

Wellness Matters

Polk County Schools
May 2010

2009 Gold School Employee Wellness Program

What makes a quality school system...teachers, graduation rates, test scores? No one can down play the vital role of any of these; however, there are many departments that work under the auspices of a school system and contribute to its excellence. The ABCs of Health, the Wellness Program for the Polk County School Board, is one such department. The Wellness Team is tasked with keeping the entire workforce healthy and productive! After all, how effective can you be in your position if you are ill or injured? Can a substitute really offer the same level of commitment and consistency that you do?

Do you really know what kinds of activities are offered by the Wellness Program; the education and experience levels of the individuals who work there; and, what sort of materials and equipment are available? The United States Department of Health and Human Services does! Its Directors of Health Promotion and Education (DHPE) recently designated the ABCs of Health as a 2009 GOLD School Employee Wellness Program winner!

With funding through the Centers for Disease Control and Prevention (CDC), the DHPE launched an awards program to recognize schools or districts that have implemented employee wellness programs to promote employee health, improve workforce productivity, and reduce the costs of employee absenteeism and healthcare. A total of 46 school districts from around the country submitted applications for DHPE's 2009 School Employee Wellness Awards program. Nine schools were recognized, and only three were awarded GOLD status! As winners, the PCSB Wellness Team will receive a \$1,000 grant from DHPE to use for their Wellness activities and be invited to national conferences to make presentations about PCSB's Employee Wellness Program.

According to the Wellness Council of America, a \$1 investment in wellness programs saves \$3 in health care costs. While it may seem that things like walking programs, fitness classes, weight loss promotions and stress management seminars are frivolous in hard times, that notion has proven to be false!

The Wellness Team goes to great lengths to ensure employees are functioning at an optimal level. This year, over 7,000 employees have participated in free health screenings including cholesterol, glucose, blood pressure, height and weight. An additional 4,000 will have vital cancer screenings at their worksite. Employees at all worksites have received blood pressure education and directions on using an automatic blood pressure cuff provided by a grant through the Department of Health! Over 600 people annually participated in after school group fitness classes. And almost 400 employees enjoyed savings of 50% off their diabetes medications because they participated in the ABCs of Diabetes. An additional 200 people participated in LOSE, our weight loss program supervised by a registered dietitian, exercise physiologist and behavioral health specialist. Several thousand more participated in activities such as prenatal classes, stress management, tobacco cessation, individual fitness testing, nutritional counseling and medical self-care—to name a few!

Materials are available at no cost to employees and include: heart disease, stroke, blood pressure, tobacco use, aging, nutrition, reducing sodium, safety, diabetes and sun protection among others. Equipment is available for loan to schools including: resistance bands, yoga mats, hand weights, steps, jump ropes and CD players. Additionally, a wide variety of fitness DVDs are available for loan.

The Wellness Team is comprised of highly educated and experienced personnel. Several Team members have master's degrees and hold professional licensures such as Registered Dietitian and Exercise Physiologist. Most also hold advanced certifications in areas such as weight management, fitness, and personal training.

Employees are encouraged to contact any member of the Wellness Team for personal consultation. If you have any questions or would like more information about any of the services that the ABCs of Health has to offer, please visit our website www.polk-fl.net (keyword Wellness) or call 648-3057.



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Is Diabetes Inevitable?

Pre-diabetes is a serious medical condition that can be treated. Before people develop type 2 diabetes, they almost always have “pre-diabetes”—blood glucose levels that are higher than normal but not yet high enough to be called diabetes. Still, without intervention, pre-diabetes is likely to become Type 2 diabetes in 10 years or less. And, if you have pre-diabetes, the long-term damage of diabetes — especially to your heart and circulatory system — may already be starting.

