



FOOTHILL-DE ANZA
Community College District



WELLNESS

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

November/December 2009

WHAT'S INSIDE

| | |
|-----------------------------|---|
| 10 Healthy Holiday Tips | 2 |
| Healthy Recipes | 2 |
| Health & Wellness Programs | 3 |
| ABC of Knowing Your Numbers | 4 |
| Save the Date | 4 |

District Wellness Advisory Committee

Hello and welcome to our first edition of our employee **Wellness** newsletter! As a member of the District Wellness Committee and an employee of De Anza College, I am very excited to be part of the launching of this new endeavor.

Our goal is to include articles that not only relate to upcoming wellness events but also reflect what you are interested in. We plan to produce a newsletter three times a year, in *November/December*, *February/March*, and *May/June*. The first two issues will be distributed in both print and electronic form, but all subsequent newsletters will just be electronic, and they will be posted on the district wellness web page: [http://hr.fhda.edu/benefits/stories/storyReader\\$37](http://hr.fhda.edu/benefits/stories/storyReader$37).

We want to make this newsletter as relevant to you as we can, so *we invite you to suggest topics of interest for future issues*. We would like you to share any healthy lifestyle tips or success stories. Prizes will be awarded by the Wellness Committee for the best tips and will be published in the next newsletter. Please email me at lomaxmaryjo@deanza.edu with your suggestions.

Last spring, many of us participated in the health risk assessment and biometric screening. In this issue we will explain why it is important to “**know our numbers**” and to encourage those of us who still don’t know our numbers to take advantage of the next biometric screening opportunity.

I don’t know about you, but for me, the holiday season officially begins when the first bags of Halloween candy hits the store shelves—in August! (Who hasn’t bought candy early, only to have to buy more for the trick-or-treaters?)

Halloween may be over, but there is still plenty to talk about in the way of avoiding holiday weight gain, staying motivated to exercise in the cold and wet winter months, and thinking about your New Year’s Resolutions.

We are starting off with a **Healthy Recipe Modification Contest** where winners will be published in future newsletters and win awesome prizes! More info to come.

MaryJo Lomax
Co-Editor, De Anza

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 Asst., Co-Editor & Wellness Webmaster
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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 - FH Coordinator 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



10 Survival Tips for Holiday Eating

The holiday eating season can wreak havoc on your diet. There are the traditional holiday meals, plus countless parties and events hosted by friends, co-workers and relatives throughout the season.

As a result, American adults usually gain one to two pounds each year- including slightly less than one pound during the holidays. That might not sound like much. But over time, the extra weight raises the risk of serious health problems such as diabetes, arthritis and heart disease.

Taking Charge!

With a little careful thought and planning, you can avoid holiday weight gain. Following are some savvy strategies to get you started.

1. **Plan Ahead.** Visualize what you will do at the event or party before you arrive. This will help you stick to a plan.
2. **Don't starve yourself.** Before an occasion involving food, eat a piece of fruit, a yogurt or other light snack before you go. This may help to curb hunger so you don't binge when you're there. If the event is in the evening, make sure to have a healthy breakfast and lunch.
3. **Bring your own.** Offer to bring an appetizer such as low-fat dip, or a healthy veggie or fruit dish to serve at the main meal. That way, you are assured there will be something healthy to eat. Others will appreciate your effort too!
4. **Buddy up.** Make a goal with a friend or family to maintain your weight during the holiday season. Someone you are accountable to, other than yourself.
5. **Exercise.** Sign up for a 5k run, fitness walk, a work challenge or other fitness event. This will motivate you to focus on exercise and keep your body moving. Besides burning extra calories, exercise can help you cope with stress and depression, which are common for many people during the holidays.
6. **Limit leftovers.** Send your guests home with leftovers if you have entertained.
7. **Make smart substitutions.** Practice making your favorite dishes a little healthier.
 - Cut the sugar by one-third in your recipe
 - Use trans-fat-free margarine instead of lard or butter
 - Use 1% or evaporated skim milk instead of whole milk or cream
8. **Choose beverages wisely.** Limit alcohol, which is high in calories. If you choose to drink, go for light wines or beers.
9. **Maintain perspective.** A single day of overeating won't make or break your eating plan. If you overindulge at a holiday meal, put it behind you. Return to your usual eating plan the next day, and leave your guilt behind.
10. **Celebrate the true meaning of the holidays.** Try to give food less importance by focusing on what the holidays are really about—spending time with your family and friends.



Healthy Recipe—Gingered Sweet Potatoes

Try this delicious, *low-fat* recipe for Gingered Sweet Potatoes. Spice up your sweet potatoes by adding a bit of ginger and cinnamon! Orange juice and spices add sweetness—without adding sugar.

