



Your worksite wellness newsletter

News

JULY/AUG 2014

Moving Into Fall!

Here we are in the “dog days” of summer with school just around the corner and our new wellness program with Viverae in full swing.

During the month of July, Healthy Directions sponsored Bio Metric screenings on nine different days and times and at four locations for you to complete your screening at no cost to you. We expected at least 50 percent participation and to date only about 25 percent of the eligible employees have taken part in the screenings.

We still have one opportunity for you to get your screening. That’s on August 19 from 6 a.m. – 2 p.m. at the Health Center. Please make an appointment for your screening today before it’s too late.

If you were not able to participate in the scheduled screenings you still have until the August 31 deadline date to go to your personal physician and have it done in their office. You will need to take the “physician form” located on the www.myviverae.com website under the resource tab and have your physician’s office complete the form and fax it directly to Viverae to earn your 50 points.

The bio-metric screening is one of the mandatory activities you need to do if you hope to earn the required 150 points for 2014 to earn your \$75 Visa Gift Card incentive in January of 2015.

The other mandatory requirement is the online Member Health Assessment Survey. Both the mandatory requirements are worth 50 points each giving you 100 points with only 50 additional points required. If you don’t complete both the bio-metric screening and the Member Health Assessment you cannot earn your incentive.

You can earn additional points by participating in the two online wellness challenges we will have in September and October. Details will be coming soon on those two challenges.

You also have several online opportunities to acquire additional points by answering some supplemental questions, peer-to-peer challenges or watch some of the featured wellness webinars.

I am seeing more employees registering on the Viverae website plus a couple of peer-to-peer challenges. My hope is that more will go to the website and register to participate in the wellness challenges.

On another note, we are less than two months from the 2014 Corporate Cup Run. Again this year, Healthy Directions will sponsor the “Design a T-shirt Contest.” The employee with the winning design will be awarded a \$50 Visa Gift Card.

Healthy Directions will once again pay for the employee registration fee and supply your t-shirt. Family members are welcome with a paid \$20 registration fee and they will receive a free t-shirt.

The date of the Corporate Cup Run is September 14, and for the second consecutive year, the event will take place at Aksarben Village.

Contact Dennis Rookstool in the Treasurer’s Office for registration information at 402-444-7503 or email him at dennis.rookstool@dctreasurer.org.

Until next time - COMMIT TO BE FIT

Kathy Adair & the Healthy Directions Wellness Committee



The Healthy Directions Wellness Newsletter is brought to you by the Douglas County Healthy Directions worksite wellness committee. Contributing editor and photographer: Phil Rooney; layout and design: Connie Lehman; distribution: Kathy Adair. We’d like to hear from you! Send questions/comments to the committee by e-mailing chairwoman Kathy Adair at kathy.adair@douglascounty-ne.gov, drop her a note to Human Resources, Room 505, or call her at 402-444-6099.

Commit to be Fit

Cholesterol Numbers: What Do They Mean?

Cholesterol is a waxy, fat-like substance found in all cells of the body. A certain amount of cholesterol is needed by the body to perform different functions, such as making hormones and vitamin D. Too much cholesterol in the blood can be serious and may increase your risk of getting heart disease.

High blood cholesterol can build up in the walls of your arteries, resulting in plaque (plak). Over time, this buildup can cause narrowing of the arteries and can stop or slow down the flow of blood to your heart and other vital organs.

Risk categories for total cholesterol levels are as follows:

- Below 200 mg/dL is low risk
- Between 200 and 240 mg/dL is moderate risk
- Above 240 mg/dL is high risk

206
100
150

LDL Cholesterol is one of two kinds of lipoproteins (lip-o-PRO-teens) found in your blood stream. Too much low-density lipoprotein (LDL) can lead to a buildup of cholesterol in your arteries, also known as plaque (plak). LDL is known as the “bad” cholesterol.

The higher your LDL cholesterol level, the greater your chance of getting heart disease. Risk categories for LDL levels are as follows:

- less than 100 mg/dl is low risk
- between 100 and 159 mg/dL is moderate risk
- 160 mg/dl or above is high risk

HDL Cholesterol is one of two kinds of lipoproteins (lip-o-PRO-teens) found in your blood stream. High-density lipoprotein (HDL) cholesterol carries cholesterol from all over your body back to your liver to be removed from the body. HDL is known as the “good” cholesterol. The higher your HDL cholesterol level, the lower your chance of getting heart disease. Risk categories for HDL levels are as follows:

- Greater than 60 mg/dL is low risk
- Between 35 and 60 mg/dL is moderate risk
- Below 35 mg/dL is high risk

Triglycerides are a type of fat found in the blood. High levels of triglycerides are often the result of diseases such as diabetes, obesity or alcoholism. A high level of triglycerides in the blood may raise your risk for getting heart disease.

