

This Valentine's Day, Watch What You Say With Roses

Roses are the traditional gift given on Valentines Day, but they're certain to be well-received any time of year. But before you buy roses, know what message you're sending.

The color of a rose can have a very different meaning from what you intend. To ensure that your love understands what the roses you bestow mean, check this guide to rose colors and their meanings:

Red roses proclaim "I love you." They are the ultimate symbol of romantic love and enduring passion.

Yellow Roses indicate friendship and freedom — so don't send them if your intentions are romantic and long-lasting.

Pale Pink Roses connote grace, gentleness, and gratitude.

Light Pink Roses express fun and happiness.

Deep Pink Roses say "Thank you."

Dead Roses no matter the color, say "It's over!"

Source: About.com

What's inside

Your Achy Breaky Heart	2
Gotta Get Away	2
Dear Debbie	3
Student Health WISE	3
ABCs of Diabetes	4
Go RED for Women	4
SAVE the DATE	4
Cancer Screenings	4

Wellness Works in Polk County Schools

What is your health worth? Unfortunately, a good thing is often unappreciated until it is lost. Based on 2003 estimates, the human body boasts a price tag of \$45 million. Topping the list are: bone marrow, \$23 million; DNA, \$9.7 million; antibodies, \$7.3 million; one lung, \$116,400; one kidney, \$91,400; your heart, \$57,000. Although pawning off a little DNA may sound inviting; as your health goes, so too shall your money!

According to studies, inactivity, poor nutrition and tobacco use are responsible for up to 85% of all chronic conditions. These include heart disease, cancers, stroke, high blood pressure, diabetes, arthritis, osteoporosis, and excess body fat. Reports by the U.S. Department of Health and Human Services suggest that 60% of all medical costs are due to preventable chronic conditions, with \$117 billion attributed to obesity and \$132 billion to diabetes annually. As a result, the cost of health insurance continues to spiral upward, forcing private and public companies to cancel or reduce healthcare benefits. Employees and families at all income levels are increasingly affected.

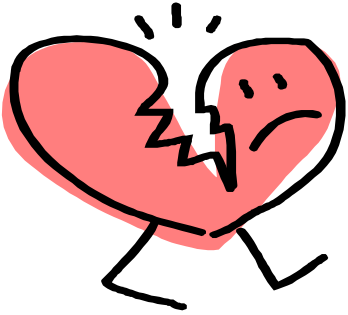
The PCSB Wellness Program has made employee health a priority since the early 2000s with free preventive screenings and a variety of fun, educational activities. There is no doubt that prevention makes cents! Results from the 2002-2004 annual evaluation revealed a cost savings of approximately \$1,100 per employee over two years, a whopping total of \$1.9 million! For every dollar spent on Wellness initiatives, \$2.42 was saved. Results between 2005 and 2006 reveal similar savings; for every \$1 spent on employee Wellness, the District saved \$2.31!

The Wellness Program is highly regarded on state and national levels. In 2004, the Wellness Program received the Leadership Award from the Florida Health Care Coalition for its efforts to improve employee health. In 2005, the PCSB Wellness Program was featured in the fifth edition of *Quality Profiles™: The Leadership Series—Focus on Diabetes*, a publication through the National Committee on Quality Assurance (NCQA). Additionally, the PCSB Wellness Program was selected as a model wellness program for employees and students by the Florida Department of Health (DOH). In 2007 the Wellness Program was awarded a three-year, \$225,000 grant from the DOH and the Centers for Prevention and Disease Control (CDC) to reduce heart disease and stroke. As a result, blood pressure monitors and education are available to all worksites. Further, group fitness classes conducted by certified instructors have been created at 18 PCSB locations throughout the district.

Next time you reach for the remote, your smokes or find yourself at the drive-through, remember: Making simple changes like taking a 30-minute brisk walk and eating more fresh vegetables and fruit everyday will not only preserve your well-being but keep dollars in your pocket. Contact your PCSB Wellness Team at 648-3057 or visit www.polk-fl.net, keyword "Wellness" to learn how you can make healthy choices part of your life.



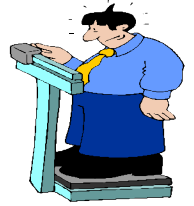
Protect Your Achy Breaky Heart



Hopefully everyone knows by now that heart disease is an equal opportunity killer! Yes, men have a greater risk of heart attack than women do, and they have heart attacks earlier in life. However, after women pass menopause, they quickly catch up with men! That is why it is important for all of us to know the risk factors for heart disease.

