

Oregon Military Department's



Stay Well Newsletter

July 2010

Welcome to our Agency's quarterly Health and Wellness Newsletter. The goal of this newsletter is to provide you with health and wellness information and tips on a quarterly basis. As the agency's Health and Wellness Coordinator, I encourage you to participate by providing me with topics or ideas you may have as they relate to Health and Wellness. I will try to share some of that information with other employees within our agency through this link. Also, check out our new Health and Wellness page on the AGP website at <http://www.oregon.gov/OMD/AGP/health.shtml>

You can also contact me at 503-584-3581 or email me at Robin.M.Webb@mil.state.or.us.

UP COMING & CURRENT EVENTS



FREE Health/Wellness & Job Fair

The Oregon Military Department is hosting a Health/Wellness and Job Fair on October 6th. The event will be held at the Salem Auditorium located at 2320 17th St NE, Salem. This event will run from 11:00 AM to 6:00 PM and is FREE and OPEN TO THE PUBLIC.

As it stands right now, Get a Flu Shot.com is scheduled to be in attendance and provide low to no cost flu shots between 3:00 PM and 5:00 PM to those with certain health care plans.

More to come on this event as it gets closer. For more information please contact Robin Webb at 503-584-3581 or by email at Robin.M.Webb@mil.state.or.us

AED/First Aid/CPR Training



There are currently two AED/First Aid and CPR classes scheduled for state and federal employees of the Oregon Military Department and Oregon National Guard. The cost of the classes are free so if you are interested in attending one, please contact Robin Webb at 503-584-3581 or by email robin.m.webb@mil.state.or.us to get signed up. At this point in time, we can only register employees and soldiers.

Location	Date	Time
Camp Rilea – Warrenton	July 22, 2010	10:00 AM
Camp Rilea – Warrenton	July 22, 2010	1:00 PM

The Skinny on Fit and Fat

(WebMD) Regular exercise has long been touted as the key to a healthy heart, but a new study shows it is unlikely to fully reverse a woman's chances of heart disease if she is carrying extra weight.



Researchers report in the April 28 issue of Archives of Internal Medicine that although physical activity definitely helps improve cardiovascular health, such exercise does not "eliminate the negative effects of being overweight."

The findings underscore the importance of being fit and trim and cast doubt on the newer notion that it's possible to be "fit and fat." Both obesity and a sedentary lifestyle are modifiable risk factors for coronary heart disease. Heart disease is the leading cause of death in women in the United States.

Which exerts more influence in one's risk of heart disease: exercise or weight? There's no clear-cut answer. Fat cells release chemicals that can speed up the hardening of arteries, trigger inflammation, and lead to blood clots. Exercise counteracts these potentially heart-damaging processes by improving blood vessel function.

The new study, conducted by Amy R. Weinstein, MD, MPH, of Beth Israel Deaconess Medical Center in Boston, and colleagues helps establish the combined effect of the two risk factors. The study involved 38,987 women from the Women's Health Study. Each woman provided information about her height, weight, exercise routine, medical history, and other health habits at the beginning of the study. About half of the women were considered to be of normal weight. A little less than one-third of the women were overweight, and 18% were obese. According to the Surgeon General's guidelines, 34% were considered physically active.

During about 11 years of follow-up, 948 women developed heart disease. According to the researchers, body mass index (BMI) and lack of exercise both individually contributed to its development. A BMI between 25 and 29 is considered overweight. A BMI of 30 or above is considered obese.

The study shows that:

- Active women of normal weight had the lowest heart disease risk.
- Heart disease risk was slightly higher for women of normal weight who were inactive.
- Active women who were overweight or obese were more likely to experience heart disease during follow-up than active normal-weight women, but less likely than their inactive counterparts.
- The highest heart disease risk was seen among the most inactive, heaviest women.

While the study shows that regular physical activity can reduce one's risk of heart disease, it suggests that weight matters, too. "Even high quantities of physical activity are unlikely to fully reverse the risk of coronary heart disease in overweight and obese women without concurrent weight loss," the authors conclude in the journal article.



Quitting Smoking is a Healthy Choice

Do you smoke? Do you want to quit? If you quit smoking...

1. You will lower your risk for many serious diseases.
2. You will soon find that you can walk farther or play harder without becoming short of breath.
3. You will have extra spending money. Put the money you would have spent on cigarettes in a jar and save up to buy something nice.
4. Your sense of taste will improve.
5. Your sense of smell will improve.
6. Your clothes, car, and home will smell better.
7. You'll stop burning holes in your favorite things.
8. You will be a role model to others who are trying to quit.

Worried about weight gain from quitting smoking? Smokers weigh about 7 pounds less than non-smokers. On average, people who quit smoking gain about 7 pounds. This is often due to replacing cigarettes with high calorie foods. Managing your weight and quitting smoking together can help you control the weight gain normally associated with quitting smoking.

Make a choice to live a healthier lifestyle by managing your weight and quitting *smoking*.

The American Cancer Society has a free, confidential program that works. Check out their website at www.quitnow.net or call 1-866-quit-4-life (1-866-784-8454.)