High levels of triglycerides in the bloodstream can lead to the narrowing of your arteries, putting you at greater risk of suffering a heart attack or stroke. Risk categories for triglyceride levels are as follows:

- Below 150 mg/dL is low risk
- Between 150 and 200 mg/dL is moderate risk
- Above 200 mg/dL is high risk

What you can do to achieve your cholesterol goals:

- Eat less saturated fat
- Reduce cholesterol consumption
- Increase physical activity*
- Don't smoke
- Drink alcohol in moderation
- Increase daily fiber intake
- Reduce consumption of simple carbohydrates (or sugars)

* A physician should be consulted prior to beginning a new program of physical activity, especially for men over 40 and women over age 50, and those individuals with chronic health problems, such as heart disease, diabetes or obesity.

Adults Need Vaccines, Too!

All adults should get vaccines to protect their health. Even healthy adults can become seriously ill, and can pass certain illnesses on to others. Immunization is especially important for adults 60 years of age and older, and for those who have a chronic condition such as asthma, COPD, diabetes or heart disease.

Immunization is also important for anyone who is in close contact with the very young, the very old, people with weakened immune systems, and those who cannot be vaccinated.

All adults should get:

- Influenza (flu) vaccine: Each year to protect against the seasonal flu.
- Td or Tdap: Every adult should get the Tdap vaccine once if they did not receive it as an adolescent to protect against pertussis (whooping cough), and then a Td (tetanus, diphtheria) booster shot every 10 years. In addition, women are also recommended to get the Tdap vaccine each time they are pregnant, preferably at 27 through 36 weeks.

The need for other adult vaccines – such as shingles, pneumococcal, hepatitis, HPV – depends on one's age, occupation, travel, health status, and other risk factors.

The need for vaccination does not end in childhood. Vaccines are recommended throughout our lives based on age, lifestyle, occupation, locations of travel, medical conditions and previous vaccines.

- The CDC updates vaccines recommended for adults each year based on the latest research on vaccine safety, effectiveness, and patterns of vaccine-preventable diseases.

Talk with your health care professional to learn which vaccines are right for you based on your age, health, job, lifestyle, and other factors, and take steps to stay up to date to make sure you have the best protection from serious disease.

- Vaccines are available at private doctor offices, as well as other convenient locations such as pharmacies, workplaces, community health clinics and health departments.

www.cdc.gov



Don't eat anything your great-great grandmother wouldn't recognize as food. There are a great many food-like items in the supermarket your ancestors wouldn't recognize as food.

Stay away from these.

– Michael Pollan

Take steps to avoid bites from mosquitoes and ticks.

- Get rid of standing (still) water around your home to keep mosquitoes from laying eggs nearby.
- Cut back brush and tall grasses around your home and rake up fallen leaves to keep ticks away.
- Wear long-sleeved shirts, long pants, and socks.
- Use bug repellent (also called bug spray or insect repellent) on your skin and clothing.
- Check everyone for ticks after spending time outside.
- Take a shower after going back inside to help wash away ticks.
- Use a veterinarian-approved tick collar or spot-on repellent on your pets. And remember to check your pets for ticks.

www.healthfinder.gov

Commit to be Fit



The County Wellness Bicycling Corner By Lee Lazure

Lee is on vacation so we're reprinting his informative guide on how to change a flat tire - originally published in the May 2011 newsletter.

A FLAT TIRE - WHAT TO DO!

This is something that can really mess up your biking experience, so it's best to prepare for it now. We're talking about --- CHANGING A FLAT TIRE!

You really need to know how to do this, and it's easy if you have the right tools. Those include a spare inner tube, a bike tire changing kit (a set of plastic levers to use to remove the tire from the wheel and take out the damaged inner tube; usually only costs \$5 to \$6) and an air pump that you can strap to your bike. You can also purchase a CO-2 cartridge air pump for \$12 to \$15 that will quickly and easily inflate your tire. These items can all fit in a mini-pack that fits under your bicycle seat and you will have it ready to use to fix that flat.

So, how to fix a flat:

- Turn your bike up-side down so you can access the tires.
- Remove the wheel from the bike - many bikes have quick release levers or if not you need to pack a wrench that will remove the bolts at the end of your tires.
- Let all the remaining air out of the inner tube and, using the bike tool levers, take the tire off the wheel and remove the inner tube. Starting opposite the valve and using the levers, lift one of the tire's beads up and out of the rim and then remove the inner tube.
- Take the tire totally off the rim, using the levers as necessary.
- Check the inside of your tire for any sharp object(s) that caused the puncture and remove it.
- Put the tire partially back on the wheel and then put a little bit of air in the new inner tube and stuff it around the inside of the tire with the valve stem through the hole on the wheel.
- Gently, using the tire levers, start at the valve stem and install the first bead (rim) of the tire back onto the wheel. Next, also starting at the valve stem, carefully put the second bead into **the rim well. Remember to use only your hands.**
- Inflate the tire to about half pressure while checking that the inner tube is not caught in the rim and that the bead is properly seated in the rim.
- Finish inflating the tire and put it back on your bike.

