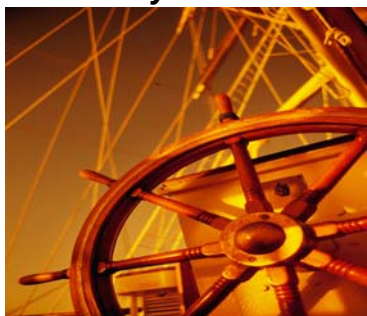


May 2008



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



Are You Ready to Lose Weight and Keep it off?

DCPS has an exciting benefit that was created especially for DCPS and those health plan covered employees with a Body Mass Index (BMI) over 35 and morbidity (ex. high blood pressure, high cholesterol, or diabetes) OR a BMI of 40 or greater. You can find out if you qualify by checking your BMI at <http://www.cdc.gov/nccdphp/dnpa/bmi/>

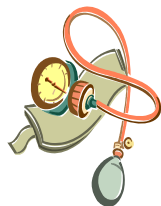
Come to this free, no-obligation orientation to find out more!

If you meet the **BMI** criteria, and would like to participate in the Program, please call 904-412-5479 or e-mail: mindbody@corporatecareworks.com to attend the next orientation session.

Orientation Dates:

May 6, 2008	6:00 pm – 7:30 pm
May 8, 2008	6:00 pm – 7:30 pm
May 10, 2008	1:00 pm – 2:30 pm

The orientation and weekly classes will be held at the Brooks Family YMCA located at 10423 Centurian Parkway North, Jacksonville, FL 32256



Blood Pressure Screenings

DCPS Employee Wellness united with Blue Cross Blue Shield of Florida (BCBSF) to create and promote awareness of heart health and risk factors through our **HeartSmart** program. BCBSF/Health Designs have committed to providing blood pressure checks at every worksite.

Thus far we've visited 36% of the worksites in the district and over 1,151 employees have had their blood pressure checked!

We urge you to aggressively spread the word to employees in your department, division or school, and encourage all employees to participate.

You can view the blood pressure schedule at http://www.duvalschools.org/static/wearedcps/employeeinfo/wellness/wellness_events.asp

National Health Observances for May
Visit the links below for more information

American Stroke Month
www.americanheart.org

Asthma and Allergy Awareness Month
www.aafa.org

Better Sleep Month
www.bettersleep.org

Hepatitis Awareness Month
www.hepfi.org

Healthy Vision Month
www.healthyvision2010.nei.nih.gov

National Employee Health and Fitness Day
May 21, 2008
www.physicalfitness.org

Results are in!



The pounds have been melting away over the past twelve weeks for participants in the **New Year! New You!** and the **Biggest Loser Weight Loss Challenge**.

The following worksites participated in the challenge:

- Central Admin – 67 participants
- Highlands Middle – 15 participants
- Ribault Middle – 16 participants
- San Jose Elem – 8 participants
- San Mateo Elem – 11 participants

Kudos! to the participants at Ribault Middle School. Ribault Middle had the highest percentage of weight loss!

Special congrats to George E. Maxey, Principal of Ribault Middle School. Principal Maxey loss a total of 44 pounds during the 12-week challenge!

Way to go Principal Maxey!!



Did you know?

Did you know that a low participation rate in corporate wellness programs is one of the major reasons organizations fail to get healthcare costs to drop?

Companies successful in reducing costs usually have 80% or more of their employees and families actively involved in wellness activities.

Take control of your health. Get involved with your employee wellness program!



Heart Healthy Breakfast Ideas

The American Heart Association (AHA) recommends that people consume about 25-30 grams of fiber each day from whole grains, fruits, vegetables and legumes. Listed below are some delicious and nutritious breakfast options available that are not only good for your heart, but are also easy to prepare when you are in a hurry.

- Add fresh fruit, such as chopped apples, sliced bananas, or whole berries to a bowl of oatmeal.
- Spread fat free cream cheese and fresh fruit preserves or reduced fat peanut butter and slices of bananas on a whole grain bagel.
- Top nonfat yogurt with your favorite fresh berries, and crunchy homemade granola.
- Stuff a whole wheat pita pocket with fat free cottage cheese and slices of tomato or pineapple.
- When choosing a cold breakfast cereal, look for whole grain cereals that contain at least 5 grams of fiber per serving. Add a sliced banana, apple, or berries to your cereal for extra fiber.



A stroke occurs when a blood vessel that brings oxygen and nutrients to the brain bursts or is clogged by a blood clot or some other particle. Because of this rupture or blockage, part of the brain doesn't get the blood and oxygen it needs. Deprived of oxygen, nerve cells in the affected area of the brain die within minutes.

Risk Reduction Checklist:

- | | |
|----------------------------------|------------------------|
| Don't use tobacco | Be physically active |
| Eat healthy foods | Watch your weight |
| Avoid excessive alcohol | Have regular checkups |
| Keep tabs on your blood pressure | Keep diabetes in check |

Source: American Heart Association



Beat the Heat

Heatstroke is the most severe of the heat-related problems, often resulting from exercise or heavy work in hot environments.

Try these tips for exercising smarter this summer:

1. Run or walk between 4 and 6 AM when traffic is light and air quality is best. Be sure to be safe and wear reflective clothing if it's dark.
2. Wear light-colored, loose, absorbent clothing.
3. Don't engage in strenuous workouts.
4. Exercise moderately—60 to 70% of maximum heart rate. Take breaks. Walk.
5. Drink lots of water throughout the day and every 20 minutes during exercise.
6. When it's over 90 degrees outside, hit an indoor gym instead.