



**FOOTHILL-DE ANZA**  
Community College District

# WELLNESS

<http://hr.fhda.edu/benefits>

February/March 2010

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### Wellness Advisory Committee Members

Christine Vo, Benefits Manager - Chair, Editor-in-Chief of Wellness Newsletter  
 Mary Jo Lomax, Health Educator - Co-Editor of Wellness Newsletter  
 Pallence McHenry - Compliance and Benefits, Co-Editor & Wellness Webmaster  
 Dorene Novotny - Vice Chancellor of Human Resources  
 George Robles - Supervisor of EOPS  
 Jim Haynes - Executive Head of Adapted PE, Special Ed Division  
 Dave Jones - Warehouse Worker II, Plant Services  
 Mary Sullivan - DA Coordinator of Student Health Services  
 Naomi Kitajima - Director of Student Health Services  
 Rich Schroeder - Dean of Physical Education & Athletics  
 Rob Mieso - Director of Outreach & Relations with Schools  
 Ryan Tao - Athletic Trainer  
 Tina Woo - Executive Assistant - President's Office  
 Jean Wirth - FODORA representative

## District Wellness Advisory Committee

**Happy New Year and welcome to the second issue of our Wellness Newsletter!**

Just in time to support your new year's resolutions, we have a variety of wellness activities scheduled during the winter quarter. Our third annual wellness screening is coming up. There are two parts to the wellness screening.

The **"Know Your Numbers" Biometric Screening**, is scheduled for **February 22 & 23** at De Anza and **February 24 & 25** at Foothill. This event is geared to help us stay up-to-date on our health, measuring *our body mass index (BMI), blood pressure, glucose and total cholesterol*. Knowing and maintaining these numbers at healthy levels is a (major!) first step in improving our overall wellness.

This year we are making new measurements available, for employees over 40: **bone density test for women** and a **Prostate-Specific Antigen (PSA) for men**. For women, this involves a simple scan using your bare feet, and for men, it's included in the screening blood work. Wellness has never been so *easy!*

**To register for the "Know Your Numbers" event, bone density measurement and/or PSA, please register online @ <https://www.provantevents.com/FoothillDeAnzaCommunityCollege>**

After you participate in the screening and "know your numbers", **go online and complete the Health Risk Assessment (HRA) beginning March 15th @ <https://healthatoz.myuhc.com/portal/bridge/FHDA>.**

You have from **February through May** to complete the HRA. *Once you have completed **both** the Biometric Screening and the Health Risk Assessment, you will get a **\$100 GIFT CARD!!!*** How's that for health "benefits"?

Last spring, **406** employees participated in the Biometric Screening and **272** completed the online Health Risk Assessment. If you participated last year—come back and see how your numbers have changed! If you have never participated—now's the time. Encourage your friends and colleagues to "get in the know" and bring one or two to participate with you. **Our goal is to increase participation by**

**10%.** By spreading the word, you could be changing someone's life.

Changing a habit takes motivation, planning, and time. If you are trying to make a positive lifestyle change, you may want to give the **Telephonic Wellness Coaching** a try. A coach can help you to create attainable goals, make an action plan, offer tips, and encourage you along the way. Attend the "Know Your Numbers" event and see page 3 for more information.

If you have specific questions or concerns, please contact one of the Wellness Committee members. We hope to see you see you in February!

Mary Jo Lomax  
Co-Editor, De Anza



### Lunch and Learn Seminar Winners

Participants received **\$25 incentives** from Safeway, Trader Joe's, or Visa just for attending the event! Come to wellness events—next time, *it could be you!*

Carlita Alamban  
Becky Bartindale  
Jack Contento  
Annette Corpuz  
Pam Ebehardt  
Andy Gurrola  
Agnes Hamilton  
Akemi Ishikawa

Araceli Kaliangara  
Yuk Bing Kong  
Tracy Lam  
KD Le  
Maria Leal  
Janice Lee  
Anna Luna  
Ellen Lyon

Elvia Navarro  
Hieu Nguyen  
Tram Nguyen  
Olivia Patlan  
Elman Salazares  
Carol Skoog  
Virginia Slayton  
Marie Taylor Harper