Ingredients

2 pounds sweet potatoes
2T trans fat-free spread
1/3 cup orange juice
2 tsp fresh ginger, peeled and minced (or 1 tsp dried)
1/4 tsp cinnamon
1/2 tsp salt

Preparation Time: 90 minutes

Number of Servings: 6

Directions

1. Preheat oven to 400 °F.
2. Bake sweet potatoes for about 1 hour, or until tender.
3. While sweet potatoes are baking, mix together remaining ingredients.
4. Remove skin of sweet potatoes and mash.
5. Blend together the mashed sweet potatoes and remaining ingredient mix.

Amount per Serving:

| | |
|---------------------|-------|
| Calories | 170 |
| Total Fat | 3.2 g |
| Sodium | 84 mg |
| Carbohydrate | 32 g |
| Fiber | 5 mg |
| Protein | 3 g |



Health & Wellness Programs

**Wellness Coaching, Healthy Back, Healthy Pregnancy and NurseLine Programs are provided to UnitedHealthcare members only.*

Telephonic Wellness Coaching —

Individualized wellness coaching to help you reach your personal wellness goals

At some point, we've all tried to quit smoking, lose weight, eat healthier or start an exercise program. We begin with the best of intentions, but barriers, such as lack of motivation and support, can sometimes make things rocky. Now, you have someone to turn to — a Wellness Coach.

A Wellness Coach can support you with:

- Quit smoking, weight management, stress management, exercise, nutrition, diabetes lifestyle and heart health
- Provide a personalized plan, tips and tools to help you reach your personal health goals
- Adopt healthful behaviors that can improve the quality of your life.
- Don't wait another minute.

Call **1-800-478-1057** or Visit

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

Coming March 1, 2010

QuitPower Advanced Smoking Cessation Program

NEW wellness offering!

We are pleased to offer our new advanced tobacco cessation program—QuitPower.

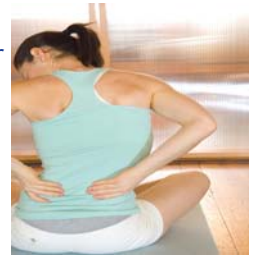
QuitPower uses our online smoking cessation program capabilities located on myuhc.com® in conjunction with print materials, a personalized wellness coach and Nicotine Replacement Therapy (NRT) to help members achieve optimal cessation outcomes.

More details coming soon!



Healthy Back Program —

Individualized health coaching for lower back pain



We know lower back pain can be confusing and challenging, but you don't have to face it alone.

UnitedHealthcare is pleased to present a health care benefit for you—the **Healthy Back** program. We have a medical team of lower back pain experts ready to help you understand and improve your lower back pain.

Enrollment is quick and easy!

Call **1-866-559-BACK** to get started, and take the first step towards improving your back!

NurseLineSM services — helping you make confident health care decisions

Coping with health concerns can be time consuming and complex. With so many choices, it can be hard to know where to look for trusted information and support.

That's why **NurseLine** services were developed—to give you peace of mind with medical concerns.

When you call, a caring nurse can help you:

◆ Choose appropriate medical care.

- Understand a wide range of symptoms.
- Determine if the emergency room, a doctor visit or self-care is right for your needs.

◆ Find a doctor or hospital.

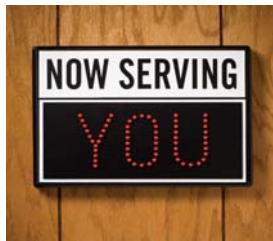
- Search for doctors and specialists based on your needs and preferences.
- Find hospitals that meet UnitedHealthcare's quality standards.

◆ Understand treatment options.

- Learn more about a diagnosis.
- Explore the risks, benefits and possible outcomes of your treatment options.

◆ Ask medication questions.

- Explore how to save money on prescriptions.
- Learn how to take medication safely and avoid interactions.



Need to locate a doctor or have a medical question? Our NurseLine registered nurses are available to you 24 hours a day, 7 days a week. Call **1-800-401-7396**.

Healthy Pregnancy Program —

Get personalized help through your pregnancy and delivery

We want to help you ensure a smooth pregnancy, delivery and a healthy baby.

By seeing your doctor regularly, and by enrolling in our Healthy Pregnancy Program, a complimentary program for UnitedHealthcare plan members, you'll have built-in support through every stage of your pregnancy.

Enroll for these benefits:

- 24-hour toll-free access to experienced nurses
- Pregnancy and childbirth educational materials and resources
- Identification of your risks and individual needs
- Access to Online Healthy Pregnancy Owner's Manual
- Complimentary gifts and money-saving coupons!

