diabetes risk:

- Increased waist circumference
- Elevated blood pressure
- High blood sugar
- High triglycerides
- Low “good” HDL cholesterol

The more factors present, the higher the risk.

## CHOLESTEROL, WEIGHT & METABOLIC SYNDROME

“Why Losing 10–15 lbs Can Change Everything”

What Happens When You Lose Early Weight:

- Blood pressure drops
- A1C improves
- Sleep improves
- Joints hurt less
- Energy increases
- Mood lifts
- Heart strain decreases

Even modest weight loss changes your future risk dramatically.



## KNOW YOUR NUMBERS

People with metabolic syndrome have  
**AT LEAST 3 OF THE FOLLOWING:**



**Obesity**

Waist Circumference:  
40+ inches for men  
35+ inches for women



**LOW HDL or “Good” Cholesterol**

Less than 40 mg/dL for men  
50 mg/dL for women



**HIGH Fasting Blood Glucose**

Greater than or equal to 100 mg/dL



**HIGH Triglycerides**

Greater than or equal to 150 mg/dL

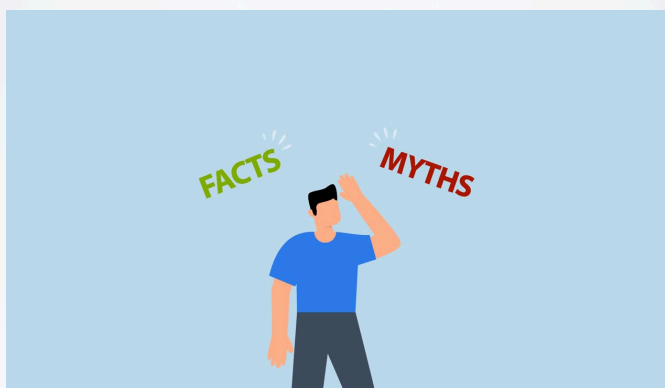


**HIGH Blood Pressure**

Greater than or equal to 130 mmHg/85 mmHg



# MythBusters



**MYTH 1:** "It's just holiday weight — it'll drop off."

➔ **FACT:** Holiday weight becomes permanent for most adults. Even 5–10 lbs raises BP & sugar and worsens kidney function.

**MYTH 2:** "Skipping meals helps me lose weight."

➔ **FACT:** Skipping slows metabolism & leads to fat storage, especially in the belly.

**MYTH 3:** "Caribbean food makes weight loss impossible."

➔ **FACT:** Culture isn't the problem — portions, bad oil, and late eating are.

**MYTH 4:** "I don't eat much — weight gain isn't my fault."

➔ **FACT:** Eating too little slows metabolism. Timing matters more than quantity.

**MYTH 5:** Only overweight people have high cholesterol

➔ **FACT:** Cholesterol can be high at any weight—genetics and diet both matter

**MYTH 6:** "Exercise alone burns off weight fast."

➔ **FACT:** Weight loss is 80% food, 20% exercise. Movement protects the heart but food drives the scale.

**MYTH 7:** "My BP is high because of stress — it will drop when stress drops."

➔ **FACT:** Chronic high BP doesn't drop naturally. Needs monitoring & lifestyle change.

**MYTH 8:** "GLP-1 meds (Ozempic/Wegovy) are cheating."

➔ **FACT:** GLP-1 corrects metabolic dysfunction. Not a shortcut — a tool.

**MYTH 9:** "Stopping GLP-1 means I'll regain everything."

➔ **FACT:** Weight returns only if old habits return.

**MYTH 10:** If I feel fine, my heart is healthy

➔ **FACT:** Heart disease and high cholesterol are often silent

**MYTH 11:** "Healthy food is too expensive."

➔ **FACT:** Processed food costs more over time. Greens, peas, lentils, callaloo = cheap staples.

**MYTH 12:** "I'll start after Valentine's / Easter / Summer."

➔ **FACT:** Delays worsen BP, cholesterol & glucose. Start small now.

**MYTH 13:** "My heart is fine — I'm just overweight."

➔ **FACT:** Extra weight raises stroke, BP & heart failure risk.