Judy Ting  
Lakshmi  
Vanniasegara  
Xiujuang Wang  
Myisha Washington  
Marilyn Williams  
LaDonna Yumori-Kaku

# Making Sense of Your Numbers

## BODY MASS INDEX (BMI)

Your BMI is an important health tool because your weight alone doesn't tell the whole story. If your BMI is too high, you're at greater risk than people with a normal BMI to die prematurely from chronic health problems. Examples of chronic health problems are high blood pressure, type-2 diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, respiratory problems, and endometrial, breast, prostate and colon cancer, the NIH says. Conditions associated with being overweight are the second-leading cause of preventable death in the United States. Smoking is the first.

### BMI Levels

BMI looks at your body weight in relationship to your height. It's a useful way to predict body fat in most people. According to the NIH, your BMI score means the following:

Underweight:	below 18.5
Normal:	18.5 to 24.9
Overweight:	25 to 29.9
Obese:	30 and above

### Steps for a Healthy BMI

- **Low amounts of fat.** You need some fat in your diet for energy and vitamin absorption. However, no more than 30% of your total daily calories should come from fat. Be aware of the types of fat you're eating, too. Limit your intake of saturated fat, which mainly is found in animal and dairy sources.
- **Plenty of fruits, vegetable and whole-grain products.** This is where most of your calories should come from. These low-fat foods provide vitamins, minerals, complex carbohydrates and other substances that are good for your health.
- **Eat sugars sparingly.** It is recommended to keep your sugar intake below 50 grams per day.
- **Exercise.** Exercise is an important part of any healthy weight-management plan. Include at least 30 minutes of moderate activity most days

## BLOOD PRESSURE

As blood flows from your heart to your blood vessels, it pushes against the walls of your blood vessels. This pressure is measured in millimeters of mercury (mmHg). The reading often is recorded as two numbers—the pressure while the heart beats (systolic pressure) over the pressure while the heart relaxes between beats (diastolic pressure). The numbers are written one above or before the other. The systolic number comes first, or on top, and the diastolic number comes second, or on the bottom.

### Ideal Blood Pressure Levels

Normal blood pressure is less than 130 mmHg systolic and less than 85 mmHg diastolic (130/85 or lower).

High blood pressure can lead to stroke, heart attack, heart failure, kidney failure and other health conditions. The good news is there are steps that can help lower high blood pressure.

### Steps for Healthy Blood Pressure

- **Keep a healthy weight.** Being overweight adds to your risk of HBP.
- **Be physically active.** Moderate exercise can lower your risk of heart disease. Try to exercise at least 30 minutes a day, 5 days a week or more. Check with your doctor before starting a new exercise plan if you have a chronic health problem, or if you are over age 40 (men) or 50 (women).
- **Eat more fruits, vegetables, whole grains, and low-fat dairy foods.** A healthy diet is important. To control HBP, eat a diet rich in fruits, vegetables, whole grains, and low-fat dairy products.
- **Cut down on salt.** A low-salt diet will help lower your blood pressure. Also, avoid foods that come already prepared, as they often are high in salt.
- **Limit alcohol intake.** Drinking alcohol can affect your blood pressure. The effect is different for each person. As a general rule, scientists suggest that men limit alcohol to no more than two drinks a day. For women and lighter weight people, they suggest no more than one drink a day.
- **Take your HBP medicine just as your doctor directs.** If lifestyle changes alone do not control your HBP, your doctor may tell you to take blood pressure medicine.

## CHOLESTEROL

Cholesterol is a waxy substance produced by the liver. It is needed by the body, and the liver makes enough cholesterol for the body's needs. Excess cholesterol—usually from eating foods that contain high levels of cholesterol and saturated fats—contributes to atherosclerosis which is a narrowing of the arteries through the buildup of plaque, a mixture of fatty substances, including cholesterol and other lipids.

You can improve your heart health by knowing your blood cholesterol levels and taking steps to keep them in a healthy range. Be aware of your total cholesterol, your LDL or "bad" cholesterol, and your HDL or "good" cholesterol. As always, talk with your doctor about the diet and lifestyle changes that are right for you.

