



Duval County Public Schools

## Health e-Links

Health Education & Lifestyle Management Newsletter (HELM)

# DCPS Employee Wellness Wins Award!



On May 20, Jacksonville Mayor John Peyton presented Duval County Public Schools' (DCPS) Department of Employee Wellness with a Jacksonville's Healthiest 100 Worksite Wellness Bronze Award during the inaugural First Coast Worksite Wellness Conference.

DCPS' Department of Employee Wellness was one of many wellness worksites throughout Jacksonville to be recognized by the Mayor's Council on Fitness and Well-Being. Jacksonville's Healthiest 100 awards are designed to commend and formally recognize companies and organizations of all sizes for their commitment to improving employee health.

### National Health Observances for June

Visit the links below for more information

#### National Scleroderma Awareness Month

[www.scleroderma.org](http://www.scleroderma.org)

#### National Scoliosis Awareness Month

[www.scoliosis.org](http://www.scoliosis.org)

#### National Aphasia Awareness Month

[www.aphasia.org](http://www.aphasia.org)

#### Vision Research Month

[www.preventblindness.org](http://www.preventblindness.org)

#### National Men's Health Week

15 – 21

[www.menshealthmonth.org/week/](http://www.menshealthmonth.org/week/)

#### National HIV Testing Day 27

[www.napwa.org/programs/nhtd.shtml](http://www.napwa.org/programs/nhtd.shtml)

### DCPS Employee Wellness presents:

#### Stair-Wellness Murals by DCPS students.

In an effort to encourage more people to take the stairs, the DCPS Employee Wellness "DEW" would like to invite schools around the district to help with the development of **Stair-Wellness Murals** in the stairwell of the Administrative Building. Our goal is to fill the stairwell with beautiful art work to give everyone some incentive to take the stairs more often. Any ideas are certainly welcome. Please contact Tonya Hill, Wellness Coordinator ([hill-willt@duvalschools.org](mailto:hill-willt@duvalschools.org)) or 390-3916.

### Save the date...

June 15-21\*

National Men's Health Week

Encourage your love one to go the doctor!!!!

## Daily Doses of Whole Grains



Eating at least three 1 ounce equivalents of whole grains per day can help reduce the risk of developing a chronic disease.

**Examples of 1 ounce equivalents include:**

- ½ cup cooked oatmeal
- ½ cup cooked 100% whole grain pasta
- ½ cup cooked brown rice or whole-grain barley
- 1 regular slice of 100% whole grain bread
- 1 cup of whole-grain ready to eat cereal

DCPS EMPLOYEE WELLNESS  
in partnership with  
Florida AHEC presents



**WHAT:** FREE 6 week Smoking Cessation Lunch and Learn

**WHO:** Free to all Employees and Spouses

**WHY:** The benefits of quitting:

- Risk of stroke reduced
- Cancer of the mouth, throat and esophagus reduced
- Cancer of larynx reduces
- Lung cancer risk drops by as much as half 10 years after quitting.

For more information, to register or to schedule free 6 week Smoking Cessation at your worksite contact Tonya Hill at 390-2916 [hill-wilt@duvalschools.org](mailto:hill-wilt@duvalschools.org)



"You say you're having trouble seeing into the future?"

### Should I take vitamins?

Vitamins and minerals from supplements don't even come close to measuring up to eating a diet rich in nutrients. Our body absorbs or produces most of the vitamins we need from the foods we eat, but few people eat a balanced diet all the time. So a multivitamin can be a good bet to "supplement" a healthy diet, but it can't replace the phytonutrients and fiber found in fruits and vegetables. Problems can arise from taking vitamins or minerals in mega quantities, taking supplements prior to surgery, in combination with other supplements or medicines, or if you have an existing condition. Consult your physician about any dietary supplements you are currently taking or considering.

## Chicken Broccoli Stir Fry, serves 4

**Ingredients:**

- 1/3 cup orange juice
- 1 Tbsp low-sodium soy sauce
- 1 Tbsp Schezuan sauce
- 2 tsp cornstarch
- 1 Tbsp canola oil
- 1 lb boneless chicken breast, cut into 1 inch cubes
- 2 cups of frozen broccoli florets
- 1 6-oz package of frozen snow peas
- 2 cups shredded cabbage
- 2 cups of cooked brown rice
- 1 Tbsp sesame seeds (optional)

**Directions:**

1. Mix orange juice, soy sauce, Schezuan sauce, and cornstarch in a small bowl. Set aside.
2. Heat oil in wok and add chicken. Stir fry for about 5-7 minutes.
3. Add cabbage, broccoli, snow peas, and sauce mixture. Cook for about 5 minutes until vegetables are heated through.
4. Serve over brown rice. Sprinkle with sesame seeds.

**Nutritional information (per serving):**

Calories - 340, Total Fat - 8g, Cholesterol - 65mg, Sodium - 240mg, Total Carbohydrate - 35g, Dietary Fiber - 5g, Protein - 28g.