



WELLBEING

Insights

August 2014

Living a Better, More Vibrant Life

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August is **Preventive Care** Awareness Month



August is Preventive Care Month. All adults should visit their health care provider from time to time, even when they are healthy. The purpose of these visits are to:

- Screen for diseases, such as high blood pressure and diabetes
- Look for future disease risks, such as high cholesterol and obesity
- Discuss alcohol use, safe drinking and tips on how to quit smoking
- Encourage a healthy lifestyle, such as healthy eating and exercise
- Update vaccinations
- Maintain a relationship with your health care provider in case of illness

The following are some of the tests that may be scheduled:

- Blood pressure
- Blood sugar
- Cholesterol (blood)
- Colon cancer screening test
- Depression screening
- Genetic testing for breast cancer or ovarian cancer in women with family history

- HIV test
- Mammogram
- Osteoporosis screening
- Pap smear
- Tests for chlamydia, gonorrhea, syphilis and other sexually transmitted diseases



Your health care provider can recommend how often you might want to schedule a visit.

Another part of preventive health is learning to recognize changes in your body that may not be normal, and to see your health care provider right away. Changes may include:

- A lump anywhere on your body
- Losing weight without trying
- A lasting fever
- A cough that does not go away
- Body aches and pains that do not go away
- Changes or blood in your stool
- Skin changes or sores that do not go away or get worse
- Other changes or symptoms that are new or do not go away

Preventive care is essential to leading a long life. Do it for yourself and your family.

August is PREVENTION Care Month



Did You Know?

Most health plans must cover a set of preventive services like shots and screening tests at no cost to you. This includes marketplace (state or federal exchanges) private insurance plans.

Free preventive services

All Marketplace plans and many other plans must cover the following list of preventive services without charging you a copayment or coinsurance. This is true even if you have not met your yearly deductible. This applies only when these services are delivered by a network provider.

- 1) Abdominal aortic aneurysm: one-time screening for men of specified ages who have ever smoked
- 2) Alcohol misuse screening and counseling
- 3) Aspirin use to prevent cardiovascular disease for men and women of certain ages
- 4) Blood pressure screening for all adults
- 5) Cholesterol screening for adults of certain ages or at higher risk
- 6) Colorectal cancer screening for adults over 50
- 7) Depression screening for adults
- 8) Diabetes (Type 2) screening for adults with high blood pressure
- 9) Diet counseling for adults at higher risk for chronic disease
- 10) HIV screening for everyone ages 15 to 65 and other ages at increased risk
- 11) Obesity screening and counseling for all adults
- 12) Sexually Transmitted Infection (STI) prevention counseling for adults at higher risk
- 13) Syphilis screening for all adults at higher risk
- 14) Immunization vaccines for adults — doses, recommended ages, and recommended populations vary: (Hepatitis A, Hepatitis B, Herpes zoster (shingles), Human papillomavirus, Influenza (Flu Shot), Measles, Mumps, Rubella, Meningococcal, Pneumococcal, Tetanus, Diphtheria, Pertussis (whooping cough) and Varicella (chicken pox)
- 15) Tobacco use screening for all adults and cessation interventions for tobacco users





Back to School Tips

to Help Keep Your Kids Safe and Healthy



Kids are going back to school, the weather is getting cooler and the leaves are beginning to change color. Autumn is on its way! Greet the fall with ways to help keep you and your family safe and healthy.

Be active. As the weather cools, resist the urge to hibernate! Make yard work fun. Have kids come up with different ways to pick up leaves or pine cones (i.e. squatting, bending, leaning, stretching or balancing on one foot). Provide kids with rakes and other tools that are kid sized for comfort and safety. For indoor fun, play board games and computer games that encourage physical activity. Have a song and dance talent show. Draw, color and explore with health in mind. Remember that children and adolescents should be active for at least one hour per day, and adults should be active for at least two and a half hours per week. Do not forget to apply sunscreen and insect repellent to protect you and your family from the sun, mosquitoes and ticks.

Be prepared for school. Safety should be on every student's back-to-school list. Whether it is by car, bus, bike or foot, the minute a child leaves home, safety becomes a concern. Go over your child's transportation plan and discuss things your child can do to stay safe

on the way to and from school. Also, make sure your child's school has updated and accurate contact information for you and others in case of an emergency.