### Ideal Cholesterol Levels

**Total Cholesterol:** Less than 200mg/dL is best

**LDL (bad) Cholesterol:** Lower is better; less than 100 mg/dL is best.

**HDL (good) Cholesterol:** High is better; more than 60 mg/dL is best.

### Steps for Healthy Cholesterol

**Limit saturated fat.** Substitute saturated fats with monounsaturated or polyunsaturated fats. Unsaturated fats may lower levels of LDL and increase HDL. Polyunsaturated fats include plant oils and fish such as tuna, salmon, and mackerel. Monounsaturated fats include olive and canola oils.

- **Beware of trans fat.** Trans fat may be as harmful to your arteries as saturated fat. The term "hydrogenated" or partially-hydrogenated" on food labels means it contains this type of fat.
- **Fill up on fiber.** Fiber is found in foods such as fruits and vegetables, beans, oat bran and rice.
- **Stop smoking.** Smoking increases blood pressure—just one of its negative effects. Smokers can develop damaged blood vessels and increased blood cholesterol levels, leading to hardening of the arteries.
- **Stay active and lose weight.** Exercise can maintain a fit and trim body as well as keep your heart strong.
- **Take charge of your emotions.** Research suggests that episodes of stress, depression, anxiety and anger release substance such as adrenaline. This converts stored body fat into fatty acids and increase blood cholesterol. Relaxation is key!



# 2010 Health & Wellness Programs

**OptumHealth<sup>SM</sup>**  
Optimizing Health and Well-Being™



## QuitPower® Advanced Smoking Cessation Program

**Break the habit  
once and for all.**

QuitPower® is available to you at **no cost**, and provides you with:

- ◆ A Wellness Coach who can help keep you motivated
- ◆ Help in creating a customized quit plan
- ◆ Stop-smoking aids such as **nicotine patches** or **gum**
- ◆ Online resources at <https://healthatoz.myuhc.com/portal/bridge/FHDA>

**Call today — you deserve it!**  
**1-877-QUIT-PWR**

## Telephonic Wellness Coaching— *Free for all employees*

Focus on your health this year and get started by enrolling in a wellness coaching program. Now, you have someone to support you to adopt healthful behaviors, that can improve the quality of your life.

### A Wellness Coach can support you with:

- Weight management
- Exercise
- Nutrition
- Stress management
- Diabetes lifestyle
- Heart health



**Don't wait another minute.**

Call **1-800-478-1057** or Visit  
<https://healthatoz.myuhc.com/portal/bridge/FHDA>



### UnitedHealthcare Member Programs

<http://www.myuhc.com>

#### NurseLine<sup>SM</sup> Services —

*Helping you make confident health care decisions*

Call **1-800-401-7396**

#### Healthy Pregnancy Program —

*Get personalized help through your pregnancy and delivery*

Call **1-800-411-7984**

Visit [www.healthy-pregnancy.com](http://www.healthy-pregnancy.com)

#### Healthy Back Program —

*Individualized health coaching for lower back pain*

Call **1-866-559-BACK**

Visit [www.myhealthyback.com](http://www.myhealthyback.com)



### Kaiser Member Programs

<https://kphealthylifestyles.org/programs.html>

#### Advice Nurse Line —

**San Jose Medical Center**

Family Medicine: (408) 362-4791  
Ob/Gyn, Pediatrics: (408) 362-4740

**Santa Clara Medical Center**

(408) 554-9800

**Campbell Medical Offices**

(408) 871-9440

**Milpitas Medical Offices**

(408) 945-2933

**Mountain View Medical Offices**

(650) 903-3020

**Chinese dialects**

1-877-393-233

#### Healthy Pregnancy —

*To get started learning more about your pregnancy and health go to*

<https://members.kaiserpermanente.org/kpweb/healthency.do?hwid=tu6657>

#### HealthMedia Care for Your Back —

*An online program that identifies the cause and amount of back pain you have:*

<https://members.kaiserpermanente.org/kpweb/healthency.do?hwid=tr5948>

# Save The Date: Upcoming Wellness Events

Complete the  
**Biometric Screening  
&  
Health Risk Assessment**  
to receive a \$100 Gift Card  
to 100's of stores!\*

