

Lyft partners with Buffalo healthcare agency to transport patients



The Greater Buffalo United Accountable Healthcare Network



Low- and moderate-income residents who are Medicaid clients of the Greater Buffalo United Accountable Care Organizations may now get a free 'Lyft' for medical appointments.

In a just-inked deal between GBUACO and the ride-sharing provider [Lyft](#), the agency's Medicaid patients may schedule free rides for medical appointments, helping to ease a problem where some bypassed doctor's visits because of transportation issues. Courtesy Lyft

Greater Buffalo United Accountable Care Organization is one of the first healthcare companies in the Buffalo Niagara region to provide such a service through [Lyft](#).

"The major reason our Medicaid patients miss doctors' appointments is because they cannot find an efficient mode of transport," said Dr. Raul Vazquez, GBUACO executive director. "This partnership with [Lyft](#) enables our care coordinators to arrange rides for our patients that are cheaper, faster, and oftentimes more comfortable and reliable."

Care coordinators will set up rides for GBUACO network patients utilizing [Lyft](#) Concierge. Concierge is a third-party web application that allows GBUACO care coordinators to arrange rides online on behalf of individuals who may not have the technology, or the ability, to do it themselves.

"Our partnership with GBUACO will help remove transportation barriers and provide reliable, on-demand rides to patients who need it," said [Gyre Renwick](#), [Lyft](#) head of health care partnerships.

Set Small Goals!

Dana Ingebretson, MS, RD, CDN Director of Nutrition Services, GBUAHN

GBUAHN members who have been



Setting a small goal that is very realistic to reach is a great way to reach a larger goal. Making these small goals very specific is also helpful. For example, saying “I want to lose weight” is a great big goal, but saying “I want to lose two pounds in July”, is specific and realistic to reach

Reaching many small, realistic goals over time adds up to long-term changes! Reaching a small goal raises our confidence in our ability to do new things to improve our health.

Join us and set a small goal for yourself! Make it realistic and specific (usually with numbers, like “I will walk three times this week for thirty minutes”), and give it a deadline. When you’ve reached that small goal – set another! Watch yourself improve your health and reap the benefits!

What causes food cravings?

A food craving is an intense desire for a specific food. This desire can seem uncontrollable, and the person's hunger may not be satisfied until they get that particular food.

Some experts believe food cravings last only about 3-5 minutes.

Every person experiences cravings differently. Cravings are often for junk foods and processed foods high in sugar, salt, and fat.

Selective vs. non-selective hunger

It is important to understand the difference between a selective food craving and a non-selective craving. Selective cravings are cravings for specific foods, which may be a person's favorite chocolate bar, a specific burger from their favorite restaurant, or a bag of potato chips.

Non-selective hunger is the desire to eat anything. It may be the result of real hunger



and hunger pangs, but it can also be a sign of thirst. Drinking water may help with intense non-selective cravings.

What causes food cravings?

Food cravings are caused by the regions of the brain that are responsible for memory, pleasure, and reward.

An imbalance of hormones, such as leptin and [serotonin](#), can also cause food cravings. It is also possible that food cravings are due to endorphins that are released into the body after someone has eaten, which mirrors an [addiction](#). Emotions may also be involved in producing a food craving, especially if a person eats for comfort.

Pregnant women experience especially strong cravings, which may be due to hormonal changes that can disrupt their taste and smell receptors.

There is also the possibility of a connection between the cravings and nutrients. This is the idea that the body craves certain foods because it lacks certain nutrients.



How to reduce food cravings

There are a variety of ways to reduce unwanted food cravings. These include

Reducing stress levels

[Stress](#) and emotional eating can influence a variety of health issues. Feeling stressed may promote emotional eating and cravings for comfort foods.

[One study](#) found that stressed women are more prone to cravings for sweets than women without stress. Eating due to stress may also cause weight gain and a larger hip circumference.

Stress may also cause weight gain on its own, without extra food cravings. Stress results in higher levels of cortisol, the stress hormone, which may promote belly fat.

Drinking plenty of water

Hunger and thirst can produce very similar sensations in the mind, causing it to become confused. One of the easiest ways to reduce food cravings is to make sure the body is hydrated throughout the day.

Drinking plenty of water helps clean out toxins from the body, which may also benefit a person's overall well-being.

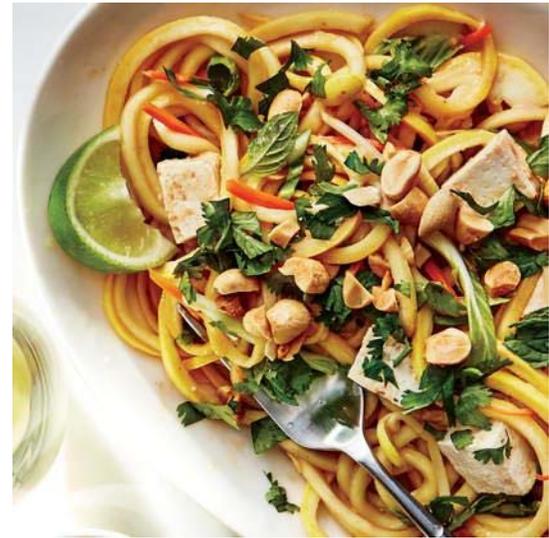
To read more on managing food cravings, [click here](#):

<http://www.medicalnewstoday.com/articles/318441.php?nfid=43941> Courtesy of Medicalnewstoday.com

Vegetable Pad Thai

You can prep the pad Thai ingredients and make the dressing a few hours ahead (dress it just before serving)

- 1/4 cup creamy natural peanut butter
- 1/4 cup fresh lime juice (from 2 limes)
- 3 tablespoons low-sodium soy sauce
- 1 tablespoon ketchup
- 1 tablespoon coconut sugar
- 1 teaspoon grated peeled fresh ginger
- 1 teaspoon crushed red pepper
- 3 cups spiralized yellow squash (from about 1 large squash)
- 2 cups bean sprouts (about 5 oz.)
- 2 cups julienned baby bok choy (from 2 heads)
- 1 cup shredded carrots (about 4 oz.)
- 1/4 cup chopped fresh mint
- 12 ounces plain baked tofu, cubed
- 1/2 cup chopped fresh cilantro
- 1/2 cup lightly salted dryroasted peanuts, chopped
- Lime wedges, for serving



Preparation

Whisk together peanut butter, lime juice, soy sauce, 2 tablespoons water, ketchup, sugar, ginger, and red pepper.

Courtesy of Health.com

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