**MYTH 14:** "I feel fine — I don't need screenings."

➔ **FACT:** Heart disease, diabetes & high BP are SILENT for years.

**MYTH 15:** Cholesterol medication replaces healthy habits

➔ **FACT:** Medication works best with nutrition, movement, and weight management

# GLP-1 MEDICATION FACTS (Ozempic, Wegovy, Mounjaro, Zepbound)

**"THE TRUTH ABOUT THE NEW MEDICATIONS EVERYONE IS TALKING ABOUT"**

## What GLP-1 Medications Do:

- Reduce hunger
- Lower cravings
- Improve insulin sensitivity
- Help with sustainable weight loss
- Lower A1C levels
- Reduce inflammation

## What They Don't Do:

- They don't replace healthy habits
- They don't fix stress or sleep
- They don't mean you can eat anything

**GLP-1 meds give you a head start  
— habits carry you the rest of the way.**

## ASK YOUR DOCTOR:

☐ AM I ELIGIBLE FOR GLP-1 MEDICATIONS?

☐ WHICH OPTION IS BEST FOR ME?

☐ WHAT SIDE EFFECTS SHOULD I EXPECT?

☐ SHOULD I ADJUST MY DIET WHEN USING IT?

☐ WHEN WILL I CHECK MY WEIGHT/A1C/BP AGAIN?

# THE CARIBBEAN FOOD SWAP

**"HEALTHY DOESN'T MEAN GIVING UP CULTURE"**

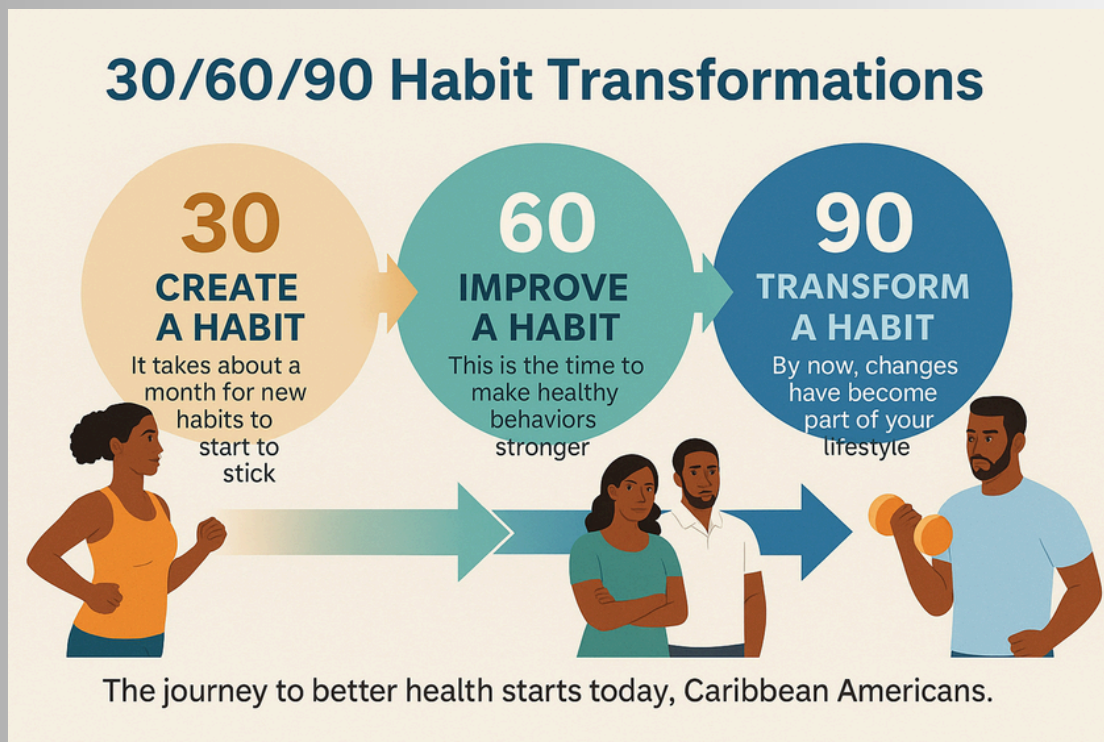


## FOOD SWAP

### Swap these:

- Fried → baked or air-fried
- White rice → brown rice / quinoa
- Sweet drinks → water + lime
- Heavy salted meats → fresh fish
- Late dinner → earlier light plate

