



WELLNESS

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

May/June 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

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

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George Robles - Supervisor of EOPS

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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

There are about 25 health topics that are observed in the month of May. This issue focuses on two: melanoma and hypertension.

I learned about melanoma 10 years ago when my husband was diagnosed with Stage 3 malignant melanoma. The seriousness of melanoma is often misunderstood because many people lump it in with other skin cancers. Left untreated, melanoma is deadly. While melanoma is most often found on the skin (usually a mole), there are also more rare types of melanoma that affect the eye and mucous membranes of the respiratory system. Limiting your exposure to ultraviolet light—the sun and tanning booths—is one way to reduce your risk of all skin cancers, including melanoma. If you have moles, you should make sure you know what they look like—their color, thickness and shape—so if there is a change, you will be more likely to detect it.

High blood pressure is a big risk factor for stroke (May is also American Stroke Month), and lucky for us our new 10,000 Step Program can help reduce that risk.

Did you know that a 12-year study of 40,000 women found that the more women walked and the faster their pace, the less their risk of stroke? Studies show that women who walked 2 hours or more per week were 14%-18% less likely to suffer any type of stroke. A faster pace - 3 mph or greater - was associated with a 25%-37% reduced stroke risk after adjusting for known risk factors. Scientists have not been able to explain why vigorous exercise wasn't linked to stroke protection but **walking** was! It just might be that moderate activity like walking might be more effective in reducing blood pressure. If you are struggling with high blood pressure, you may want to start walking more, and joining the 10,000 Step Program!

This will be our last edition of this school year. We shall return in the fall with exciting news about our Wellness Program and incentives for next year. Have a safe and healthy summer and KEEP WALKING!!!

Mary Jo Lomax
Co-editor



National High Blood Pressure Education Awareness Month

Do you know what you need to know for healthy living and blood pressure management? What if you don't? Every bit of knowledge helps! It's always worth the effort to improve your understanding, and now is the time to take charge of building a healthy life.

What is High Blood Pressure:

Blood pressure is the force of blood pushing against the walls of the arteries as the heart pumps out blood. If this pressure rises and stays high over time, it can damage the body in many ways. High blood pressure, also known as HBP or hypertension, is a serious condition that can lead to coronary heart disease, heart failure, stroke, kidney failure and other health problems. Some people think that those with hypertension are tense, nervous or hyperactive, but hypertension has nothing to do with personality traits. The truth is, you can be a calm, relaxed person and still have HBP.

Understanding Risk Factors for Developing HBP:

There are several factors that can increase your risk of HBP such as family history, lack of physical activity, poor nutrition—especially ones high in salt, being overweight and obesity, excessive alcohol consumption, stress, smoking, and exposure to second-hand smoke.

Symptoms:

There's a common misconception that people with high blood pressure will experience symptoms such as nervousness, sweating, difficulty sleeping or facial flushing. The truth is that HBP is largely a symptomless condition. If you ignore your blood pressure because you think symptoms will alert you to the problem, you are taking a dangerous chance with your life. Everybody needs to know their blood pressure numbers, and everyone needs to prevent high blood pressure from developing.

Prevention and Treatment:

Be informed! Make sure to get your blood pressure checked often, at least once per year. Adopt a heart-healthy lifestyle which includes regular physical activity, nutritious diet, maintaining healthy weight, managing stress, limiting alcohol and avoiding stress. If you already have been diagnosed with HBP follow your physical recommendations carefully, take medication as prescribed and adjust your lifestyle.

For more information regarding high blood pressure and National High Blood Pressure Education Awareness Month go to: www.myoptumhealth.com, <http://www.nhlbi.nih.gov/>, <http://www.americanheart.org>

National Skin Cancer Awareness Month

Sun exposure is the most preventable risk factor for all skin cancers, including melanoma. You can have fun in the sun and decrease your risk of skin cancer.

How to Be Sun Smart:

- ♦ **Generously apply a broad-spectrum, water-resistant sunscreen with SPF 30** or more to all exposed skin. Broad spectrum provided protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. Reapply every two hours, even on cloudy days and after swimming or sweating.
- ♦ **Wear protective clothing**, as long –sleeved shirts, pants, wide-brimmed hat, and sunglasses, where possible.
- ♦ **Seek shade**, when appropriate.
- ♦ **Avoid strong mid-day sun**, remember the sun's rays are the strongest between 10am and 4pm.
- ♦ **Keep babies age 6 months and younger out of direct sunlight.**
- ♦ **Protect children from sun exposure.** Be sure to play in the shade, use protective clothing and apply sunscreen.
- ♦ **Avoid tanning beds.**



2010 Health & Wellness Programs



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 (1-877-784-8797)

** For those who qualify.*



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

1-877-393-2332

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>

Health Assessment Deadline is May 15th

Employees who participated in the Biometrics Screening in February and complete the HA on-line by the deadline of **May 15, 2010, 5pm**, will receive an email notice from "hallmarkinsights@hallmarkinsights.com", subject: "UnitedHealthcare Premier Choice Award" regarding the gift cards redemption process on June 10, 2010. Those who completed the HA via paper forms by the deadline will receive a letter notice from Hallmark Insights between **June 10-15, 2010** regarding your gift cards.

When you take your Health Assessment:

- ◆ You discover your current health status
- ◆ Get immediate, confidential and personalized feedback
- ◆ Be empowered to make healthful lifestyle changes.

