

March 2011



Springing Forward



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

National Nutrition Month®
www.eatright.org/nnm
10

National Women and Girls HIV/AIDS Awareness Day
www.womenshealth.gov/nwghaad/

21 – 27
World Salt Awareness Week
www.worldactiononsalt.com

25
American Diabetes Alert Day
www.diabetes.org/communityprograms-and-local-events/american-diabetes-alert.jsp

NEW DIABETES PROGRAM!

This program is for people with diabetes and is designed to help you feel your best and save money!

WHO'S ELIGIBLE?

All school board employees, retirees and covered adult dependents are eligible for the program who:

- have a confirmed diabetes diagnosis, and
- are enrolled in the school board's self-funded health plan

HERE'S WHAT YOU'LL GET....

- FREE diabetic-related generic prescription medications (cholesterol, blood pressure and diabetic)
- FREE approved diabetic supplies (needles and syringes)
- FREE insulin
- FREE ongoing support from nurse health educators

Certain guidelines apply to medication and supplies that are provided for free. Program requirements including participation in an 8 ½ hour diabetes class must all be met in order to qualify for free medication and supplies.

To learn more about the program and requirements, and to see if you are eligible, please contact Pat Lewis at 904-390-2323.

Weight Loss Testimonial

As the new health plan year approached, I knew that I wanted to take action concerning my weight problem. My health was gradually deteriorating as my weight increased to 296 pounds. I went on line and found out about Dr. Capasso's "cookie diet".

As I have been on this diet since the middle of October, I have lost 54 pounds and 17 inches overall and I can only say that I feel 100% better but I have a goal of losing 75 pounds total so I will still be working at the "lifestyle change" not the "diet". I have found that by eating healthier and exercising anyone can do this diet and have it work for them. I have found Dr. Capasso and his staff to be very knowledgeable about the plan and very will to assist you in any way they can.

Larry Robinson
Employee Benefits

Health Screenings What is an HRA or PHA?

A health risk assessment (HRA) or personal health assessment (PHA) is a health questionnaire, used to provide individuals with an evaluation of their health risks and quality of life. Commonly a HRA incorporates three key elements – an extended questionnaire, a risk calculation or score, and some form of feedback i.e. face-to-face with a health advisor or an automatic online report.

[The Centers for Disease Control and Prevention](#) define a HRA/PHA as: "a systematic approach to collecting information from individuals that identifies risk factors, provides individualized feedback, and links the person with at least one intervention to promote health, sustain function and/or prevent disease."



Creating a More Positive Workplace

Has your negativity in the workplace become a habit that's hard to break? Try this age-old technique for creating a new habit. (Devise a different approach to the following technique if you don't have pockets.) In accordance with your desire to be more positive, place 12 pennies in one pocket. Each day, try to be more agreeable and pleasant. For each positive encounter without negativity, move a penny to the other pants pocket. Your goal is to move all 12 pennies each work day. Within several weeks, a new habit (and new reputation) should follow.



Eat Right

Low-Sodium Diet Guidelines

Here are some basic guidelines that will help you get started:

- Control the sodium in your diet. Decrease the total amount of sodium you consume to 2,000 mg (2 g) per day.
- Learn to read food labels. Use the label information on food packages to help you to make the best low-sodium selections.
- Include high-fiber foods such as vegetables, cooked dried peas and beans (legumes), whole-grain foods, bran, cereals, pasta, rice and fresh fruit. Fiber is the indigestible part of plant food that helps move food along the digestive tract, better controls blood glucose levels, and may reduce the level of cholesterol in the blood. Foods high in fiber include natural antioxidants, which reduce the risk of cardiovascular disease. The goal for everyone is to consume 25 to 35 grams of fiber per day.
- Maintain a healthy body weight. This includes losing weight if you are overweight. Limit your total daily calories, follow a low-fat diet and exercise regularly to achieve or maintain your ideal body weight.

Breakfast for Champions

Not only is March National Nutrition Month but appropriately enough, March 7-11 is National School Breakfast Week. You may ask, why the big deal over breakfast? Because children who eat breakfast perform better in school, have fewer discipline problems and are more likely to have a healthy weight.

Skipping breakfast is fairly common in children and adolescents and increases with age. Research shows that breakfast eaters fair better than breakfast skippers because they:

- Get more vitamins and minerals
- Eat less fat and cholesterol
- Maintain healthier body weights
- Have better concentration and productivity
- Have lower cholesterol

If you're tempted to walk out the door without breakfast, remember that this is one easy way to make the most impact on how productive your body and mind will be that day.

Breakfast is the perfect opportunity to power up your day and get in some of the recommended servings of dairy, whole grain and fruit. Here are some quick and easy breakfast ideas:

- Instant oatmeal made with milk and a handful of dried fruit and nuts
- Your favorite breakfast cereal mixed in with low-fat yogurt
- A fruit smoothie made with low-fat milk or yogurt and frozen fruit
- Wheat toaster waffle or small whole wheat bagel topped with peanut or almond butter and banana or apple slices
- Whole wheat English muffin with a cooked egg and low-fat cheese.