There are 57 million people in the United States who have pre-diabetes. Being overweight and physically inactive contributes to pre-diabetes. You can sometimes reverse pre-diabetes with weight loss that comes from healthy eating and physical activity. Often, pre-diabetes has no signs or symptoms. Your doctor can test your blood to find out if your blood glucose levels are higher than normal. If you are 45 years old or older, your doctor may recommend that you be tested for pre-diabetes, especially if you are overweight. Being overweight means your body mass index (BMI) is over 25. BMI is a measure of your weight relative to your height.

Even if you are younger than 45, consider getting tested if you have any of the following risk factors:

- overweight/obese and physically active less than three times a week
- have a family history of Type 2 diabetes
- have high blood pressure
- had gestational diabetes when you were pregnant or you gave birth to a baby weighing more than 9 pounds
- are African American, American Indian, Hispanic/Latino, Asian American or Pacific Islander
- have polycystic ovary syndrome
- have dark, thick, velvety skin around your neck or in your armpits or have blood vessel problems affecting your heart, brain or legs
- Your HDL cholesterol is below 35 mg/dL or triglyceride level is above 250 mg/dL
- You regularly sleep 5.5 hours or less a night.



Pre-diabetes can be an opportunity for you to improve your health. Losing weight—at least 5 to 10 percent of your starting weight—can prevent or delay diabetes or even reverse pre-diabetes. That would be about 10 to 20 pounds for someone who weighs 200 pounds. You can lose weight by cutting down on the amount of calories and fat you consume and being physically active at least 30 minutes a day. Physical activity also helps make your body’s insulin work better.

There’s good news, however. Pre-diabetes can be an opportunity for you to improve your health, because progression from pre-diabetes to type 2 diabetes isn’t inevitable. With healthy lifestyle changes — such as eating healthy foods, including physical activity in your daily routine, and maintaining a healthy weight — you may be able to bring your blood sugar level back to normal.

Adopt Healthy Habits

Here are a few tips on making healthful food choices for you and your entire family.

- ♥ Eat 5 to 9 vegetables and fruits daily. Try picking from the rainbow of colors available to maximize variety.
- ♥ Eat non-starchy vegetables such as spinach, carrots, broccoli or green beans with meals.
- ♥ Choose whole grain foods over processed grain products. Try brown rice with your stir fry or whole wheat spaghetti with your favorite pasta sauce.
- ♥ Include dried beans (like kidney or pinto beans) and lentils into your meals.
- ♥ Include fish in your meals 2-3 times a week.
- ♥ Choose lean meats like cuts of beef and pork that are labeled “round” or end in “loin” such as pork loin and sirloin.
- ♥ Remove the skin from chicken and turkey.
- ♥ Choose non-fat dairy such as skim milk, non-fat yogurt and non-fat cheese.
- ♥ Choose water and calorie-free “diet” drinks instead of regular soda, fruit punch, sweet tea and other sugar-sweetened drinks.
- ♥ Choose liquid oils for cooking instead of solid fats that can be high in saturated and trans fats. Remember that fats are high in calories. If you’re trying to lose weight, watch your portion sizes of added fats.
- ♥ Cut back on high calorie snack foods and desserts like chips, cookies, cakes, and full-fat ice cream.
- ♥ Eating too much of even healthful foods can lead to weight gain. Watch your portion sizes.
- ♥ Exercise is part of a healthy lifestyle for everyone, and it’s especially important for people with diabetes. But exercise doesn’t necessarily mean running a marathon or bench-pressing 300 pounds. The goal is to be active by doing things you enjoy, from gardening to playing tennis to walking with friends.



Free Diabetes Screening May 15, 2010

Phillips, Salomon & Parrish
4337 South Florida Avenue, Lakeland
Appointments are required.

Please email allison.sullins@polk-fl.net or call Allison Sullins, RD, LD/N at 648-3057 for more information or to schedule a diabetes screening appointment.