Everyday Office Ergonomics

Good ergonomics fits the task to you rather than forcing you to adapt to the task. That means you work in a comfortable natural position and avoid straining, overreaching and awkward movements that can lead to painful conditions such as carpal tunnel syndrome, neck tension, tendinitis and upper body aches and pains.

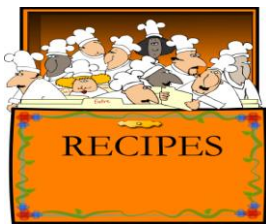


Aim to check off all of these ergonomic best practices as they apply:

1. When sitting at your workstation, your feet are flat on the floor. Your seat does not press against the back of your knees or lower legs.
2. Your monitor is at eye level, straight ahead and at a distance at which you can read the screen without leaning forward or backward.
3. When you type, your elbows are comfortably at your sides, each elbow at a right angle, and your forearms are parallel to the floor.
5. Your work materials are in easy reach.
6. Your keyboard is positioned so that key stroking can be performed with your wrists, hands, knuckles and fingers in a relaxed and natural or neutral position.
7. You type gently.
8. Your armrests do not interfere with your movement.
9. You maintain good posture.

When possible, vary your work activities to break from repetitive motions and constant work positions.

Summer Recipes



It's that time of year when we are surrounded by fresh fruits and vegetables. Here are a few summer recipes to enjoy.

Creamy Fruit Salad

This recipe is a good source of Vitamin C, which keeps gums and blood vessels healthy.

Ingredients:

- 1 cup pineapple chunks
- 1 large apple, chopped
- 1 banana, sliced
- 1 orange, chopped
- 3/4 cup low-fat pina colada yogurt

Directions:

1. Put pineapple chunks in a medium mixing bowl.
2. Prepare apples, banana and orange as directed and add to bowl.
3. Add yogurt to bowl and mix gently with a spoon until fruit is well coated.
4. Serve and enjoy!

8 servings, 1/2 cup each

Bright Ideas:

For a different taste try adding different fruits to this salad like grapes, blueberries, huckleberries or peach slices.

Nutrition Facts

Serving Size 1/2 cup (97g)	
Servings Per Container 8	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 1g	
Vitamin A 4%	Vitamin C 15%
Calcium 4%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Turkey Salad

This recipe offers substitutions for using less fat. Limit use of solid fats, such as butter, hard margarines, lard, and partially hydrogenated shortenings.

Ingredients:

- 1 1/2 cups cooked turkey or smoked turkey, diced
- 1/2 cup walnuts, toasted and chopped
- 1/2 cup raisins or other dried fruit
- 3/4 cup celery, chopped
- 1/2 cup diced red or yellow onion
- 1/4 cup parsley, chopped (optional)
- 1 large red apple, cored and chopped

- 1/3 cup low-fat mayonnaise
- 1 tablespoon vinegar (cider, red or white)

Directions:

1. Mix turkey, nuts, raisins, celery, onions, parsley, and apple in a large bowl.
 2. Add mayonnaise and vinegar; mix until thoroughly combined.
 3. Toss meat mixture with dressing and chill.
 4. Serve cold with lettuce and tomato wedges, or use as sandwich filling.
 5. Refrigerate leftovers within 2-3 hours.
- 7 servings, 3/4 cup each

For more recipes and other resources on eating well for less, see our web site at <http://www.wellnessproposals.com/nutrition/handouts-recipes-fruit-recipes.htm>

Nutrition Facts

Serving Size 3/4 cup (106g)	
Servings Per Container 7	
Amount Per Serving	
Calories 170	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 260mg	11%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 5g	
Vitamin A 6%	Vitamin C 10%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
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Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Summer Allergies

It's nearly impossible to completely avoid summer allergies if your triggers are all around you. However, you can ease sniffing, sneezing, and watery eyes by avoiding your main summer allergy triggers. Here are a few tips.



- Try to stay indoors whenever the pollen count is really high (pollen counts usually peak in the mornings).
- Keep your doors and windows closed whenever possible during the summer months to keep allergens out. Use an air purifier, if possible.
- Clean the air filters in your home often. Also clean bookshelves, vents, and other places where pollen can collect.
- Wash your bedding and rugs in hot water (at least 130 degrees Fahrenheit) to eliminate dust mites and other allergens.
- Wash your hair after going outside, because pollen can collect there.
- Vacuum twice a week. Wear a mask because vacuuming can kick up pollen, mold, and dust that were trapped in your carpet.
- Also wear a mask when you mow your lawn to keep grass pollen out of your nose.
- Keep the humidity in your house between 30 and 50 percent to prevent the growth of dust mites, which thrive in humid climates.

To avoid insect stings:

- Don't wear perfume, scented lotions, or brightly colored clothing, all of which can attract bees and other stinging insects.
- Avoid spending time in areas where there are insect nests.
- Keep sodas, fruit, and other foods covered so that you don't attract bees.

If you're traveling this summer:

- Try to choose a destination with fewer allergens, such as the beach.
- Pack all of your allergy drugs to take with you.
- Check with your doctor about getting an allergy shot before you leave.
- Get the name of an allergy specialist at your destination.

