

April 2008



## Health e-Links Health Education & Lifestyle Management Newsletter (HELM)



DCPS is introducing **HeartSmart**, a program designed to:  
-Bring awareness of heart disease to employees, and  
-Provide assistance for individuals with heart related issues.



John Radcliffe, Director of Technical and Logistic Services, taking time to get his pressure checked.

The **HeartSmart** Program will begin this month with District-wide blood pressure screenings, conducted by trained professionals, at each DCPS worksite.

**High blood pressure is dangerous!**  
Get checked and know if you are within the recommended levels!

Visit the [DCPS wellness webpage](#) to view the [Blood Pressure schedule](#)

**Individual results are confidential and health information is private and protected under the Health Insurance Portability and Accountability Act (HIPAA).**

### National Health Observances for April Visit the links below for more information

**Women's Eye Health and Safety Month**  
[www.preventblindness.org](http://www.preventblindness.org)

**National Autism Awareness Month**  
[www.autism-society.org](http://www.autism-society.org)

**National Donate Life Month**  
[www.organdonor.org](http://www.organdonor.org)

**Alcohol Awareness Month**  
[ncadi.samhsa.gov](http://ncadi.samhsa.gov)

**STD Awareness Month**  
[www.ashastd.org](http://www.ashastd.org)

**Cancer Control Month**  
[www.cancer.org](http://www.cancer.org)

### HRA MYTHS & FACTS

A Health Risk Assessment (HRA) is provided to improve employees' health and reduce the costs associated with accidents, illness and disability.

Here are the myths and facts about HRAs:

**MYTH:** My confidentiality will not be protected and my employer will find out my personal health information.  
**FACT:** All HRA and Health Screening results are completely confidential, protected by law, and secure.

**MYTH:** My employer will use the results of my HRA to terminate my employment.  
**FACT:** Your employer cannot terminate your employment based on HRA results. Your employer does not receive your individual results. The employer is only provided an aggregate (grouped summary) report.

**MYTH:** It is too time consuming to complete a HRA.  
**FACT:** The HRA takes about 15 to 20 minutes to complete.

**MYTH:** Completing an HRA is useless  
**FACT:** HRA helps quantify the health risks that exist in the employee population.

**MYTH:** They never tell you your HRA results  
**FACT:** All HRA participants receive a written report identifying specific health issues in need of attention.

### Comprehensive Weight Management Program

The Comprehensive Weight Management Program, developed specifically for DCPS in cooperation with Brooks Family YMCA and Corporate Care Works (CCW), is a unique program intended to assist morbidly obese employees. The 28 week Program consists of nutrition therapy and education, individualized exercise prescription, physical activity, and behavioral counseling. The Program is a covered benefit of the health plan (co-payment paid by participant) that is designed to create long-term healthy lifestyle changes in participants with a BMI scores over 35 with co-morbidity (i.e. diabetes or high cholesterol), or a BMI of 40 or greater. (You can find out your BMI at <http://www.cdc.gov/nccdphp/dnpa/bmi/>)

Testimony from a Recent Participant:

*"...My recent lab work and total cholesterol were back to normal, HDL was high, and LDL was back to normal!! My glucose level was also back to normal! My BMI has dropped from 40 to 36, -lost 26 lbs. total (11 of those lbs. post-program!!), and I am more confident!"*

**If you meet the criteria, and would like to participate in the Program, please call 904-412-5479 or e-mail: [mindbody@corporatecareworks.com](mailto:mindbody@corporatecareworks.com) by May 2, 2008 to attend the next orientation.**

#### Orientation Dates:

May 6, 2008	6:00 pm – 7:30 pm
May 8, 2008	6:00 pm – 7:30 pm
May 10, 2008	10:00 am – 11:30 am

## April is Alcohol Awareness Month

### Get Support to Beat Bad Habits

You can accomplish only so much alone. Without support, you may end up feeling bogged down and discouraged.

### Every step of the way

Whether you are just beginning to think about changing a habit, or you have already started but have hit a rough spot, family and friends can help.

One of the things to consider as you develop an action plan for changing your habit is how your family and friends can lend a hand. People who support your efforts can make some of the less daunting.

### Learn to lean

Remember that change is a process, so you will have good days and bad days. It's important to let people know what you're going through. It can be hard to ask for help. Yet those who reach out often discover that the people close to them know about their problem and love them anyway.

Information provided compliments of your EAP provider, **Corporate Care Works®**. Someone is available 24/7 at 800-327-9757 to answer any questions you may have about the various resources available to help maintain a healthy work/life balance.

## National Walk@Lunch Day



Americans are busy. Between work and other commitments, it can be hard to find extra time for exercise.

That's why Blue Cross and Blue Shield companies from around the country designed a program to complement, not compete with, busy lifestyles. National Walk@Lunch Day<sup>SM</sup> was created to help people incorporate physical activity into their day.

**Mark your calendar: National Walk@Lunch Day will take place Wednesday, April 30, 2008.**

**For more information about National Walk@Lunch Day:**  
<http://www.bcbs.com/innovations/walkingworks>



### Heart Health Food Tip:

In order to maintain your heart health, it is important to follow a heart healthy diet. There are many different foods that you should avoid or limit, and other foods and nutrients that you should try to include as much as possible.

Avoid or Decrease	Add or Increase
Stay away from Trans fats and hydrogenated oils (Margarines and spreads have trans fats, as do fried and fast foods)	Include fiber, fruits and vegetables (Green, leafy vegetables and Vitamin C rich fruits are the best)
Reduce Sugar intake (Cakes, candy bars, etc.)	Reduce LDL (bad) cholesterol levels (Extra virgin olive oil and garlic)
Minimize Carbohydrate (Pasta, potatoes, breads)	Omega 3 fatty acids can significantly decrease bad cholesterol (LDL) as well as raise good cholesterol (HDL) (Fish oil)



### RAINBOW FRUIT SALAD

#### FRUIT SALAD

- 1 large mango, peeled, diced
- 2 C fresh blueberries
- 2 bananas, sliced
- 2 C fresh strawberries, halved
- 2 C seedless grapes
- 2 nectarines, unpeeled, sliced
- 1 kiwi fruit, peeled, sliced

#### HONEY-ORANGE SAUCE

- 1/3 C unsweetened orange juice
- 2 Tbsp lemon juice
- 1 1/2 Tbsp honey
- 1/4 tsp ground ginger
- Dash nutmeg

1. Prepare the fruit.
2. Combine all ingredients for sauce and mix.
3. Just before serving, pour honey-orange sauce over fruit.

Yield: 12 servings  
Serving Size: 4-oz cup  
Each serving provides: Calories: 96  
Potassium: 302mg; Total fat: 1g; Protein 1g  
Sodium: 4 mg; Total fiber: 3g;  
Potassium: 302 mg; Carbohydrates: 24g  
Saturated fat: less than 1g