Stay healthy. The single best way to protect against the flu is to get vaccinated each year. October through December is the best time to get vaccinated. Free or low-cost vaccinations may be available through your doctor, nurse, job, health department, clinic, grocery store or nursing home. Practice good health habits. Cover your nose and mouth with a tissue when you cough or sneeze. Wash your hands often with soap and water. Alcohol based cleaners are also effective. Stay home if you get sick.



Be prepared for cold weather. Exposure to cold temperatures, whether indoors or outdoors, can cause serious or life-threatening health problems. Infants and the elderly are particularly at risk, but anyone can be affected. Know how to prevent cold weather related health problems and what to do if a cold weather health emergency arises. Remember that using space heaters and fireplaces can increase the risk of household fires and carbon monoxide poisoning. Also, take time out of your day to test and replace batteries in your smoke and carbon monoxide detectors.



Back to School - Immunization Checklist

While the back-to-school supply list has not changed much over the years, immunization recommendations have. Find out what has changed this year and get your student up-to-date before school starts. Changes to the recommended immunization schedule from the Centers for Disease Control and Prevention (CDC) and the American Academy of Pediatrics (AAP) include:



Varicella (chickenpox). The CDC and AAP now recommend each child get a second dose of the chickenpox vaccine between 4 and 6 years of age, for a total of two doses. Before, just one dose of the vaccine was recommended around age 1. Because a few kids vaccinated at age 1 still got chickenpox later on, a second dose is now recommended. Two doses of the vaccine are recommended for all older children, teens and adults who have never had chickenpox.



Meningococcal vaccine (MCV4). To protect against meningitis, a serious infection of the brain and spinal cord tissues, kids ages 11 to 12 should get a meningococcal vaccine (MCV4). Teens entering high school and college freshmen living in dorms should also be vaccinated if they have not been already.



Flu shot yearly for all kids 6 months through 19 years of age. All kids in this age range should have a yearly flu shot to protect against the influenza (flu) virus. Two doses of the flu shot are needed if the child has never had a flu shot.



Human papillomavirus (HPV). Three doses, for girls 11 to 12 years or older. This vaccine is not required for school attendance, but if your daughter is having a back-to-school physical, HPV vaccination (Gardasil®) will be offered. The HPV vaccine prevents human papillomavirus - the virus that causes cervical cancer and genital warts.

Finally, check with your doctor to see if your child's immunization schedule is up-to-date. Ask whether your child has had two doses of the measles/mumps/rubella (MMR) vaccine or is due for a tetanus, diphtheria and pertussis (whooping cough) (Tdap) booster.

Do not forget the adults

While you are getting the kids ready for school, take care of yourself, too. Ask your doctor what immunizations you need, including the flu shot or booster shot for tetanus, diphtheria and pertussis (whooping cough).





Healthy Grilling



The barbecue season is still going strong. Before you start preparing your marinades, research shows that there are two potential carcinogens that you may be exposed to. Polycyclic aromatic hydrocarbons (PAHs) are found in the smoke created when fat drips from meat or fish onto a heat source, like the coals of your grill. The PAH-smoke coats the food, which we then ingest. The second type of carcinogen is called heterocyclic amines (HCAs), which form when meat is cooked over very high heat. The HCAs are caused by a chemical reaction that takes place, under extremely high temperatures, between the naturally occurring amino acids in the food and creatine present in muscle tissue.

It is easy to take a few precautions and stay on the healthy side of the grill.

- 1) Do not eat charred pieces of meat or fish. At the very least, eat them sparingly.
- 2) Trim the visible fat to cut down on drippings.
- 3) Switch to fish, which tends to have much less fat and will reduce the cooking time (and risk!).
- 4) Oil your grill to prevent charred bits from getting stuck on your food.
- 5) Use aluminum foil on top of the grill by making little holes and placing the meat or fish on top.

This will allow the barbecue flavor to reach your food but will prevent any carcinogens from forming.

- 6) Clean your grill regularly.
- 7) Leave sugar-laden marinades until the end, after the food is cooked. Sugar caramelizes and potentially burns when exposed to high heat.

