Want a Healthy Relationship? Better Eat Your Veggies!
A Note from the Director

Greetings,

March is National Nutrition Month, and there's no better time to talk about why good health matters in relationships. A person's health can have a significant impact on the quality and stability of their family and couple relationships. When an individual takes the time to care for themselves, they are often better able to support partners and family members through promoting healthy habits and providing emotional stability. Unfortunately, approximately 80% of Americans fail to eat the recommended daily allowance of fruits and vegetables. Only 1 in 3
adults participate in the recommended amount of weekly physical activity, and data suggests that by 2030, half of all adults in the U.S. will be obese. There is much at stake when it comes to physical health, as we can't expect to care for each other if we don't care for ourselves.

Care for Self is one of the key concepts of healthy relationships discussed in the Strong Relationships curriculum. This free, research-based curriculum explains that good health is about more than just nutrition and exercise. Mental and emotional health are significant elements that contribute to overall wellness. An individual's ability to manage stress and conflict, navigate and express emotions, and seek help when needed frequently contributes to the stability, or instability, of their relationships. Despite this, however, people too often don't receive the help they need. While it may feel counterintuitive, one of the best ways to nurture a relationship is to take care of yourself!

I hope these tips and resources will be helpful to you and the families you serve in making a commitment to lifestyle changes that support self-care and model healthy behaviors for others.

Best Regards,

Robyn Cenizal
Robyn Cenizal, CFLE
Project Director

Tip of the Month

Your monthly tips to strengthen the relationships of those you serve. Share it - Post it - Pass it on!

There are many opportunities to practice healthy behaviors. Because many of these involve spending time together, you'll find that emphasizing a wellness-centered lifestyle can impact you and your family! Below are some tips for promoting good health:

- **Identify physical activities you can do together.** Exercise doesn't have to be boring! Chat with your partner while taking a walk, dance to your favorite music, or find a community pool. Research shows that you're more likely to exercise regularly when you have someone to do it with!

- **Cook together.** Preparing healthy meals together can be fun for couples or the entire family and promote healthy food choices.
Encourage good mental health. Activities like meditation, expressing gratitude, and healthy, effective communication are excellent ways to boost happiness while reducing stress and anxiety.

Ask for help. We can't do everything on our own! It's important to recognize when you need support, either from your partner or a professional, and take the necessary steps to getting it.

Focus on nurturing relationships. The best part about focusing on good health and healthy relationships is that the two go hand in hand! Forming and maintaining strong partnerships is shown to have both short- and long-term physical and psychological health effects.

Featured Resources

The Resource Center's Virtual Library has collected more than 3,000 materials in a variety of formats including fact sheets, research-to-practice briefs, brochures, pamphlets, training resources, program reports or evaluations, and research materials.

- Why Good Health Matters in Relationships
  This tip sheet provides suggestions to help safety-net service providers raise consciousness and help couples start off on the path to improving their health and wellbeing, benefitting individuals and promoting stability for couples and families.

- Marriage and Mental Health: Coping with Depression and Other Problems
  This fact sheet provides a brief, yet comprehensive, review of the relevant research on mental health and offer strategies that safety-net service providers can use to assist couples dealing with mental distress, especially depression.

- Goals for Better Health
  This tool can be used by service providers working with individuals, couples, and families to identify goals for better health. It includes instructions for the service provider and a worksheet for the participant(s).

Newly Released Resource Center Product

- Do You Have What It Takes? Action Plan Supports and Resources
This research-based tip sheet highlights the importance of proactive, tailored technical assistance to foster agency change and integrate healthy relationship education into existing social services.

**Upcoming Webinar!**

- **Family Focused Strategies for Addressing Opioid Addiction and Recovery**
  
  **Tuesday, March 19 at 2:00 PM EDT**
  
  Join the National Resource Center for Healthy Marriage and Families for a new webinar that discusses opioid addiction and recovery. During this webinar, speakers will share information on best practices for coordinating care, providing trauma-informed services, and treating adolescents and young adults. They will also discuss the importance of including families in the recovery process.

**Events**

The Resource Center’s **Events Calendar** offers a listing of Resource Center events and other national, regional, and community-wide events that might be of interest. Upcoming events include:

- **APHSA National Health and Human Services Summit 2019, May 19-22, 2019, Arlington, VA**
  
  This annual summit will bring together public and private partners from the health and human services sector to share how their work is accelerating the achievement of healthier families and communities.

  
  This conference will highlight successful strategies and practices that organizations and communities are using to meet the challenges and opportunities of the Family First Prevention Services Act and help ensure that children and families flourish.

**Feedback and Technical Assistance**

To learn more about the Resource Center, visit us at [www.healthymarriageandfamilies.org](http://www.healthymarriageandfamilies.org).

The National Resource Center for Healthy Marriage and Families supports human service providers as
they integrate healthy marriage and relationship education skills into service delivery systems as part of a comprehensive, culturally appropriate, family-centered approach designed to promote self-sufficiency.

If you have suggestions or wish to speak with a Resource Center staff member, please contact us and we will be happy to assist you. To learn more about free training and technical assistance available to human service agencies, visit our Training and Technical Assistance page.

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