## "Know Your Numbers"

FREE onsite Wellness Screenings  
For all full-time and reduced-contract employees

**Biometric Screening:** Provide onsite results for BMI & Body Composition, Blood Pressure, Glucose and Total Cholesterol, HDL, Total/HDL Ratio measurements. *Fasting is not required.*

**Onsite Telephonic Wellness Coaching Enrollment:** you will have the opportunity to speak with a UnitedHealthcare representative to enroll in a Telephonic Wellness Coaching programs (Weight Management, Nutrition, Exercise, Heart Health, Stress Management, etc.), discuss your biometric results, and ask any other wellness-related questions.

\*HRA deadline is May 15. Email notices to claim gift cards will be sent on June 10, 2010.

**B one Density Screening:** Provide female participants with the preliminary risk level for osteoporosis. Includes ultrasound measurement of the calcareous. (Requires a bare heel—removing shoes. Ages 40+).

**PSA Screening:** Provide male participants with Prostate-Specific Antigen (PSA) level. (Recommended for ages 40+).

**Health Risk Assessment (March 15—May 15, 2010):**

**UHC members:**  
<http://www.myuhc.com>

**Kaiser members:**  
<https://healthatoz.myuhc.com/portal/bridge/FHDA>

**Sign Up Online @** <https://www.provantevents.com/FoothillDeAnzaCommunityCollege>

### De Anza Campus

**Date:** February 22 & 23, 2010 (8am-2pm)  
**Location:** Hinson Campus Center, Conference Rooms A & B

### Foothill Campus

**Date:** February 24, 2010 (8am-2pm)  
**Date:** February 25, 2010 (8am-1pm)  
**Location:** District Board Room—both days

## WALKING PROGRAM

Attend a "Know Your Numbers" event and learn about the new Wellness Walking program!

- ◆ Pedometers and walking gear giveaway
- ◆ First 100\* employees to join will receive a **FREE T-shirt!** (\*25 shirts each day of event, 100 total)



# Healthy Recipe Modification Contest

We've all made a version of Patti LaBelle's Over the Rainbow Macaroni and Cheese—and suffered the consequences of all the fat, carbs and grease! This recipe is a healthier alternative to the holiday favorite, containing less fat, and adds more nutrition and taste to boot!

### Amount per Serving:

<b>Servings Size</b>	1 1/4 cups
<b>Calories</b>	310 (Calories from Fat 55)
<b>Total Fat</b>	5.5 g (Saturated Fat 2g, Trans Fat 0g)
<b>Total Carbohydrate</b>	38g (Dietary Fiber 9g)
<b>Cholesterol</b>	29mg
<b>Sodium</b>	320mg
<b>Protein</b>	23g



### Ingredients

- 3 cups dry whole-grain or whole-grain blend elbow macaroni
- 1 tablespoon whipped butter
- 1/4 cup fat-free sour cream
- 5 tablespoons quick-mixing flour
- 1 1/2 cups low-fat milk
- 1 1/2 cups fat-free half-and-half
- Salt and pepper to taste
- Pinch or two cayenne pepper
- 1 teaspoon Dijon mustard
- 3 cups shredded reduced-fat sharp cheddar cheese

**Cooking and Preparation Time:** 50 minutes

**Number of Servings:** 8 (1 1/4 cups each)

*Submitted by Patience R. McHenry*

### Directions

Bring a large saucepan of water to a boil. Add the macaroni and cook for 10 minutes or until al dente, then drain.

Meanwhile, in a medium-sized saucepan, melt the butter, then remove it from the heat. Stir in the sour cream and flour to make a paste. Whisk in the milk and half-and-half, and bring the mixture to a boil over medium heat, stirring frequently. Reduce the heat to simmer, stir in salt, black pepper, cayenne pepper, and Dijon mustard and stir frequently until the sauce thickens (5 minutes).

Remove the sauce from the heat, add the cheese, and stir well. Pour the cheese sauce on macaroni, stir and distribute into glass or non-stick baking pan. Sprinkle with remaining cheese. Bake at 350° for 25 minutes.