

COMMUNITY OUTREACH

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PHE Unwinding

The COVID-19 public health emergency (PHE) officially came to an end on May 11, as determined by the Department of Health and Human Services (HHS). Now, we are entering a period of unwinding with Medicaid.

Those who enrolled during the pandemic may no longer be eligible for Medicaid coverage. Health policy advocates have been looking for a way to minimize the



negative impact on recipients. Up to 14 million recipients could lose coverage as

we go through the unwinding process. If you are covered by Medicaid, it is a good idea to respond to letters sent by your state Medicaid agency, and to keep your information updated. If you lose Medicaid coverage, you will lose insurance coverage for health care. Check your eligibility for Medicaid by contacting your state Medicaid agency or by going to www.HealthCare.gov.

Look Out For Trans Fats

The World Health Organization (WHO) called for a global ban on artificially produced trans fats by the end of 2023. Trans fats lower your HDL (good) cholesterol and raise your LDL (bad) cholesterol. They are liquid oils

turned into solid fats, such as margarine.

High LDL levels can break down cholesterol particles, making cholesterol more likely to stick to the walls of arteries. This in-

creases the risk of cardiovascular disease as well as weight gain since trans fats contain nine calories per gram.

Trans fats can be found in fried foods, frozen foods and some snack foods. Reading the nutrition label is the best way to know for sure. Artificial trans fats were banned in the U.S., however, foods considered “trans-fat-free” can still contain up to 0.5 grams of trans fats per serving. Be mindful of the things you eat and choose healthier when possible.

Nutrition Facts	
Serving Size 5 Cookies (33g)	
Servings Per Container about 7	
Amount Per Serving	
Calories 170	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber less than 1g	2%
Sugars 7g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

Walk with John Herrington in AYA

Have you walked with AYA's newest partner John Herrington? Cmdr. Herrington is the most popular walking partner so far this year, taking users on journeys averaging 150,000 steps. When you walk with Cmdr. Herrington, you will hear him tell you about his incredible journey. From struggling student to Space Shuttle Endeavor, and a bike trip across the country to promote Science, Technology, Engineering and Mathematics (STEM) education, he will inspire and motivate you. Walking with AYA offers a fun way to get healthier, and learn more about our Chickasaw heritage. Download AYA today ([AYA Walk](#)) and go on an out-of-this-world journey!



Your Health and Vaping

The rhetoric that vaping is healthier for you than smoking leads to the belief that vaping is not harmful. The truth is, the aerosol within e-cigarettes (vapes) contains many harmful chemicals that enter your lungs and bloodstream with each inhale. These chemicals include aldehydes, like acetaldehyde and formaldehyde, which are linked to cardiovascular disease. Some vapes even contain acrolein, an herbicide. Since the FDA has found vaping is not a safe or effective alternative to smoking, it is not a recommended method to help quit smoking. Call **1-800-QUIT NOW** for smoking cessation assistance.



Apply Your Sunscreen!

Let this be your reminder to wear sunscreen every day! The sun's rays can be harmful to your skin, especially in the summer when UV intensity is at its highest.

Regular use of SPF 15 sunscreen can help you prevent squamous cell carcinoma (SCC), also known as skin cancer, by 40% according to the Skin Cancer Foundation. During the summer months, you may have to increase your SPF to 30 or higher. Sunscreen also prevents rapid aging of the skin!