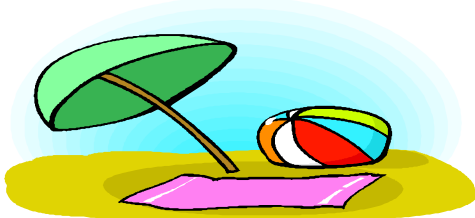
There are certain risk factors for heart disease that you cannot control, like having a family history of coronary heart disease, your age (the risk of heart disease increases with age), or your race and ethnicity (African Americans, Mexican Americans, American Indians, and other Native Americans are at great risk for heart disease). Though these are factors you can't control, there are plenty of other conditions and behaviors related to your lifestyle that you can control to reduce your risk of heart disease.

1. **Tobacco use:** Smokers' risk of dying from heart disease is 2-3 times that of a nonsmoker. Cigarette smoking also acts with other risk factors to greatly increase the risk for coronary heart disease.
2. **High blood cholesterol:** As blood cholesterol rises, so does risk of heart disease. When other risk factors (such as high blood pressure and tobacco smoke) are present, this risk increases even more. Your cholesterol level can be affected by your age, gender, family health history and diet.
3. **High blood pressure:** High blood pressure increases the heart's workload, causing the heart to thicken and become stiffer. It also increases your risk of stroke, heart attack, kidney failure and congestive heart failure.
4. **Physical inactivity:** A physically inactive lifestyle is a risk factor for coronary heart disease. Regular, moderate-to-vigorous physical activity helps prevent heart and blood vessel disease. The more vigorous the activity, the greater your benefits. However, even moderate-intensity activities help if done regularly and long term. Regular physical activity can help control blood cholesterol, diabetes and obesity, as well as help lower blood pressure in some people.
5. **Obesity & overweight:** People who have excess body fat—especially if around the waist—are more likely to develop heart disease and stroke even if they have no other risk factors. Excess weight increases the heart's work. It also raises blood pressure, blood cholesterol and triglyceride levels, and lowers HDL (good) cholesterol. It can also make diabetes more likely to develop. Many obese and overweight people may have difficulty losing weight. But by losing even as few as 10 pounds, you can lower your heart disease risk.
6. **Diabetes mellitus:** Diabetes seriously increases your risk of developing cardiovascular disease. Even when glucose levels are under control, diabetes increases the risk of heart disease and stroke, but the risks are even greater if blood sugar is not well controlled. About three-quarters of people with diabetes die of some form of heart or blood vessel disease. If you have diabetes, it's extremely important to work with your healthcare provider to manage it and control any other risk factors you can.



Sources:
www.americanheart.org
www.healthywomen.org

Gotta get away? Just Let Go!



TradeWinds Island Resorts

Very Special Polk County School Board
Employee Discount Program

St. Pete Beach is where you gotta be! Whether it's for an active, family-friendly beachfront stay at the AAA four-diamond Island Grand, featuring boatloads of fun-in-the-sun and kids activities galore; or a more relaxed escape at Sandpiper Suites with its tranquil beachfront setting... Polk County School Board employees now qualify for the best rates around!

Please make note of your promo code: VSE (Very Special Employee.) You will always need it when making a reservation. Reservations are only accepted on-line and may be made up to 90 days in advance. Please remember that room types and dates are subject to availability and promotional allotment, are for leisure travel only, and cannot be used for meetings and conference accommodations. For resort information, call 800-251-0613 or visit www.JustLetGo.com/VSEPolk.

TradeWinds
ISLAND RESORTS ON ST. PETE BEACH

Dear Debbie...

Hello lady,
I did it! I joined Lifestyle Family Fitness and went for my first session on Monday; my

second one is today. My trainer wants me to get a heart monitor. I have checked into them on line, at Target, and the FitNiche. It needs to be a Polar or Acumen to work with the equipment there. The Fitniche recommend that I get one that has its own code so I won't get interference from others who may be wearing one, too. The ones I saw had a band/sensor that you wore around the breast bone area and then you wore a wrist watch style gadget that gave you the read outs. Is there one that you wear on the top part of your arm? I don't think I will like the band around the bottom area of your breast bone when you are all sweaty. What do you recommend? Do I have another option for the arm? *Ann, Blake Academy*



Congratulations on taking a giant step towards your commitment to personal fitness! A heart rate monitor is one way of measuring the intensity of your aerobic work, in other words, “*How hard* are your heart and lungs working to pump oxygen-rich blood to your muscles?”

As you have seen, many models are available. Please stick with the basic Polar that provides your heart rate only, as more advanced varieties can be even a programmer's nightmare! The most accurate type of heart monitor and the only one that would be compatible with commercial aerobic equipment is the chest strap variety, which includes a wrist band for your readout. When using aerobic equipment, wear only the chest strap, as the readout will be transmitted to the equipment from the chest strap. If you decide to walk, bike ride or engage in other activities outside of the gym, you can wear the wrist band with the strap. It is sometimes fun to use while cleaning, car washing, gardening or doing other physical activities. Be sure to lightly moisten the strap and place it under the sports bra for comfort.



