



DOUGLAS COUNTY Healthy Directions Wellness Newsletter



September, 2009

What's Inside:

- Reality Star Joins Wellness Effort
- Discover the Wabash Trace
- Eating Mindfully
- Health Screenings
- John Sheheen - Success Story
- and more!

MAXIMIZED LIVING!

Dr. Jason Wiese of Life Source Chiropractic has been one of our biggest boosters in the early days of the Healthy Directions program. In his second presentation of our Fitness Challenge, "Whole Body Health – Look Good and Feel Good" he spoke on Five Essentials to Maximized Living.

In his presentation, Dr. Wiese said if you who want to look good and feel good – but think you don't – have only one thing holding you back.

YOU!

Taking inspiration from several major public leaders, Wiese said their willingness to act is what separated them from the crowd. People now are taking the shortcut to everything – including fast food, medication and the eight-minute workout.

The result is a health crisis in the world's richest nation, despite more of our gross national product being spent on health care than any other country. The results of that spending – which he referred to as "Sick Care," leave us ranked 37th among nations, or right there with Serbia.

Good health, Wiese says, involves more than just not feeling bad. Being truly health includes nutrition, exercise and lifestyle.

Below are Dr. Wiese's Five Essentials to Maximized Living:

- Minimize the use of drugs, other toxins and surgery.
- Maximize nerve supply.
- Maximize quality nutrition.
- Maximize oxygen and lean muscle.
- Maximize peace and strong relationships.

Health, Dr. Wiese said, is when all our organs are functioning at their highest level. He urged all of us to be the leaders that we were meant to be, and said we can do that by changing our lifestyles, our thinking and our behavior.

That means, taking some Healthy Directions.

Phil Rooney, Douglas County Health Department

PROTECT YOURSELF FROM H1N1 FLU



Stop the spread of germs that make you and others sick.

- Clean your hands after coughing or sneezing.
- Wash with soap and water *or* clean with alcohol-based hand cleaner.
- Please stay home if you are sick.

Cover Your Cough

- Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.
- Put your used tissue in the waste basket.

You may be asked to put on a surgical mask to protect others.

Douglas County Health Department



Follow MyPyramid.gov on Twitter to receive healthy eating tips! Go to www.mypyramid.gov and click on the Twitter icon on the right-hand side of the page.



COMMIT TO BE FIT



REALITY STAR JOINS WELLNESS EFFORT

Losing is good.

Losing big is even better.

That seems to be the reality of Douglas County's fitness program – Healthy Directions.

The lesson was brought to county employees during a lunch and learn featuring Amy Wolff, Omaha native and a former contestant on the NBC reality show "The Biggest Loser." She and her husband, Marty, a Council Bluffs native whom she met on the set of the show, are now in the fitness business in Omaha.

He's now working during the day as a teacher and was unable to attend, but Amy did not disappoint during sessions at the City/County Building and the Health Center. Among the lessons she brought to the sessions were:

- Don't be afraid to ask for help
- You can help your metabolism by eating more and smaller meals.
- Clean, unprocessed food is best.
- Having a support system is a big plus when it comes to losing weight.

Losing weight the first time may not end your fitness challenge, she said. Amy recently gave birth to the couple's first child, and during pregnancy she gained 70 pounds that she says she can lose again.

"With hard work and dedication, you can get back on track relatively quickly," Amy said, adding the experiences and confidence she gained from her "Loser" experience gives her the confidence to accomplish that task.

Frequently punctuating her comments with "Awesome," Amy proved an inspiration for the Douglas County staff.

Amy and Marty now run a business called Reality Wellness. For more information on them, check out www.realitywellnessinc.com.

Phil Rooney, Douglas County Health Department

THE AFTERGLOW OF EXERCISE

The mood-boosting effect of physical activity may last much longer than was previously thought, University of Vermont researchers say. In a study presented at the annual meeting of the American College of Sports Medicine in May, researchers randomly assigned 48 volunteers to 20 minutes of aerobic exercise or an equal period of rest. They found that the exercisers reported better moods than the non-exercisers for up to 12 hours.

