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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

Patience McHenry - Compliance and Benefits, Co-Editor & Wellness Webmaster

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Dave Jones - Warehouse Worker II, Plant Services

Naomi Kitajima - FH Director of Student Health Services

Margaret Michaelis - Director of Budget and Personnel

Dorene Novotny - Vice Chancellor of Human Resources

George Robles - Supervisor of EOPS

Rich Schroeder - Dean of Physical Education & Athletics

Mary Sullivan - DA Coordinator of Student Health Services

Ryan Tao - Athletic Trainer

Jean Wirth - FODARA representative

Tina Woo - Executive Assistant - President's Office

District Wellness Advisory Committee

Welcome to a new year and a new quarter. I have always felt lucky to work in and academic environment because there are so many opportunities throughout the year to make a fresh start. For me, the beginning of fall quarter is when I feel most motivated to make resolutions.

While the beginning of a new year (or a new quarter) can be just the boost we need to make a change, according to the Stages of Change Theory, one has to go through several 'stages' before actually taking the actions needed to implement a change in behavior.

The first stage is 'pre-contemplation' where the person does not see his/her behavior as problematic. Two examples of the pre-contemplation stage are a smoker who enjoys smoking and has no intention of quitting and a person who is unaware of his/her high cholesterol.

The 'contemplation' stage is defined as the point at which the person becomes aware that the behavior is a problem and begins to seriously *think* about changing. Many things—getting a cholesterol test, learning that a family member has been diagnosed with a disease, seeing a photo of yourself and being struck by your double chin—can trigger the move from the pre-contemplation to contemplation stage.

During the 'preparation for action,' stage the person has decided to take action in the next month or so. For example, he or she has joined a class, bought some walking shoes, gotten a pedometer, etc. It is during this stage that there is often a shift in one's attitude or mind set. For example, one woman told me that she had decided to make her birthday the day to begin her weight loss plan and had decided to view it as 'a gift to myself' rather than her usual attitude of feeling deprived. The 'action' stage is defined as working on the behavior change for less than six months, and the final stage, 'maintenance' is continuing to maintain the change after 6 months.

All of this is to say that change takes time. If you have been thinking of making a change to your lifestyle but can't quite make the commitment, it may be that you are not at action stage yet. Use this time to assess your feelings regarding the behavior. Perhaps by the beginning of spring quarter you will be ready to take action.

Mary-Jo Lomax
Co-Editor, De Anza



Winter 2011

Kick your tobacco habit—TODAY

You know tobacco is bad for you. This is true whether you smoke, use chew tobacco or snuff. So, why not quit today? It's hurting your health, draining your wallet, and leaving you behind in a world that's becoming tobacco-free. When you're ready, set a date to quit. Try to stick to it. Don't let tobacco control you for one more day. Take charge of your habit and your health!

UnitedHealthcare QuitPower®

Free yourself from tobacco.

With QuitPower® on your side, you'll finally have the support you need to give up smoking or chewing for good.

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or visit myuhc.com®.

*TTY/TDD users, please call the National Relay Center at 1-800-855-2880 and ask for the number above.

Wellness Winners!

10,000 Steps Challenge Participants (Fall 2010)

Just before the holidays, these employees met their goals of walking at least **10,000 steps/day** or **50,000 steps/week!**

Congratulations on "stepping up the pace"! Participants will receive a \$25 incentive and a wellness polo shirt.

The next challenge will begin next month, so partner with your fellow employees and get active!

◆ ◆ ◆ ◆

Dawn Allshouse
Sharon Berg
Marilyn Booye
Melodie Cheney
Michelle Doan
Kirsi Engels
Gigi Gallagher
Patricia Gibbs
Nicky Gonzalez
Yuen
Lily Greene
Margarita Hawthorn

Susan Ho
Kate Jordahl
Linda Koyoma
Janice Lee
Debra Lew
Jenny Liang
Mary-Jo Lomax
Ly Luu
Patience McHenry
Kathleen Moberg
Christina Moore
Mike Murphy
Elvia Navarro
Annette Perez
Margaret Sainten
Carol Skoog
Lan Trinh
Karen Villalba
Christine Vo
Mona Voss
Marilyn Williams

Lunch & Learn Programs

Seminar Winners

(December 2010)

Participants received **\$25 incentives** from Safeway, Trader Joe's, Target or Visa just for attending the event!