Some of the same choices you can make to avoid the formation of carcinogenic compounds when grilling can also help you boost your immune system and combat cancer-causing agents. First, choose lean proteins such as fish or poultry in place of red meat. Second, increase your intake of fresh fruits and vegetables. Vegetables such as carrots, broccoli, peppers and tomatoes are all rich in antioxidants. Fresh fruits to choose from are papaya, kiwis and strawberries. Fruits and vegetables are delicious and nutritious when grilled if you take the proper precautions as stated above.



Contributed by:

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Facts Your Kids Need to Know about **Bullying**

Bullying is being mean to another kid over and over again. Bullying often includes:

- Teasing
- Talking about hurting someone
- Spreading rumors
- Leaving kids out on purpose
- Attacking someone by hitting them or yelling at them

Bullying does not always happen in person. Cyberbullying is a type of bullying that happens online or through text messages or emails. It includes posting rumors on sites like Facebook®, sharing embarrassing pictures or videos and making fake profiles or websites.

Kids Who are Bullied

Kids who are bullied can feel like they are:

- Different
- Powerless
- Unpopular
- Alone

Kids who are bullied have a hard time standing up for themselves. They think the kid who bullies them is more powerful than they are. Bullying can make them:

- Sad, lonely or nervous
- Feel sick
- Have problems at school
- Bully other kids

Kids Who Bully Others

Kids bully others for many reasons. They may:

- Want to copy their friends
- Think bullying will help them fit in
- Think they are better than the kid they are bullying

Bullying is never okay. Those who bully use power to hurt people. Power does not always mean bigger or stronger. Power can also mean popular or smart. Or, the kid doing the bullying may know a secret about the kid being bullied.

Kids who bully can have other problems, too, even when they get older, like using alcohol and drugs, getting into fights and dropping out of school.

Kids Who See Bullying

When kids see bullying, they may not know what to do. They may feel depressed or worried. They may be absent from school because they do not feel safe. They may join in or stay silent so they will not get bullied themselves.

They may stand up to the bully, but the best thing to do is to get an adult who will stop the bullying on the spot.

For more information visit <http://StopBullying.gov/>



The Power of Prevention & Healthy Living

Although chronic diseases are among the most common and costly of all health problems, they are also among the most preventable. Chronic disease prevention, to be most effective, must occur in multiple sectors and across individuals' entire life span.

Prevention encompasses health promotion activities that encourage healthy living and limit the initial onset of chronic diseases. Prevention also embraces early detection efforts, such as screening at-risk populations, as well as strategies for appropriate management of existing diseases and related complications. The following examples show what targeted investments in prevention can achieve.

The health benefits of smoking cessation are numerous, and many are experienced rapidly. Within two weeks to three months after quitting, heart attack risk begins to drop and lung function begins to improve. One year after quitting, excess risk for heart disease is reduced by half, and 10 years after quitting the lung cancer death rate is about half that of a current smoker. Fifteen years after quitting, an ex-smoker's risk for heart disease is about the same as that of a lifelong nonsmoker.

Lifestyle changes in diet and exercise, including a 5 to 7 percent maintained weight loss and at least

150 minutes per week in physical activity, can prevent or delay the onset of type 2 diabetes for Americans at high risk for the disease. Participants in a major clinical trial group exercised at moderate intensity, usually by walking an average of 30 minutes a day, five days per week, and lowered their intake of fat and calories. Their efforts resulted in a sustained weight loss of about 10 to 15 pounds, reducing their risk of getting diabetes by 58 percent.

An adult with healthy blood pressure and healthy blood cholesterol levels has a greatly reduced risk for cardiovascular disease. A 12- to 13-point reduction in systolic blood pressure can reduce cardiovascular disease deaths by 25 percent and a 10 percent decrease in total cholesterol levels reduces the risk for coronary heart disease by 30 percent.

Instilling healthy behaviors and practices during youth, particularly in school settings, is far more cost-effective than waiting until unhealthy behaviors are entrenched. A study of the Project Toward No Tobacco (Project TNT), which was designed to prevent cigarette use among middle and high school students, found that for every dollar invested in school tobacco prevention



programs, approximately \$20.00 in future medical care costs would be saved.

Regular screening for colorectal cancer can reduce the number of people who die from this disease. When colorectal cancer is found early and treated, the five-year relative survival rate is 90 percent.