Consumer Reports onHealth



DISCOVER THE WABASH TRACE

Looking for a fun, beautiful place to walk, run or bike? The Wabash Trace Nature Trail is a converted railroad right-of-way running over 60 miles through the scenic southwest Iowa countryside from Council Bluffs to Blanchard. The railroad tracks and ballast have been removed, and the trail has been resurfaced with crushed limestone. The trail can be accessed in each of the towns it travels through: Council Bluffs, Mineola, Silver City, Malvern, Imogene, Shenandoah, Coin, and Blanchard. The most popular starting points are at Trailhead Park in Council Bluffs, on the northern end or the Shenandoah Trailhead on the southern end. You'll travel through the picturesque Loess Hills, soak up the beauty of nature, and enjoy physical activity!

COMMIT TO BE FIT

EATING MINDFULLY

In a new research article being published in this month's Journal of the American Dietetic Association, Dr. Alan Kristal and colleagues found that people who eat mindfully (defined as those were aware of why they ate and stopped eating when full) are less likely to be obese.

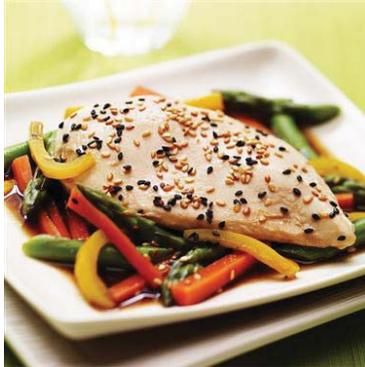
The actual article describes the process of developing and validating a way to measure mindful eating. I find it interesting because it can be used as a guide to examine my own eating habits.

Kristal and colleagues ended up with 5 factors, or categories, of behaviors that were thought to comprise mindful eating. They were:

Disinhibition - this involves noticing when you are full and how much you eat. Negative examples would be agreeing to the following statements: "If there's good food at a party, I'll continue eating even after I'm full." or "When I'm at a restaurant, I can tell when the portion I've been served is too large for me."

Awareness - paying attention and appreciating the food you are eating. For instances, agreeing with the statement that "I taste every bite of food that I eat." or "I notice when foods and drinks are too sweet."

External cues - being aware of how situations trigger cravings or influence you to eat more. The researchers measured this based on peoples agreement with statements such as "I notice when just going into a movie theater makes me want to eat candy or popcorn." or "I recognize when food advertisements make me want to eat."



Emotional responses - do you eat for emotional reasons? would you say that "When I'm sad I eat to feel better." or "When I'm feeling stressed at work I'll go find something to eat."

Distraction - this last category is another indicator of how much you pay attention to the eating process. For example, how much would you agree that "I think about things I need to do while I am eating." or "I eat so quickly that I don't taste what I'm eating."

Some of the ideas I take away from this are means to reconnect with my body and my food during the eating process, including:

Eat enough but not more - Learn how much food I need to eat in order to be satiated or satisfied, but not so much as to be full. Be aware of what being full feels like and do not eat beyond that point.

Love my food - Look at it, smell it, savor it. Enjoy every moment of eating it and take my time.

Don't be seduced - Be aware that I can be influenced by things such as advertisements, being at a party, or being at a restaurants. Take the time to notice if I am truly hungry or just being triggered to crave food because of my circumstances.

Don't feed the feelings - Don't just eat because of how I feel. Eating a candy bar will not make my stress go away. Moods are impermanent and will pass. Just be patient.

Just eat - Focus on eating when I am eating. Clear my mind and be present with my food. Dr. Alan Kristal, www.beliefnet.com

September is Fruit and Veggies - More Matters Month! Add lettuce and tomato to a sandwich. Add berries, sliced banana or any fruit to hot or cold cereal. Try applesauce on pancakes instead of syrup. **BAKE SWEET POTATOES FOR DINNER.** Serve dried fruit instead of candy or cookies. Enjoy a crunchy apple!

GET ACTIVE!

WWW.ACTIVATEOMAHA.ORG

It's a terrific resource for an active life! Click on Calender to see what's going on right here in our area. Here are a few events from the September calendar:

September 13 - Noon, World O! Water Festival - Lake Wehrspann, 154th Street and Giles Road - A fun-filled, **completely free** water education festival for families and adults. Games, booths, animal presentations, music, canoe rides and much more. The event is hosted by the members of the Papillion Creek Watershed Partnership and Keep Omaha Beautiful, Inc. For more information, go to www.worldowater.com.

September, 26 - Time TBD, National Public Lands Day (DeSoto National Wildlife Refuge) Join us to collect prairie seeds and participate in the nation's largest hands-on volunteer effort to improve and enhance public lands. For more information: www.npld.com.