Come to wellness events—next time,
it could be you!

Carlita Alamban
Bill Baldwin
Marilyn Booye
Mi Chang
Mary Clark Tillman
Ingrid Duque
Pam Eberhardt
Gigi Gallagher
Chandan Jral
Yuk Bing Kong
Lesley McCortney
Scottie McDaniel
Mike Murphy
Joan Pena-Ferrick
Sirisha Pingali
Margo Raff
Sharon Stoeckle
Catherine Sun
Ni To
Lan Trinh

2011 Health & Wellness Programs

Healthy Back Program —

Individualized health coaching for lower back pain

Low back pain is a very common condition. In fact, 15 to 45 percent of adults experience low back pain each year. And, although doctors have many ideas about what causes this condition, there isn't one explanation that applies to everyone. It may be related to a previous injury, aging, muscular problems or arthritis of the spine. It also can be associated with tendon or ligament problems in and around the spine, or problems with the spine's small joints. In many cases, the cause isn't clear.

The good news is that most individuals with back pain can get better through simple therapies. Even for patients with chronic pain — generally pain that lasts for more than two months — only a small percentage will need to have more invasive procedures or surgery. Most episodes of acute back pain last a few days to several weeks.

If you're experiencing back pain there is help!

call **1-866-559-BACK**

visit www.myhealthyback.com



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

UnitedHealthcare Member Programs

<http://www.myuhc.com>

NurseLineSM 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

Healthy Back Program —

Individualized health coaching for lower back pain

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

Visit www.myhealthyback.com



KAISER PERMANENTE

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

(877) 393-2332

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>

Recipe: Creamy Baked Salmon Dijon

This heart-healthy salmon recipe tastes delicious topped with a tangy sauce of dill, mustard, lemon juice and light or fat-free sour cream.

Dark-meat fish like salmon and tuna contain especially high levels of omega-3 essential fatty acids. Studies show that eating salmon or tuna twice a week helps lower cholesterol and may protect the heart against irregular rhythms.

Makes 6 Servings

Ingredients:

1 cup sour cream, light or fat-free
2 tsp dill weed, dried
4 T scallions
2 T Dijon mustard
2 T lemon juice
1 1/2 pounds salmon fillet
1/2 tsp garlic powder
1/2 tsp pepper, black



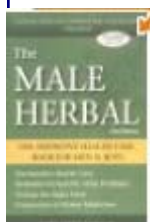
Coat baking sheet with cooking spray. Stir together sour cream, dill, scallions, mustard and lemon juice in a small bowl. Preheat oven to 400 degrees F. Place salmon, skin-side down, on prepared baking sheet. Sprinkle with garlic powder and pepper, then spread with the sauce. Bake salmon until just opaque in the center, about 20 minutes.

Nutritional Information per serving:

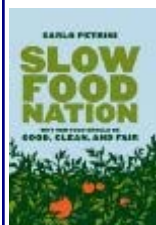
Calories	191
Fat	7 g
Saturated fat	0.5 g
Protein	27 g
Carbs	5 g
Fiber	0.5 g
Sodium	229 mg
Cholesterol	76 mg

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Health and Wellness Book List

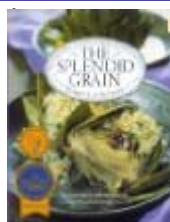


1. The Male Herbal: The Definitive Health Care Book for Men and Boys
by James Green



2. Slow Food Nation: Why Our Food Should Be Good, Clean, and Fair
by Carlo Petrini

3. The 100 Year Lifestyle: Dr. Plasker's Breakthrough Solution for Living Your Best Life - Every Day of Your Life!
by Eric Plasker



4. The Splendid Grain
by Rebecca Wood

5. Take Control of Your Health
by Dr. Mercola

6. The Art of Possibility: Transforming Professional and Personal Life
by Rosamund Stone Zander



7. The New Mediterranean Diet Cookbook: A Delicious Alternative for Lifelong Health
by Nancy Harmon Jenkins