For women age 40 years or older, mammograms every 12 to 33 months significantly reduce mortality from breast cancer.

For women who have been sexually active, an annual cervix screening with a Pap test reduces incidence of, and mortality from, cervical cancer. Females aged 11 to 26 years can help prevent cervical, vaginal and vulvar cancers by getting the HPV vaccine.

Improved glycemic control benefits people with either type 1 or type 2 diabetes. In general, every percentage point drop in A1C blood test results (e.g., from 8.0 to 7.0 percent) can reduce the risk of microvascular complications (eye, kidney and nerve diseases) by 40 percent. Among people with diabetes, annual eye and foot exams can reduce vision loss and lower-extremity amputations. Detecting and treating diabetic eye disease with laser therapy can reduce the development of severe vision loss by an estimated 50 to 60 percent. Comprehensive foot care programs can reduce amputation rates by 45 to 85 percent.

Early diagnosis and appropriate management of arthritis, including self-management activities, can help people with arthritis to decrease pain, improve function and stay productive.

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Diet

Sleep

Exercise

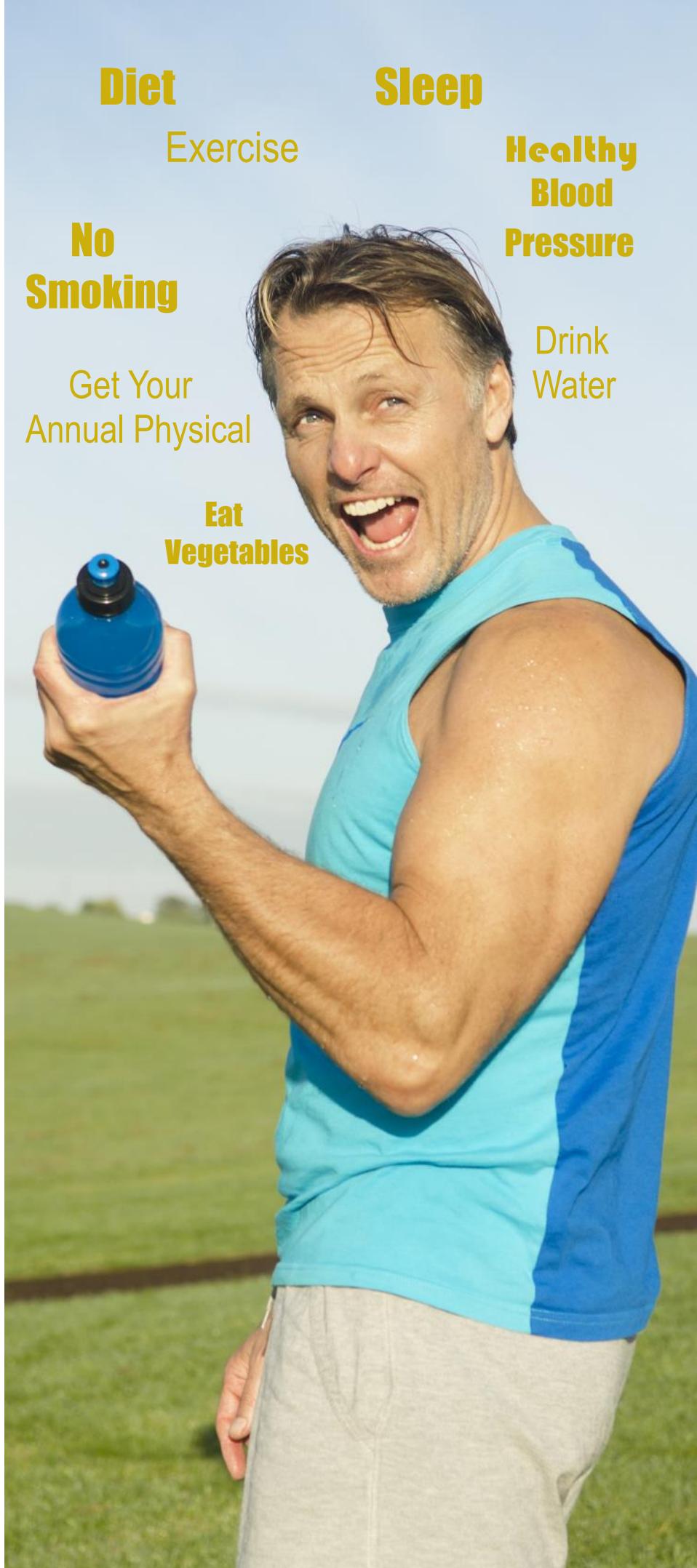
**Healthy
Blood
Pressure**

**No
Smoking**

**Get Your
Annual Physical**

**Drink
Water**

**Eat
Vegetables**



Kick Immunity into High Gear

Ever catch yourself humming that old Broadway tune "Everything's Coming Up Roses"? Maybe you should give it a try sometime. Your immune system may thank you. A new study shows that while too much stress can torpedo immunity, a fit of optimism may actually buoy it up.

Feelin' Groovy

In the study, researchers measured students' optimism with short tests. Over time, the students were pricked several times in the arm with a harmless virus or yeast, and their skin reactions (a sign of immune-system strength) were checked. A bigger bump on the skin meant a bigger immune response. Surprisingly, the students whose optimism grew over the study period also saw their immune responses grow stronger with each prick.

On the other hand, immunity dropped somewhat in students whose feelings were growing more pessimistic during the study period. What about the students with an even keel throughout? Virtually no change in immune reaction. Need help feeling positive? Try repeating a hopeful mantra.

"Oh, Happy Day"

Yep, optimal immunity may require us to do more than just beat back stress. We may need to take a downright happy view of ourselves and the world if we want to help our bodies fend off illness and disease. Researchers are not sure exactly *how* good feelings strengthen immune system response, but they suspect it could simply be that positivity makes taking care of yourself and controlling immune dampening stress, easier.