First, I was dying to finish my high school and start college
And then I was dying to finish college and start working
Then I was dying to marry and have children
and then I was dying for my children to grow old enough so I
could go back to work
But then I was dying to retire
And now I am dying...
and suddenly I realized
I forgot to live

Please don't let this happyen to you
Appreciate your current situation
and enjoy each day

....old friend

To make money we lose our heath, and then to restore our
health we lose our money...
We live as if we are never going to die,
and we die as if we never lived....

Unknown



COMMIT TO BE FIT

HEALTH SCREENINGS: AN IMPORTANT KEY TO GOOD HEALTH

Screening tests can find diseases early when they are easier to treat. Health experts from the U.S. Preventive Services Task Force have made recommendations, based on scientific evidence, about testing for the conditions below. Talk to your doctor about which ones apply to you and when and how often you should be tested.

Screening Tests for Women:

Obesity: Have your body mass index (BMI) calculated to screen for obesity. (BMI is a measure of body fat based on height and weight.) You can also find your own BMI with the BMI calculator from the National Heart, Lung, and Blood Institute at: <http://www.nhlbisupport.com/bmi>.

Breast Cancer: Have a mammogram every 1 to 2 years starting at age 40.

Cervical Cancer: Have a Pap smear every 1 to 3 years if you: Have ever been sexually active/Are between the ages of 21- 65

High Cholesterol: Have your cholesterol checked regularly starting at age 45. If you are younger than 45, talk to your doctor about whether to have your cholesterol checked if:

- You have diabetes • You have high blood pressure
- Heart disease runs in your family • You smoke

High Blood Pressure: Have your blood pressure checked at least every 2 years. High blood pressure is 140/90 or higher.

Colorectal Cancer: Have a test for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you. If you have a family history of colorectal cancer, you may need to be screened earlier.

Diabetes: Have a test for diabetes if you have high blood pressure or high cholesterol.

Depression: Your emotional health is as important as your physical health. If you have felt “down,” sad, or hopeless over the last 2 weeks or have felt little interest or pleasure in doing things, you may be depressed. Talk to your doctor about being screened for depression.

Osteoporosis (Thinning of the Bones): Have a bone density test beginning at age 65 to screen for osteoporosis. If you are between the ages of 60 and 64 and weigh 154 lbs. or less, talk to your doctor about being tested.

Chlamydia and Other Sexually Transmitted Infections: Have a test for chlamydia if you are 25 or younger and sexually active. If you are older, talk to your doctor about being tested. Also ask whether you should be tested for other sexually transmitted diseases.

HIV: Have a test to screen for HIV infection if you:

- Have had unprotected sex with multiple partners
- Are pregnant
- Have used or now use injection drugs
- Exchange sex for money or drugs or have sex partners who do
- Have past or present sex partners who are HIV-infected, are bisexual, or use injection drugs
- Are being treated for sexually transmitted diseases
- Had a blood transfusion between 1978 and 1985

The most important things you can do to stay healthy are:

- Get recommended screening tests • Be tobacco free
- Be physically active • Eat a healthy diet • Stay at a healthy weight • Take preventive medicines if you need them.

Screening Tests for Men:

Obesity: Have your body mass index (BMI) calculated to screen for obesity. (BMI is a measure of body fat based on height and weight.) You can also find your own BMI with the BMI calculator from the National Heart, Lung, and Blood Institute at: <http://www.nhlbisupport.com/bmi>.

High Cholesterol: Have your cholesterol checked regularly starting at age 35. If you are younger than 35, talk to your doctor about whether to have your cholesterol checked if:

- You have diabetes • You have high blood pressure
- Heart disease runs in your family • You smoke

High Blood Pressure: Have your blood pressure checked at least every 2 years. High blood pressure is 140/90 or higher.

Colorectal Cancer: Have a test for colorectal cancer starting at age 50. Your doctor can help you decide which test is right for you. If you have a family history of colorectal cancer, you may need to be screened earlier.

Diabetes: Have a test for diabetes if you have high blood pressure or high cholesterol.

Depression: Your emotional health is as important as your physical health. If you have felt “down,” sad, or hopeless over the last 2 weeks or have felt little interest or pleasure in doing things, you may be depressed. Talk to your doctor about being screened for depression.

Sexually Transmitted Infections: Talk to your doctor to see whether you should be tested for gonorrhea, syphilis, chlamydia, or other sexually transmitted infections.

