

CORE Solutions

Pride Month



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Take Pride in Your Health — Be Proud, Bold and Smoke Free!

Pride month is a celebration of the freedom to be who you are. Pride also raises awareness of the issues facing lesbian, gay, bisexual and transgender (LGBTQ+) people and other members of the LGBTQ+ community. Whether or not you are LGBTQ+ yourself, you may be unaware of the many health concerns affecting LGBTQ+ people, including the increased prevalence of cigarette smoking. It's important to bring attention to these issues year-round — not only during Pride.

About 1 in 5 lesbian, gay and bisexual adults smoke. That number may be as high as 1 in 3 for transgender adults. There are many reasons for this, including the prejudice and stigma these groups may face. Some may use smoking as a stress-coping mechanism. It is also partly due to the aggressive marketing by tobacco companies that sponsor events, promotions, giveaways and advertisements. Themes like freedom and choice are prominent in tobacco advertising aimed at young people and the LGBTQ+ community. What the ads don't show is the toll smoking can take on someone's life. Smoking causes illness, disability and death.

Coming Together for Health

Pride is about being united, not divided. Everyone can play a part in lowering the number of LGBTQ+ people who smoke, including supporting those who want to quit smoking and helping prevent youth from starting to smoke.



“Take Pride in Your Health—Be Proud, Bold, and Smoke Free!” continued

- **Healthcare professionals** can ask every patient about smoking and, if they smoke, counsel them to quit.
- **States** can fund tobacco control programs at CDC-recommended levels so they can create targeted community outreach and media campaigns.
- **Communities** can work to prohibit smoking in all indoor public places and worksites, including restaurants, bars and casinos.
- **Parents of LGBTQ+ youth** talk to their kids about health issues, including smoking and e-cigarettes, support their mental health, and help them cope with discrimination and stress.

Education and action are important to lower smoking among LGBTQ+ people, leading to greater equality for all.

Source: [cdc.gov](https://www.cdc.gov)

Three Ways to Snack Smartly

It's completely normal to snack throughout the workday. However, it can especially be tempting to opt for the fast, easy (but unhealthy) option if you are working from home. Keep the following three tips in mind to help you snack smartly during the workday at the office or home.

1. **Plan your snacking.** Think ahead, so you don't desperately reach for unhealthy items. Make or pre-portion your healthy snacks at the beginning of the week, so they're ready to go.
2. **Be mindful of portions.** Avoid eating directly out of the bag or original container, and portion your snacks before eating.



3. **Choose healthy snacks.** Nibble on fruits, vegetables, whole grains and healthy fats to stay satisfied and full. Pass on the junk food since chips, candy and cookies can leave you feeling sluggish.

You might not control where you're working, but try to work away from the kitchen. [Click here](#) to learn about nutritionist-approved snack options.

Source: [Zywave](#)

Monthly Moves: Cherry Picker

To perform the Cherry Picker, stand with your legs wider than shoulder-width apart, slightly bend your knees and hinge at the hip. Next, reach out in front of you, aiming to touch the ground. Then, reach directly below you, and lastly, reach behind your legs. The stretch deepens as you reach behind you. Now stand up and perform the exercise again. Do this in intervals with other exercises or perform three sets of 15. [Click here](#) for the video demo.

Source: [livestrong.com](https://www.livestrong.com).





Recipe: Crunchy Chicken & Mango Salad

Servings: 4

Serving Size: 2 1/2 cups

Calories: 285 | **Fat:** 8.6 g | **Protein:** 27.2 g | **Carbs:** 24.7 g | **Fiber:** 4.7 g | **Sodium:** 505.3 mg | **Sugar:** 16 g

[Click here](#) for the recipe.

This Asian-inspired dinner salad has a terrific crunch, thanks to sugar snap peas and napa cabbage. Give the dressing a kick of heat by adding a bit of sambal oelek, an Indonesian hot sauce that you can find in most supermarkets and Asian grocery stores.

Ingredients:

- 1/3 cup orange juice
- 3 tablespoons rice vinegar
- 3 tablespoons less-sodium soy sauce
- 1 tablespoon toasted sesame oil
- 2 teaspoons sambal oelek (Optional)
- 6 cups thinly sliced napa cabbage
- 2 cups sugar snap peas, thinly sliced diagonally
- 2 cups shredded cooked chicken breast
- 1 medium mango, sliced
- 1/2 cup coarsely chopped fresh mint
- 1/4 cup sliced scallions
- 2 tablespoons toasted sesame seeds

Directions:

Step 1

Whisk juice, vinegar, soy sauce, sesame oil and sambal oelek (if using) in a large bowl. Add cabbage, peas, chicken, mango, mint and scallions; toss gently to coat. Serve the salad sprinkled with sesame seeds.

Source: [eatingwell.com](https://www.eatingwell.com)

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