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Carbohydrates You Should **Feel Good** About Eating...



Contributed by:



Carbohydrates (carbs) get a really bad rap! Many people who are trying to lose weight want to stop eating carbs and fat completely...only protein and the small amounts of carbs in low carb veggies like lettuce, green beans and spinach. However, carbs are a good thing when you eat the right kind and the right amount!

Understanding that there are two different kinds of carbs, slow carbs and fast carbs is the first step to controlling your blood sugar and weight. Slow carbs are those carbs that are found in fruits and vegetables, which also have antioxidants, fiber and phytonutrients, so they are really healthy. Other slow carbs are grains such as brown rice, lentils, oatmeal and whole wheat bread. Fast carbs are found in candy, white bread, bagels and other processed baked goods, which have little nutritional value and produce large amounts of insulin which cause your blood sugar to spike and dip. This is why we often feel tired after eating a huge plate of pasta and bread or a bagel and cream cheese. These are the carbs that you should avoid or limit; they are not healthy for your blood sugar and they will make you gain weight if you do not watch how much you consume. Unfortunately, most people love the bad fast carbs and that is why there are 154.7 million overweight or obese people in our country and 26 million people have diabetes.

A healthy diet should include 40 to 60 percent of calories from carbs, most of these should come from slow carbs, not fast carbs. For a healthy diet, shoot for three to four ounces of whole grains per day, one and a half cups of fruit and two to three cups of vegetables per day. Starting the day off with green juice or a smoothie that is sweetened by a banana or an apple is a great way to jump start your day!



Turkey & Sun-Dried Tomato *Specialty Wrap*

Fresh corn kernels, tomatoes and lettuce fill these hearty turkey wraps. This wrap is great for picnics or when you need to have dinner on the run. Serve with carrot sticks, sliced bell pepper or other crunchy vegetables, plus your favorite creamy dressing.

Ingredients

- 1 cup corn kernels, fresh or frozen (thawed)
- 1/2 cup chopped fresh tomato
- 1/4 cup chopped soft sun-dried tomatoes (not oil packed)
- 2 tablespoons canola oil
- 1 tablespoon red-wine vinegar or cider vinegar
- 8 thin slices low-sodium deli turkey (about 8 ounces)
- 4 8-inch whole-wheat tortillas
- 2 cups chopped romaine lettuce

Preparation

1. Combine corn, tomato, sun-dried tomatoes, oil and vinegar in a medium bowl.
2. Divide turkey among tortillas. Top with equal portions of the corn salad and lettuce. Roll up. Serve the wraps cut in half, if desired.