Fun in the Sun

Many think of spring time in the Sunshine State as the perfect time to have a family picnic at the park or head to the beach for the day. But did you know that 80% of a person's lifetime exposure to the sun is acquired before age 18? As parents, it is important to instill sun safety practices while the kids are young. After all, skin cancer is the most common form of cancer in the US! Risk factors for developing skin cancer include: fair complexion, unprotected and/or excessive exposure to UV radiation, family history, multiple or atypical moles, and severe sunburns as a child. Fortunately, skin cancer is both treatable and preventable! Follow these tips from Web MD to help prevent sun damage.

- * Apply sunscreen with a sun protection factor (SPF) of 15 or greater 30 minutes before sun exposure and then every few hours thereafter
- * Select cosmetic products and contact lenses that offer UV protection
- * Wear sunglasses with total UV protection
- * Wear wide-brimmed hats, long sleeved shirts and pants
- * Avoid direct sun exposure as much as possible during peak UV radiation hours between 10:00 a.m. and 3:00 p.m.
- * Avoid tanning beds
- * Perform skin self-exams regularly to become familiar with any new or existing growths or changes
- * Utilize the LRCC cancer bus and get checked annually for skin cancer

Under Pressure

We all experience pressure on a day to day basis—pressure from work and family obligations and pressure from stresses like finances and relationships. A pressure that we often overlook however, is blood pressure, or the force of blood against the artery walls. An optimal blood pressure reading is below 120 (systolic) over 80 (diastolic) or 120/80.

It is perfectly normal for one's blood pressure to rise and fall throughout the day depending on things like stress level, temperature, activity level, food/drink and smoking. What's important though, is that your blood pressure returns to a normal level once those outside influences are removed.

Monitor your blood pressure on a weekly basis (as encouraged by the Wellness Wednesday e-mail) and record your results. Let your physician know about consistently high readings. If your worksite does not have an automatic blood pressure monitor, call the Wellness Team at 648-3057 to schedule a brief in-service and receive this valuable equipment!

May is National Stroke Awareness Month!

Stroke Symptoms:

- ☛ Sudden numbness or weakness of face, arm, or leg, especially on one side of the body
- ☛ Sudden confusion, trouble speaking or understanding speech
- ☛ Sudden trouble seeing in one or both eyes
- ☛ Sudden trouble walking, dizziness, loss of balance or coordination
- ☛ Sudden severe headache with no known cause

Strokes strike fast.

You should too!

Call 9-1-1

Pass Up the Salt

It's no surprise that cutting out salt reduces blood pressure, a key factor contributing to heart attacks and stroke. But the health implications are incredible. If Americans would be willing to cut back their salt consumption by as little as 10 percent it would save thousands of lives and billions of dollars, according to new research.

U.S. Dietary Guidelines recommend no more than 2,400 mg sodium/day. Most Americans easily consume 3,000 to 5,000 mg daily, mostly through processed foods (spaghetti sauce: 600 mg/half-cup, cold cereal: 250-350 mg/serving). To reduce sodium content, focus on fresh foods:

- * Buy fresh, plain frozen, or canned "with no salt added" vegetables.
- * Use fresh poultry, fish, and lean meat, rather than canned or processed types.
- * Use herbs, spices, and salt-free seasoning blends in cooking and at the table.
- * Cook rice, pasta, and hot cereals without salt. Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt.
- * Choose "convenience" foods that are lower in sodium. Cut back on frozen dinners, pizza, packaged mixes, canned soups or broths, and salad dressings — these often have a lot of sodium.
- * Rinse canned foods, such as tuna, to remove some sodium.
- * When available, buy low- or reduced-sodium, or no-salt-added versions of foods.
- * Avoid adding salt to foods. A teaspoon of salt contains almost the daily recommended intake of sodium.

Keep in mind that sodium is an acquired taste. As Americans take steps to reduce sodium in their diets, they will appreciate foods for their true flavor, and an individual's taste sensitivities will adapt. It takes about 8–12 weeks for a shift in taste preference in most people. Toss the shaker today!