**Culture stays. Habits change.  
Health transforms.**



## 30/60/90 TRANSFORMATION SYSTEM

- “Change Your Habits — Change Your Life.”
- 30 Days: Break cravings
- 60 Days: Build routines
- 90 Days: Create identity
- Progress happens in phases — stay consistent.
- “Change Your Habits — Change Your Life.”
- STOP eating heavy processed foods at night before bed
- Drink 6-8 glasses of water a day
- Eat 5 fruits and vegetables a day ( 2F + 3V)

### Improving Heart & Weight Health:



#### Your 30/60/90 Game Plan



Avoid snacking late at night



Drink more water throughout the day



Pair meals with vegetables



Be physically active daily

**30 minutes a day**  
(150minutes/week)

# JANUARY WEIGHT LOSS PYRAMID

## MEDICATION

Consider weight  
loss medication  
if prescribed

## MOVEMENT

Incorporate regular  
physical activity

## QUALITY NUTRITION

Focus on balanced and nutritious meals

## SLEEP & STRESS

Prioritize rest and stress management



## “IF YOU WANT TO LOSE WEIGHT, YOU MUST SLEEP.”

# SLEEP & STRESS RESET



### Create a Routine

Stick to a consistent bedtime and wake time



### UNPLUG BEFORE BED

Minimize screen time at least 30 minutes before sleep



### MANAGE DAILY STRESS

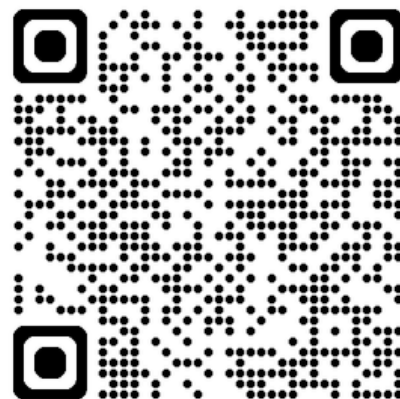
Practice techniques like deep breathing and meditation

### SLEEP RULES:

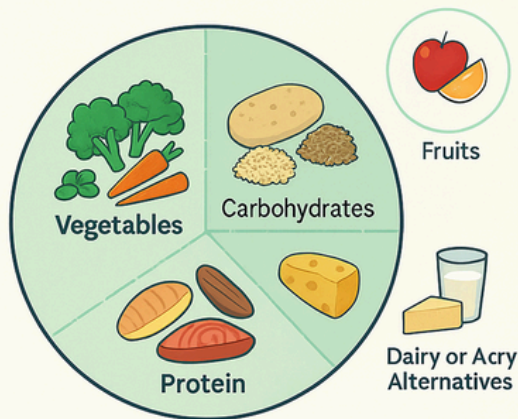
- SLEEP BEFORE MIDNIGHT
- SCREENS OFF AT LEAST 1 HOUR BEFORE BED
- LIGHTER DINNER
- COOL, DARK ROOM
- REDUCE CAFFEINE AFTER 2 PM

### STRESS RULES:

- BREATHING BREAKS
- PRIORITIZE AGENDA
- SCHEDULE DOWNTIME
- SAY “NO” WITHOUT GUILT
- DON'T CARRY JANUARY STRESS INTO THE YEAR



## Healthy Plate



- Aim for a variety of colors and types in your vegetables.
- Choose whole grains for more nutrients and fiber.
- Opt for lean meats, fish, or plant-based proteins.

## Why Late-Night Eating Causes Weight Gain



### Slower Metabolism

Eating late can reduce overnight calorie burning.



### Disrupted Hormones

Late eating can affect hormones that regulate hunger.