One last note: when monitoring exercise with heart rate, first determine your heart rate at rest and consider any medications being taken that may alter heart rate. There are different ways to calculate heart rate range and the range typically has a 10-12 beat per minute margin of error. Thus, please use this as a guideline combined with HOW YOU FEEL... which is referred to as perceived exertion. Visit http://exercise.about.com/cs/fitnesstools/l/bl_THR.htm to estimate your heart-rate range based on your age and fitness level.

Lastly, please join PCSB ***SMART Start 2009***, with details available at <http://www.polk-fl.net/staff/employeeinfo/wellness/default.htm>. Rather than providing extra work, this is a helpful way to record the activity you are doing and possibly win prizes at the same time.

Student Health W.I.S.E.

(Wellness Includes Student Engagement)

How can a child who is hungry, tired, depressed or sick succeed? “Schools could do more than any other institution in society to help young people, and the adults they will become, live healthier... more productive lives,” notes the Carnegie Council on Adolescent Development. By following the Coordinated School Health (CSH)¹ team approach, Polk County Schools and other districts nationwide are learning that making health a priority improves student concentration, memory, self-esteem, cognitive function and classroom behavior!²

McIntosh Middle School in Sarasota, Florida noted improvements in student attendance and academic scores during the three years that CSH was followed. According to their principal, treating the kids as “whole” people made a huge impact. Another initiative that included 259 Illinois schools found similar results: with improved fitness came higher achievement.³ In spite of widespread efforts, the rise of youth inactivity and related diseases are a national health concern. As school board employees, let's help to shape our students by being positive role models with healthy lifestyle choices!



1. www.doh.state.fl.us/Family/CSHP/index.html

2. www.pubmedcentral.nih.gov/articlerender.fcgi?tool=pubmed&pubmedid=18298849

3. Castelli, D.M., Hillman, C.H., Buck, S.M., Erwin, H.E.; *Journal of Sport & Exercise Psychology*, 2007, 29, 239-252



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 Accu-Check glucose monitor

Reduced Rx Copayments:

- Generic tier copay \$4 (\$8/mail & Advantage 90*)
 - Preferred tier copay \$12.50 (\$31.25/mail & Advantage 90*)
 - Non-preferred tier copay \$20 (\$50/mail & Advantage 90*)
- *90-day supply

Education/Lakeland:

- Medical Issues in Diabetes—2/05/09
- Nutrition & Exercise—2/12/09
- Advanced Diet Planning—2/19/09
- Hypertension & Heart Disease—2/26/09

Diabetes classes will be at the Bartow Airbase, Red Barron classroom, Hwy 17, Bartow.

All classes start at 4:30 PM, and registration is required. Please email janet.armitage@polk-fl.net or call Janet Armitage, RD, LD/N at 648-3057 for more information.

Save the date...

March 7, 2009



ABCs of Health

Polk County Public Schools
Employee/Retiree Health Fair
www.polk-fl.net/wellness

More than just a health fair!

Go Red for Women National Wear Red Day February 6, 2009

Choose to be Powerful and Go Red for Women to celebrate the Energy, Passion & Power we have as women to band together to wipe out Heart Disease & Stroke.

Thanks to the participation of millions of people across the country, the color RED and the RED Dress now stand for the ability all women have to improve their heart health and live stronger, longer lives.



TM Go Red trademark of AHA, Red Dress trademark of DHHS.

Early Diagnosis through 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.



- 2/2 SLEEPY HILL EL.
- 2/3 HORIZONS EL.
- 2/9 CLEVELAND COURT
- 2/17 OSCAR J. POPE EL.
- 2/18 SOUTHWEST MID
- 2/19 KATHLEEN MID
- 2/20 RETIREES—MWC
- 2/23 LAKE REGION SR.
- 2/24 LAKE REGION SR.
- 2/25 FROSTPROOF EL.
- 2/26 CHAIN OF LAKES EL.
- 2/27 LAKE GIBSON MID



- 3/5 CHURCHWELL EL.
- 3/2 LINCOLN AVENUE
- 3/3 RIDGE COMM. SR.
- 3/4 SNIVELY EL.
- 3/6 HIGHLAND CITY EL.
- 3/7 HEALTH FAIR
- 3/9 WAHNETA EL.
- 3/23 PINEWOOD EL.
- 3/24 UNION ACADEMY
- 3/25 DORIS SANDERS L.C.
- 3/26 EAST AERA ADULT
- 3/27 KATHLEEN EL.

Get On The Bus!