Nutrition Facts

Yields: 4 servings
(calories are per serving)

Calories:	321
Fat	12 g
(1 g sat, 5 g mono)	
Cholesterol	35 mg
Total Carbs	35 g
Protein	19 g
Fiber	4 g
Sugars	0 g



Superfood of the Month

Eggplant

This purple beauty is a good source of vitamins B6 and K. This low-calorie veggie is a source of over a dozen different types of disease-fighting antioxidants and has many reasons to be in your diet.

Health Benefits of Eating Eggplant

Below are just a few reasons you will love eggplant:

- The iron, calcium and other minerals in eggplant supply essential nutrients required by the body. All this, while relishing a highly flavorful veggie, is a good deal, indeed! Stuff, grill, bake, roast or stew your eggplants; they are delicious any way you slice them!
- Eggplants contain certain essential phytonutrients, which improve blood circulation and nourish the brain. But remember, these nutrients are concentrated in the skin of the eggplant, so do not char and throw it away.
- They provide fiber, which protects the digestive tract.

How To Enjoy: Try it sautéed, grilled or cubed, in a stir fry or on a sandwich. Eggplant also makes for a tasty dip.

Nutrition Facts

Serving Size: 1 cup, cubes

Calories:	20
Total Fat	0.2 g
Sodium	2 mg
Fiber	2.5 g
Total Carbs	4.8 g
Protein	0.8 g
Sugars	2.9 g