This is a lot better than having to walk a number of miles back to your car and/or have someone try to find you and pick you up. Changing a flat tire is really pretty easy; and you may want to practice it sometime so you have this down rather than do it for the first time out on the trail.



New to changing out an inner tube? Cut out this article to store in your bike stuff bag for quick reference if you find yourself sidelined by a flat!

Life is like riding
a bicycle.
To keep your balance,
you must
keep moving.
Albert Einstein



Motorists,
please watch
out for



and



Have a happy,
safe summer!

STEPS TO SAFE AND HEALTHY FRUITS & VEGETABLES

From the Store to Your Table

Fruits and vegetables are healthy to eat. But did you know that harmful germs, like *Salmonella*, *E. coli*, and *Listeria*, can sometimes be on fruits and vegetables? There are steps that can help keep you healthy—and your fruits and vegetables safer to eat—from the store to your table.



Fruit and Vegetable Safety at the Store or Market



Check for Bruises

- Choose fruits and vegetables that are free of bruises or damaged spots, unless you plan to cook them.



Keep Precut Fruits and Vegetables Cold

- Choose pre-cut and packaged fruits and vegetables that are refrigerated or kept on ice.



Separate

- Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

Fruit and Vegetable Safety at Home

Get fruits & vegetables home and in the fridge in 2 hours or less



Wash

- Wash your hands before and after preparing fruits and vegetables.
- Wash or scrub all fruits and vegetables under running water before eating, cutting, or cooking.
- Fruits and vegetables labeled “prewashed” do not need to be washed again at home.



Keep Cold

- Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within 2 hours.
- Use a refrigerator thermometer to make sure the temperature stays at 40°F or below.



Separate

- Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. These items can drip juices that may have germs.
- Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry, or seafood.
- Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

For more information, call 1-800-CDC-INFO or visit www.cdc.gov.

CS239285



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Commit to be Fit

MOW SAFELY

More than 234,000 people received medical treatment for lawn mower-related injuries in 2012, according to the Consumer Product Safety Commission. Mow safely with these tips:

- Use a lawn mower with a control that stops the blade if the handle is released.
- Remove stones, toys and other objects from the lawn before mowing to prevent injuries from flying objects.
- Kids should be at least 12 years old before operating a push lawn mower and 16 before operating a riding mower.
- Wear polycarbonate protective eyewear while operating the mower.
- Do not allow children as passengers on riding lawn mowers, and keep them out of the yard while mowing.
- Drive up and down slopes, not across, to prevent mower rollover.
- Use a stick or broom handle – not your hands – to clear debris from the mower.

www.safetyandhealthmagazine.com



For a list of Farmers Markets in Omaha, visit:

www.douglascounty-ne.gov/gardens/farmers-markets

Traditional Hummus

- 2 (15.5-ounce) cans no-salt chickpeas (garbanzo beans), rinsed and drained
- 2 garlic cloves, crushed
- 1/2 cup water
- 1/4 cup tahini (sesame seed paste)
- 3 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper



Place beans and garlic in a food processor; pulse 5 times or until chopped. Add 1/2 cup water and remaining ingredients; pulse until smooth, scraping down sides as needed.

www.cookinglight.com

Need help quitting smoking?
Visit www.epa.gov/smokefree

FYI: Mammograms are paid 100%
by United Healthcare.

If you or someone you know is experiencing domestic violence, please contact the YWCA of Omaha's 24-hour hotline at **402-345-7273** or YWCA Omwaha office at **402-345-6555**.

Rent Smoke-free!
Would you like to learn more about **Smoke-free** multi-unit housing?

Contact: **Aja Anderson, BS, Douglas County Health Dept.** at aja.anderson@douglascounty-ne.gov.

The Employee Assistance Program (EAP) is available to all Douglas County employees through Alegent-Creighton Health. EAP's trained staff can help with problems that affect your personal or professional life. Services are provided to employees in a confidential manner and there is no charge to the employee for up to five counseling sessions. Call 402-398-5566 or 1-888-847-4975 or visit Alegenteap.com.



Considering Weight Watchers?

Contact Gail Knapp at gknapp@ci.omaha.ne.us or call Gail at (402)444-5190

DC YOUTH CENTER: P90X CLASSES

Are you up to the challenge?
Call Daniel Archie at 402-444-1892



PLEASE BUCKLE UP

AND DON'T TEXT WHILE DRIVING.

Commit to be Fit