Rising Temperatures Increase Risks for Workers

Understand the signs of heat exhaustion; take precautions.



Imagine working over a hot stove or sizzling asphalt on a 90-degree day. Performing job duties in the heat can be more than uncomfortable – it can also be unsafe. Workers run the risk of developing a heat-related illness when physical exertion is combined with high humidity.

Over the past five years, 33 workers received benefits through Oregon's workers' compensation system for heat-related illnesses. The workers who qualified for the benefit were disabled for three days or more. Oregon OSHA, a division of the Department of Consumer and Business Services, does not require companies to report less-severe cases of heat exhaustion that do not require overnight hospitalization.

Employers and workers should be familiar with some of the common signs of heat exhaustion. A person overcome with heat exhaustion will still sweat but may experience extreme fatigue, nausea, lightheadedness, or a headache. The person could have clammy and moist skin, a pale complexion, and a normal or only slightly elevated body temperature. If heat exhaustion is not treated promptly, the illness could progress to heat stroke, and possibly even death.

Workers on construction sites may be at greater risk for heat illness due to heavy exertion, enclosed operator cabs with poor air circulation, and prolonged exposure to the sun.

To help a person suffering from heat exhaustion:

- Move them to a cool, shaded area. Don't leave them alone.
- Loosen and remove heavy clothing.
- Provide cool water to drink (a small cup every 15 minutes) if they are not feeling sick to their stomach.
- Try to cool them by fanning them. Cool the skin with a spray mist of cold water or a wet cloth.
- If they do not feel better in a few minutes, call 911 for emergency help.

Certain medications can increase a worker's risk. People who have experienced a heat-induced illness in the past or who must wear personal protective equipment while on the job are at higher risk for heat illness.

Heat stroke is a different condition than heat exhaustion. There are several reactions that occur in the human body with heat stroke: dry, pale skin (no sweating); hot, red skin (looks like sunburn); mood changes; irritability and confusion; and collapsing (person will not respond to verbal commands). Call for emergency help immediately if you think the person is suffering from heat stroke. If not treated quickly, the condition can result in death.

Ideally, employers and workers can prevent heat illness. Here are some tips:

- Learn the signs and symptoms of heat-induced illnesses and what to do to help other workers.
- Perform the heaviest, most labor-intensive work during the coolest part of the day.
- Slowly build up tolerance to the heat and the work activity (this usually takes up to two weeks).
- Use the buddy system to monitor the heat (work in pairs).
- Drink plenty of cool water (one small cup every 15 to 20 minutes).
- Wear light, loose-fitting, breathable clothing (such as cotton).
- Take frequent short breaks in cool, shaded areas — allow your body to cool down.
- Avoid eating large meals before working in hot environments.
- Avoid caffeine and alcoholic beverages (these beverages make the body lose water and increase the risk of heat illnesses).

A "Heat Stress Safety" pocket reminder card is available from Oregon OSHA. You can download the card, in both English and Spanish, from Oregon OSHA's website, www.orosha.org, under "Publications"; look for "Heat Stress Card" (#3333E). The National Institute for Occupational Safety and Health (NIOSH) also has a booklet with heat-stress prevention tips called "Working in Hot Environments." The booklet is available for download from NIOSH's website, www.cdc.gov/niosh/hotenvt.html.

BENEFIT RESOURCES

Public Employees' Benefit Board (PEBB)

1225 Ferry St. SE, Salem, OR 97301-3802

Phone: (503) 373-1102 Fax: (503) 373-1654

Web: www.oregon.gov/das/pebb

Benefit Questions: inquiries.pebb@state.or.us

Comments for the Board: pebb.connect@state.or.us

BenefitHelp Solutions (BHS)

(Third-party Administrator)

Phone: (503) 765-3581, (800) 556-3137

Fax: (503) 765-3453

www.benefithelpsolutions.com/pebb/pebb_retiree

bhs_pebb@benefithelpsolutions.com

PEBB's Statewide Plan

(800) 423-9470 www.providence.org/healthplans/pebb

Providence Choice

(503) 574-7500, (800) 423-9470

www.providence.org/healthplans/pebb/choice.aspx

Kaiser Permanente

(503) 813-2000, (800) 813-2000 my.kp.org/nw/pebb

VSP (Vision Service Plan)

(800) 877-7195

www.vsp.com

The ODS Companies

(800) 452-1058

www.odscompanies.com/pebb

Willamette Dental Insurance

(800) 460-7644

www.willamettedental.com

The Standard Insurance Company Phone: (800)

242-1888

Fax: (800) 227-4165

www.standard.com

UnumProvident

(800) 227-4165

www.unumprovident.com/enroll/pebb

OMIP

(800) 484-7280

www.omip.state.or.us

PERS Health Insurance

(503) 224-7377, (800) 768-7377

www.pershealth.com

Medicare

(800) MEDICARE or (800) 633-4227

www.medicare.gov



You know repetitive motions like that can cause ergonomic problems.



The employees like to start off the day with some aerobic exercise ... It's part of our wellness program.