

September 2011



FLU SEASON IS APPROACHING



Flu shot clinics will be provided again this year at **NO Charge** to employees and dependents (spouse and children) insured by the DCPS Medical Insurance Plan.

Every year in the United States, on average 5% to 20% of the population gets the flu; more than 200,000 people are hospitalized from flu complications, and; about 36,000 people die from the flu. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

Last year only 2,675 out of over 12,000 DCPS employees participated in the flu shot clinic. If you would like to have the flu shot clinics administered at your location, there must be a minimum of 25 employees signed up. Sign-up sheets will be available in the main office of your worksite. Encourage your co-workers to sign-up!

A schedule will be available on the Employee Wellness Website soon!

Source: Centers for Disease Control and Prevention

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

National Cholesterol Education Month
hp2010.nhlbihin.net/cholmonth/

Ovarian Cancer Awareness Month
www.ovarian.org

Childhood Cancer Awareness Month
www.curesearch.org/ArticleView2.aspx?id=7750&l=8810&c=7eb54f

Prostate Cancer Awareness Month
www.zerocancer.org

National Sickle Cell Month
www.sicklecelldisease.org

Leukemia & Lymphoma Awareness Month
www.lls.org

Diabetes Management 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.

Classes will be held at the Administration Building:

September 10, 2011	November 19, 2011
October 1, 2011	December 3, 2011
October 8, 2011	December 10, 2011
October 29, 2011	December 17, 2011
November 5, 2011	

Contact Pat Lewis at 904-390-2323 to register.

Medically Supervised Weight Loss Programs

Baptist Medical Center

Downtown Office: (904) 202-2140

- HEALTHY SOLUTIONS
- LIFESTYLE BALANCE
- INDIVIDUAL MEDICAL NUTRITION THERAPY

Dr. Anthony Capasso

Beaches Office: (904) 694-0992

Mandarin Office: (904) 288-7888

- SKINNY DIET (800-1200 calories/day)
- SMART FOR LIFE DIET (800-1200 calories/day)
- HCG DIET (500-800 calorie/day)

For more information, go to the Employee Wellness Website link:

http://www.duvalschools.org/static/wearedcps/employeeinfo/wellness/why_weight.asp

September is Cholesterol Awareness Month

Balance your levels with a healthy lifestyle

Maintaining healthy cholesterol levels is a function of genetics, your liver, kidney and thyroid functions, and your lifestyle. While we have no control over our inherited traits, we can control our diet and physical activity, as well as our tobacco and alcohol use. This month, let's evaluate our lifestyle and consider how we treat our bodies and what we consume.

What is cholesterol?

To understand how lifestyle affects your health, it's important to know how cholesterol works in your body. Our bodies make cholesterol naturally to make nutrients, build cells and aid digestion, but it's also found in animal foods such as beef, poultry, fish, eggs and dairy. Low-density lipoproteins (LDL) carry cholesterol throughout our arteries to vital organs. High-density lipoproteins (HDL) then shuttle the cholesterol back to the liver for recycling to keep cholesterol from building up in the bloodstream.

High cholesterol levels increase the risk for atherosclerosis, or hardened arteries, coronary artery disease and many other complications. Optimum LDL (bad cholesterol) levels are less than 100 mg/dL, and HDL (good cholesterol) levels are greater than 40 mg/dL for men and 50 for women. Your total cholesterol is a measure of your LDL, HDL and triglycerides, or fatty molecules found in the blood, and should be less than 200 mg/dL.

When there is too much LDL and not enough HDL in your blood, this imbalance causes health problems, including heart disease and stroke to name a few.

Find out how a few lifestyle changes can keep your levels balanced:

Healthy Eating:

You can decrease your LDL by eating healthy foods like whole grains, fish, vegetables, fruits, legumes, nuts (particularly walnuts), soy and seeds (ground flaxseed is a good choice). Increase your HDL by reducing the sugar in your diet and boosting your Omega-3 intake by adding fish to the menu a few times a week and filling your plate with purple-skinned fruits and green leafy veggies.

Physical Activity:

Increase your HDL with regular physical activity like walking, biking and swimming. You don't have to be an Olympic athlete, but work up to at least 30 minutes a day, most days of the week.

Healthy Lifestyle:

Keep your cholesterol in check by getting to and maintaining a healthy weight. A life-long commitment to eating right and staying physically active is the best way to do this. Also, if you smoke, quit. Smoking injures blood vessel walls and promotes the artery-hardening process. You can make a huge difference in your health with just a few lifestyle changes. Start today, it's never too late!

www.webmd.com

EAP SEMINARS

DCPS Employee Assistance Program (EAP) is pleased to offer a series of seminars to our most valuable resource-- the employees. The EAP seminars administered by Corporate Care Works (CCW) are designed to assist employees with situations encountered in everyday life.

Principals, directors, managers, and supervisors may contact Jackie Daley via phone 904-296-9436 and/or via email jdaley@corporatecareworks.com to schedule a seminar for your work site.

1-Hour Employee Seminar Topics:

Stress Relaxation Techniques	Anger Management
Building Positive Self-Esteem	Creating Healthy Lifestyles
Building Effective Communication	Building an Effective Team
Safety in the Workplace	Dealing With Difficult People
Coping With the Storms of Life	Creating Work & Life Balance
Effective Parenting Techniques	Dual Career Couples
Understanding Domestic Violence	Time Management
Conflict Resolution	Substance Abuse for Employees
Substance Abuse for Supervisors	Becoming More Assertive
Depression in the Workplace	Stress Management

All seminars are free!

Quick and Healthy Low Cholesterol Dessert

Ingredients

4 whole-wheat graham crackers
4 tablespoons part-skim ricotta cheese
8 teaspoons jam



Preparation

Spread each graham cracker with 1 tablespoon part-skim ricotta cheese and 2 teaspoons jam.

Nutrition

Per serving: 239 calories; 6 g fat (2 g sat , 1 g mono); 10 mg cholesterol; 42 g carbohydrates; 7 g protein; 2 g fiber; 259 mg sodium; 39 mg potassium.

Carbohydrate Servings: 3