HIV: Talk to your doctor about HIV screening if you:

- Have had sex with men since 1975.
- Have had unprotected sex with multiple partners.
- Have used or now use injection drugs.
- Exchange sex for money or drugs or have sex partners who do.
- Have past or present sex partners who are HIV-infected, are bisexual, or use injection drugs.
- Are being treated for sexually transmitted diseases.
- Had a blood transfusion between 1978 and 1985.

Abdominal Aortic Aneurysm: If you are between the ages of 65 and 75 and have ever smoked (100 or more cigarettes during your lifetime), you need to be screened once for abdominal aortic aneurysm, which is an abnormally large or swollen blood vessel in your abdomen.

<http://www.nhlbisupport.com/bmi>

The Employee Assistance Program (EAP) is available to all Douglas County employees. EAP's trained staff can help you with problems that affect your personal or professional life. It's free to employees and family members, and records are kept confidential and are not included in the staff member's personnel file. Call 593-1711.

COMMIT TO BE FIT

MICROWAVE BAKED APPLE SLICES

Serves 4

Yum! Its a great quick dessert!

Ingredients

Vegetable oil spray
1 pound unpeeled apples, cored
and cut into 1/2-inch wedges
1 1/2 tablespoons sugar
1 tablespoon light tub margarine
1/2 teaspoon ground cinnamon
1/4 teaspoon vanilla extract



Cooking Instructions

Lightly spray a 9-inch glass baking dish with vegetable oil spray. Arrange the apples in the dish. Cover with plastic wrap.

Microwave at 100 percent (high) for 2 1/2 minutes, or until just tender. Remove from the microwave.

Add the remaining ingredients, stirring until the margarine is completely melted.

Nutrition Analysis (per serving): Calories: 89; Total Fat: 1.5 g

ORAL HEALTH PROBLEMS TO REPORT TO YOUR DENTIST



To prevent gum disease and other oral health problems, schedule regular dental cleanings and exams — generally at least once or twice a year. In the meantime, contact your dentist if you notice any signs or symptoms that may suggest oral health problems, such as:

- Red, tender or swollen gums
- Gums that bleed when you brush or floss
- Gums that begin pulling away from your teeth
- Loose teeth
- Changes in the way your top and bottom teeth align with each other
- Unusual sensitivity to hot and cold

Early detection and treatment of oral health problems can ensure a lifetime of good oral health.



SPOILED CHICKEN

Most food poisoning stems from contaminated chicken, according to a June 12, 2009, report from the Centers for Disease Control and Prevention. Many cases could be prevented, the report noted, if people cooked chicken to the recommended internal temperature, 165° F. So use a meat thermometer when cooking poultry.



JOHN SHEEHAN SHOWS THE WAY FOR HEALTHY DIRECTIONS

You all know John Sheehan, director of the Community Mental Health Center.

It's likely that you have seen John proudly decked out in his Indiana Hoosiers gear.

And on days when the Healthy Directions Walking and Health Challenge offered lunch and learn opportunities, he was right there, soaking up the knowledge.

"More people at the County should take advantage of this series," John said. "The information is extremely valuable, regardless of your current health status."

Nutrition is where John has seen the greatest benefit from the luncheon series. Knowing what to eat – and what not to eat – can make a real difference in the way we feel, and John is quick to point out the benefits.

"You can't help but critically think about what you are eating after you have heard these presentations," he said. That was evidenced by the healthy, calorie conscious lunch he enjoyed during the most recent Lunch and Learn.

As a manager, John has stepped to the front and is leading by example. And, like Healthy Directions, he's just getting started, and he hopes you are too.

"The County's Wellness Committee is planning future series that will continue to look at healthy lifestyles," John said. "These quick refreshers are conducted by enthusiastic, knowledgeable and entertaining speakers. I urge other County employees to take advantage of the very valuable information that is distributed in those series to live a longer, richer life."

Phil Rooney, Douglas County Health Department



SEND A HEALTHY E-CARD!

Send a personalized e-card to encourage friends and loved ones to stay healthy. Visit <http://www.healthfinder.gov/ecards/cards.aspx>

to choose the e-card that fits your style and add a personal message.

Card categories include Eat Healthy, Get Active, Get Screened, Quit Smoking, Watch Your Weight, and Stay Safe.

COMMIT TO BE FIT