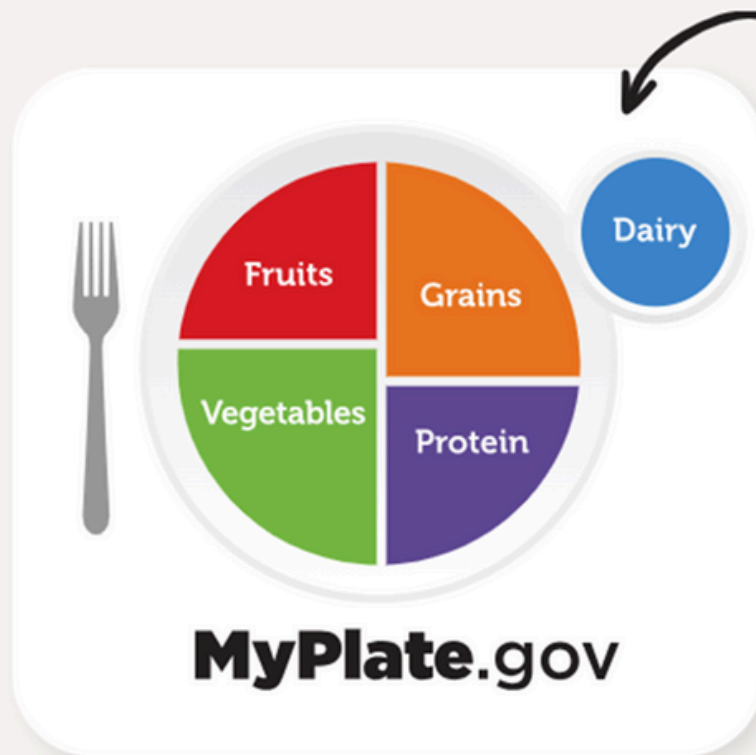
### Increased Appetite

Late eaters may feel hungrier the next day.



### Poor Food Choices

People tend to crave high-calorie foods at night.



*Click on a food group to explore!*



🥗 5 servings fruits/veggies daily 🏃 30 mins/day 🧘 10 mins mindfulness 💧 8 glasses/day 🌙 7 hrs/night  
Nutrition Fitness Hydration Sleep

**“MOVEMENT IS MEDICINE.”**

# METABOLISM & WEIGHT



🥗 5 servings fruits/veggies daily 🏃 30 mins/day 🧘 10 mins mindfulness 💧 8 glasses/day 🌙 7 hrs/night  
Nutrition Fitness Hydration Sleep



# Transforming Habits in 30/60/90 DAYS

**STAY CONSISTENT**



**60 DAYS**

Sustain the change

Leading on it over time



**90 DAYS**

Can lead to lasting, positive results

🥗 5 servings fruits/veggies daily **Nutrition** 🏃 30 mins/day **Fitness** 🧘 10 mins mindfulness **Mindfulness** 💧 8 glasses/day **Hydration** 🌙 7 hrs/night **Sleep**





**Adults need a mix of physical activity to stay healthy.**

### Moderate-intensity aerobic activity\*

Anything that gets your heart beating faster counts.



AND



\* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can.** Even 5 minutes of physical activity has real health benefits.

**Walk. Run. Dance. Play. What's your move?**



### UPCOMING EVENTS

#### HEART OF THE MATTER

THEME: BLACK & CARIBBEAN  
HEART HEALTH, HYPERTENSION

OBSERVANCES: AMERICAN  
HEART MONTH / BLACK  
HISTORY MONTH



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Nutrition Fitness Hydration Sleep

January 2026 Edition

# HEALTHY HABITS CHECKLIST



## EAT WELL

- ☐ Fill half your plate with veggies & fruits
- ☐ Choose whole grains instead of refined grains
- ☐ Limit sugary drinks and snacks

## MOVE REGULARLY

- ☐ Aim for 30 minutes of activity most days
- ☐ Add more steps by walking when possible
- ☐ Take the stairs instead of the elevator

## SLEEP BETTER

- ☐ Stick to a consistent sleep schedule
- ☐ Aim for 7-9 hours of sleep per night
- ☐ Create a relaxing bedtime routine

## MANAGE STRESS

- ☐ Practice deep breathing exercises
- ☐ Spend time on hobbies and activities you enjoy
- ☐ Connect with supportive friends and family

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