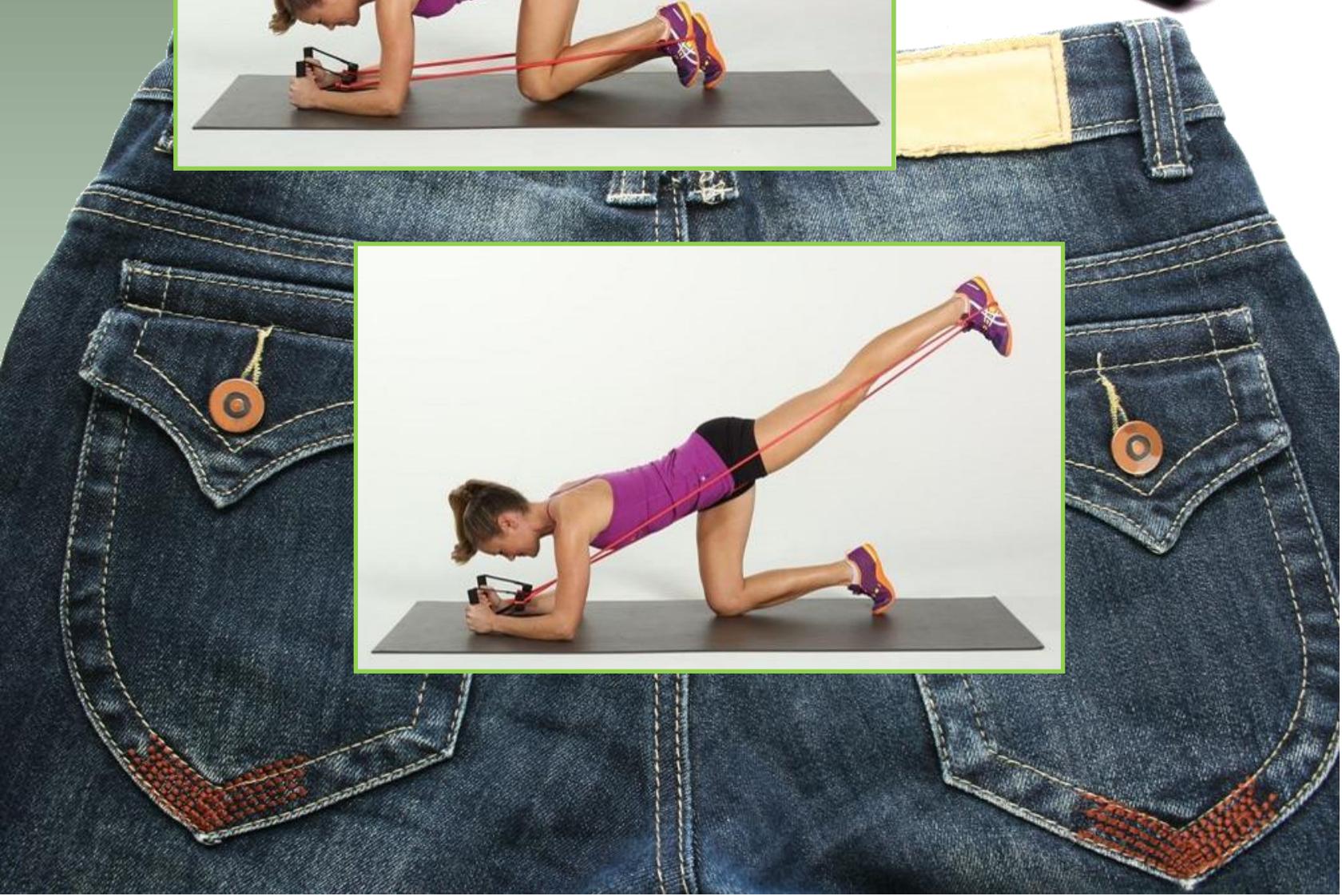


Exercise of the Month

How to Look Good in Those Jeans

1. Hold on to either end of your resistance band and place the center of the band around the sole of your left foot. Place your elbows and knees on the ground so your back is straight.
2. Hold the band firmly, draw your belly in and extend your left leg straight behind you. Then draw your knee forward, but do not let it touch the ground.
3. Repeat for a total of three sets of 15 to 20 reps on each leg.

Equipment Suggested:



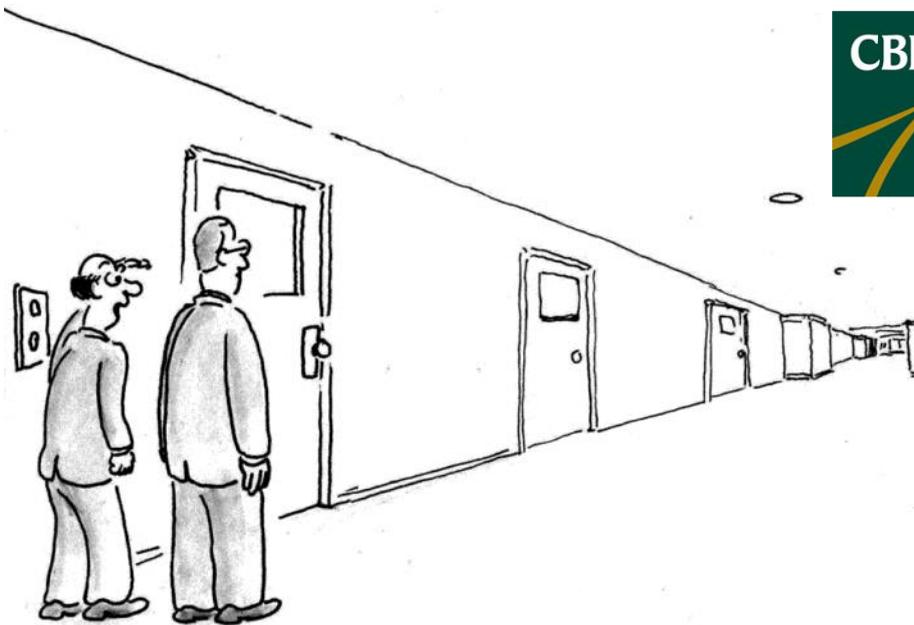
Eat This...

Not That...



Prunes versus Butter

In brownies and other dark baked goods, prune puree makes for a perfect butter substitute while cutting more than half the calories and fat. Combine 3/4 cup prunes with 1/4 cup boiling water, and puree to combine. Substitute in equal amounts in most dark baked good recipes!



“We could skip to our meeting. That’s exercise, right?”



WELLBEING *Insights*

We would like your feedback and personal stories to use and feature in future publications.

Your Personal Wellness Story:

If you have a personal health or wellness story that you think would inspire others, please feel free to send a brief letter and your picture to our editor.

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Thank you for reading and contributing. We sincerely hope that we can become a healthier part of becoming a healthier you.





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