



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



DCPS WELCOMES THE NEW EMPLOYEE WELLNESS COORDINATOR

Tonya Hill was recently hired as DCPS' Employee Wellness Coordinator. Tonya is excited about her new role and looks forward to building an environment that promotes health awareness and teaches individual responsibility for achieving a healthy lifestyle.

Over the past eighteen years of her professional experience, Ms. Hill has had the opportunity to work in diverse organizations and cultures. She has served as Wellness Ambassador for the Administrative Building as well as worked closely with previous employee wellness coordinators.

Away from the office, Ms. Hill manages Builders of Balance Health and Wellness Program, a community based health and wellness program designed to foster healthy living across all communities.

Congratulations Tonya Hill! We're looking forward to the value you will bring to DCPS Employee Wellness.

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

American Diabetes Month
www.diabetes.org

Diabetic Eye Disease Month
www.preventblindness.org

Lung Cancer Awareness Month
www.lungcanceralliance.org

TMJ Awareness Month
www.tmj.org

National Alzheimer's Disease Awareness
Month
www.alz.org

National Healthy Skin Month
www.aad.org

Pulmonary Hypertension Awareness Month
www.phassociation.org

Prematurity Awareness Day – Nov. 18
www.marchofdimes.com

Great American Smokeout Day – Nov. 20
www.cancer.org

National Survivors of Suicide Day – Nov. 22
<http://www.afsp.org/index.cfm>

MAINTAIN, NO GAIN HOLIDAY CHALLENGE

DCPS Employee Wellness presents **Maintain, No Gain Holiday Challenge** beginning November 19th through January 5th. This 6 week program is to encourage everyone to not gain more than 2 lbs. during the holiday season. This challenge is designed to encourage good eating habits and being physically active most days of the week during the holiday season.

Why Maintain, No Gain??? The average American will experience weight gain during the holiday season...

For more information and to sign up for the challenge, please see the Wellness Ambassador for your worksite or contact Tonya Hill, Wellness Coordinator (hill-willt@duvalschools.org) 390-2916



Money-saving tip #1:

Save money by staying in-network. It's easy to find the right in-network doctor, specialist, or hospital, or the nearest urgent care center. It can be a lot less expensive than the ER. Just visit www.bcbsfl.com and click on the **Find a Doctor or Hospital** link. You can also find out about physicians' admitting privileges, the languages they speak, office locations and much more.

AMERICAN DIABETES MONTH

You may have heard people say they have "a touch of diabetes" or their sugar is "a little high." These words suggest that diabetes is not a serious disease. That is **not** correct. Diabetes **is serious** and **you can learn to manage it!**

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms can decrease the chance of developing the complications of diabetes.

Two Main Types of Diabetes

Type 1 diabetes - the body does not make insulin. Insulin helps the body use glucose from food for energy. People with type 1 need to take insulin every day.

Type 2 diabetes - the body does not make or use insulin well. People with type 2 often need to take pills or insulin. Type 2 is the most common form of diabetes.

Diabetes Symptoms

Type 1 Diabetes

Frequent urination
Excessive thirst
Extreme hunger
Unusual weight loss
Increased fatigue
Irritability
Blurry vision

Type 2 Diabetes

Blurry Vision
Cuts or sores that are slow to heal
Itchy skin, yeast infections
Increased thirst
Dry mouth
Frequent urination
Leg Pain

If you have one or more of these diabetes symptoms, see your doctor right away. Taking good care of yourself and managing diabetes can help you feel better.



Diabetes Self-Care Tips

- **Eat healthy foods.**
- **Eat foods with more fiber**
- **Get 30 to 60 minutes of physical activity on most days**
- Stay at a healthy weight
- Stop smoking
- **Take medicines even when you feel good.**
- **Check your feet every day** for cuts, blisters, red spots, and swelling.
- **Check your blood glucose.**
- **Report any changes in your eyesight** to your doctor.

Healthy Recipe

Roasted Chicken with Apples and Onions

4 small skinless, bone-in chicken breasts (about 1 pound total)
1 firm, large apple, cored and sliced thin
½ cup unsweetened apple juice
1 large onion, peeled and thinly sliced
1 tsp. dried thyme
1 cup low-fat, reduced-sodium chicken broth
Salt and pepper to taste



Preheat oven to 375. Place chicken breasts, apples, and onions in baking pan. Mix broth with juice, thyme, salt, and pepper. Pour over chicken and bake 45 minutes to 1 hour, basting with pan juices every 20 minutes until juices run clear.

Serves 4

Nutritional analysis (per serving):

Serving size: 1 chicken breast

Calories: 140, Total fat: 1 gram, Carbohydrates: 10 grams,
Protein: 21 grams, Dietary fiber: 1 gram, Sodium: 190 grams

Fitness Tip

Exercise Regularly? Take Calcium



Although weight-bearing workouts fortify bones, women who exercise for an hour daily lose about 92 mg of calcium a day through sweat, finds a Purdue University study.

Eating calcium-rich foods or taking a supplement can offset the loss and further bolster bone strength.