To Enroll:

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

More information:

www.healthy-pregnancy.com



What it Means to Know Your Numbers

What are your numbers? Not your cell phone, home, wedding anniversary or your spouse's birthday kind of numbers. Actually, we're talking about numbers that should be very important to you. Numbers that may tell you if you are at risk for, or already have, what could be a dangerous condition. We are talking about your **blood pressure**, **cholesterol** and **body mass index (BMI)**. Ah, those numbers.

Chances are, if you are like most people, you don't know what they are. In fact, you may not have had your cholesterol and blood pressure checked in a while. These measurements, however, can add to or subtract from a long and healthy life.

High blood pressure and cholesterol can do serious damage to your body if not controlled. You won't have symptoms, but that doesn't mean you are in the clear. **High blood pressure** is the force of blood in your arteries. In most cases, the cause is unknown, although risk factors such as smoking and poor diet increase your risk. High blood pressure increases your risk for heart attack, heart failure, stroke and kidney failure.

High cholesterol is equally dangerous, increasing your risk for heart disease.

Cholesterol is a waxy substance made by the liver and used by the body to insulate nerves and to make cell membranes and hormones. Other sources are meat, poultry, fish and dairy products. Cholesterol forms thick, hard deposits in the artery walls, causing arteries to thicken and become blocked. Keeping your heart from getting the blood it needs. This leads to heart disease, heart attack and stroke.

Your **Body Mass Index (BMI)** is a figure calculated using your height and weight. It has been proposed by the National Institutes of Health (NIH) and The World Health Organization as a method for defining obesity. Being overweight raises your risk for heart disease.

There are plenty of good reasons to know your numbers:

- **Empowerment**— Understanding your numbers empowers you to take better care of yourself. Whether they are good or bad, you should know what your numbers are, what they mean and if you need to make any changes. They won't change on their own but can be managed effectively with

- **Times Have Changed**— Doctors have changed their approaches to treating high blood pressure and high cholesterol. They are much more aggressive at tackling high levels, and, depending upon your health, often aim to get your numbers as low as possible. Treatment has improved, and many medications can effectively control your condition. But if you continue to be overweight and sedentary, problems will persist.

- **Monitor Your Health:** Healthy adults check their cholesterol every five years. Blood pressure should be checked every two years. And you should always know your weight and keep a check on your BMI. If you have high blood pressure or cholesterol, your doctor may recommend more frequent check ups.

The rest of this month's issue focuses on these important indicators and information on how you can manage them. We also provide important information about life threatening conditions that may affect yours or a loved one's life when these numbers are out of control — namely stroke and heart disease.

In the next *Wellness* newsletter, more info to come regarding what your numbers mean. **Remember: know your numbers. It could be a matter of life and death.**

Save The Date: Upcoming Wellness Events

Onsite Wellness Screenings

The annual biometric
"Know Your Numbers" events are set!

This year's screening will include:

- **Biometric Screening:** Provide full-time and reduced contract employees onsite results for BMI & Body Composition, Blood Pressure, Glucose and Total Cholesterol, HDL, Total/HDL Ratio measurements. *Fasting is not required.*
- **Bone Density:** Provide female participants the with preliminary risk level for osteoporosis. Includes ultrasound measurement of the calcareous. *Requires a bare heel (removing shoes).*
- **PSA Screen:** Provide male participants with Prostate-Specific Antigen (PSA) level. *Recommended for ages 40+.*

Free Onsite Screening Dates:

- De Anza Campus **February 22-23, 2010**
- Foothill Campus **February 24-25, 2010**

Look for announcements and sign-ups in January

Onsite Wellness Seminars

Each 45-minute seminar will focus on the following topics:

Healthy Holiday Eating & Workplace Uncertainty

Lunch and gift card raffles will be provided,
So come and celebrate holidays for the fun and healthy living.

FOOTHILL CAMPUS:

District Board Room: Tuesday, December 1, 2009

Healthy Holiday Eating 10:45-11:30am

Workplace Uncertainty 12:15-1:00pm

FH Toyon Room: Wednesday, December 2, 2009

Workplace Uncertainty 10:45-11:30am

Healthy Holiday Eating 12:15-1:00pm

DE ANZA CAMPUS:

Campus Center, Fireside Room: Tuesday, December 8, 2009

Healthy Holiday Eating 10:45-11:30am

Workplace Uncertainty 12:15-1:00pm

Campus Center, Fireside Room: Wednesday, December 9, 2009

Workplace Uncertainty 10:45-11:30am

Healthy Holiday Eating 12:15-1:00pm