To perform your Health Assessment online please access:

UHC members:

<http://www.myuhc.com>

Kaiser members:

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

Walking Challenge First 4 weeks



Congratulations to the participants that have completed!

Total steps: 14,235,170 Total miles: 6,740

Blue Level: 35,000-39,999 total steps/week (Earned \$25 gift cards) Gina Bailey, William Baldwin, Valerie Fong, Naoko Harada, Kelly Masegian, Sherri Mines, Ni To

Green Level: 40,000-50,000 total steps/week (Earned \$30 gift cards) Melodie Cheney, Sheila Coyne, Kirsy Engels, Cynthia (Cindi) Kessler, Lisa Kirk, Janice Lee, Terri Vjeh

Turquoise Level: 50,001+ total steps/week (Earned \$35 gift cards): Dawn Allshouse, Marilyn Booye, Kristine Bricmont, Corinne Cleaveland, Diana Cohn, Manny Da Silva, Georgiana Gallagher, Nicky Gonzalez Yuen, Lily Greene, Susan (Shuk-Yin) Ho, Kate Jordahl, John Ming Kong, Yuk Bing Kong, Linda Koyama, Debra Lew, Norman (Drake) Lewis, Zuohua (Jenny) Liang, Christine Liu, Mary-Jo Lomax, Ly Luu, Christine Mangiameli, David Marasco, Lisa Markus, Patience McHenry, Michael (Mike) Murphy, Irene Niazov, Fay O'Keefe, Terry Rowe, Marge Sainten, Carol Skoog, Lan Trinh, Diane Uyeda, Sofia Varela, Karen Villalba, Christine Vo, Mona Voss, Myisha Washington, Marilyn Williams

Reminder: Week 5-8 tally sheet due **May 14, 2010.**

Week 9-12 tally sheet due **June 11, 2010.**

next Participation Celebration: Monday, May 24, 2010

final Participation Celebration: Monday, June 21, 2010



It works! Your Wellness Testimonies...

David Garrido, FH Instructional Designer, wrote:

I want to thank you for championing the issue of wellness in our district, a true win-win response to the very difficult challenge of rising health care costs. You presented a lot of good information about the initiative, the motivation for it, and the value of it. Your efforts to hold down costs without eliminating services or simply passing the costs to employees are critical to our district maintaining its excellent benefits package. I continue to encourage staff to participate, and I wish you the best of luck in achieving the goal of making utilization of preventive care part of a comprehensive wellness package that maximizes the health and welfare of our district employees, and in doing so increases productivity and limits the growth of health care costs.

Nicky González Yuen, Chair, De Anza's Political Science Department, wrote:

I went to the health screening and was invited to join the 10,000 steps club. What the heck, I thought. Couldn't hurt. Even though I had pooh-poohed pedometers before, I found that it actually worked really well as a "string around my finger" reminder about getting exercise. So now, I find myself checking each day to see where I am. When I see I'm not quite getting to my goal, I consciously, move around as I'm working, schedule "walking dates" with friends, and get other exercise. I've even started doing my office hours with students as I walk around the De Anza track! I find it's not only good for our physical health, but that it creates a better atmosphere for students to talk with me about their lives. Thank you to you and the health committee for making this all happen!

Janice Lee, District's A/P, wrote:

I had an opportunity to talk to a UnitedHealthCare's Care Coordinator recently. This is a great benefit that is offered to us and this lady was very nice and understanding. She always asked if this was a good time to talk and was concerned and called back to see how I was doing a few times. She made sure I had received information from others and when she closed the case she told me to be sure to call her if I ever needed anything else. I was very impressed with her professionalism and concern.

Grilled Chicken and Vegetables Packs

Individual foil packets make this dish a snap to prepare. You can easily make the packets ahead of time—just refrigerate until ready to grill.

Amount per Serving:

Number of Servings: 4

Calories 300 (Calories from Fat 45)

Total Fat 5g
(Saturated Fat 1.5g, Trans Fat 0g)

Total Carbohydrate 30g
(Dietary Fiber 4g, Sugar 8g)

Cholesterol 85mg

Sodium 400mg

Protein 33g

Ingredients

- 4 boneless, skinless chicken breast
- 2 green and/or red bell peppers, cut into strips
- 1 lb red potatoes, thinly sliced
- 1/4 cup barbecue sauce
- 1 tablespoon orange juice
- 1/4 teaspoon salt
- 1/4 teaspoon cracked black pepper
- 1/8 teaspoon ground red pepper (cayenne)

Cooking and Preparation Time: 35 minutes

Directions

- 1) Spray unheated grill rack with cooking spray. Heat coals or gas grill for direct heat.
- 2) Place each chicken breast in center of a 12-inch by 18-inch piece of foil. Divide bell peppers and potatoes evenly over chicken breast.

3) In small bowl, stir together barbecue sauce, orange juice, salt, black and red pepper. Evenly drizzle over chicken and vegetables.

4) Bring up 2 long sides of each piece of foil and double-fold with a-inch wide fold. Double-fold each end to form packet.

5) Place packets, seam side up, on rack. Cover and grill packets 4 to 6 inches from medium heat for 20 to 25 minutes or until vegetables are tender and instant-read thermometer inserted in the thickest portion of breast read 160 degree F and juices run clear. Place packets on plates. Cut a large X across top of packet; fold back foil.