ABCs of Diabetes

The *ABCs of Diabetes* is a proactive course through the Wellness Program that provides educations, screenings, and discounts for diabetes supplies and prescriptions. Here are a few of the benefits ABCs of Diabetes participants enjoy:

Benefits:

- Free eye and foot exams
- Free lipid, HbA1c, kidney function, and blood pressure screenings—two times each year
- Free glucose monitor

Save \$400 per year!

Reduced RX Copayments:

- Generic tier copay \$4* retail or mail order
 - Preferred tier copay \$37.50* mail order
 - Non-preferred tier copay \$62.50* mail order
- *90-day supply

Education/Lakeland:

Jim Miles Center—4:30 pm

- Medical Issues in Diabetes 05/06/10
- Nutrition & Exercise 05/13/10
- Hypertension & Heart Disease 05/20/10
- Advanced Diet Planning 05/27/10

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- Hypertension & Heart Disease 05/20/10
- Advanced Diet Planning 05/27/10

Diabetes Screening:

The next diabetes screening will be held May 15, 2010 at Phillips, Salomon & Parrish, 4337 South Florida Avenue, Lakeland. Appointments are required.

Please email allison.sullins@polk-fl.net or call Allison Sullins, RD, LD/N at 648-3057 for more information or to schedule a diabetes screening appointment.

Summer Shape-Up: Boot Camp

If you are looking for the perfect “summer shape-up” program, look no further. Join the Wellness Team for a seven-week summer Boot Camp that offers fitness instruction, nutritional counseling and motivational training—packed with energizing activities designed to help you:

- Improve Body Composition,
 - Nutrition, Endurance, Strength,
 - Flexibility and Balance
- Acquire Skills to Keep You Motivated

Whether you are a beginner, avid fitness enthusiast or just tired of the same routine, try this exciting, fun approach to reach your fitness and wellness goals.

† Seven week program only \$25. Attend all seven sessions and you will be reimbursed the \$25!

† All classes 10:00 a.m.—noon

† Choose your locations:

⇒ North Lakeland Gold’s Gym:

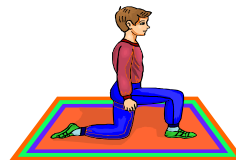
Mondays, June 14–July 26

⇒ Bartow Gym (across from Bartow Senior):

Tuesdays, June 15—July 27

⇒ Winter Haven Gold’s Gym:

Wednesdays, June 16—July 28



Call 648-3057 or email jennifer.patzkowsky@polk-fl.net to register today. Limited spaces available. Please indicate location desired.

Cancer Screenings Can SAVE Your Life!

On-site cancer and osteoporosis screenings are provided to you by the Polk County School Board (PCSB) Wellness Program in conjunction with Lakeland Regional Cancer Center (LRCC). This **FREE** benefit is available to all employees who have PCSB Blue Cross/Blue Shield health insurance. For an appointment, please contact the Cancer Screening Coordinator at each location at least two weeks prior to the screening date. There are no age restrictions for cancer and osteoporosis screenings on the LRCC screening bus.

May 2010

- 5/3 MCLAUGHLIN MID
- 5/4 CRYSTAL LAKE ELEM.
- 5/6 WESTWOOD MID
- 5/7 WESTWOOD MID
- 5/10 HAINES CITY SR
- 5/11 HAINES CITY SR
- 5/13 SOUTHWEST EL
- 5/14 WEST AREA ADULT

- 5/17 DIXIELAND EL
- 5/18 LAUREL EL
- 5/19 FT. MEADE MID/SR
- 5/25 WINSTON EL
- 5/26 TRAVISS CAREER CTR
- June 2010**
- 6/10 BARTOW TRANS
- 6/14 BARTOW TRANS
- 6/15 LAKE WALES TRANS

- 6/16 LAKELAND TRANS
- 6/22 DISTRICT OFFICE
- 6/23 DISTRICT OFFICE
- 6/24 DISTRICT OFFICE
- 6/29 DISTRICT OFFICE
- 6/30 DISTRICT OFFICE

Get On The Bus!