

January: Jump Start the New Year



The New Year is the perfect time to take advantage of the wellness opportunities at work for a healthier year!

Don't let the cold and wet weather keep you from staying healthy. Try new, healthy recipes, especially those with fruits and vegetables. Consider different ways to get physical activity this winter. Below are some helpful tips and resources. Remember that a supportive work environment is a proven strategy for success.

Enjoy More Fruits and Vegetables

- Take advantage of healthy options in your vending machine and choose more fruits and vegetables from your cafeteria. Thank your wellness coordinator and wellness committee for the healthy options now available at work.

Move More!

- Join a walking competition promoted at your worksite.
- Take the ["Jump Start the New Year Quiz" \(doc\)](#) to find out what you change to increase your physical activity.
- If you're looking for ways to stay healthy during the cold and wet weather, read these tips [Jump Start the New Year with Physical Activity \(pdf\)](#). These tips will help you stay active whatever the weather.
- When you can't get outside during work hours, try these chair exercises from the [Arthritis Foundation](#). This information is helpful whether you have arthritis or not. Pick the one(s) that best suit your needs.

Wellness at Work

- Contract your wellness coordinator or wellness committee members to get involved with promoting wellness at your worksite.
- Interested in maintaining or losing weight? Work with your wellness coordinator to start a weight loss class at your worksite or join one offered in your area.

February: Love Your Heart Month



Love Your Heart - Go Red Campaign for Women

We all want to lower our risk for heart disease and stroke. February can be a tough month to stay healthy when warm, sunny weather seems so far away. Stay on track with your resolutions by taking advantage of the healthy opportunities at your workplace.

The Healthy Worksites Initiative is promoting the "Love Your Heart" campaign to coincide with the American Heart Association's ["Go Red For Women"](#) campaign. Need a change of pace at work? Here are some ideas for shaking the February blues and having a healthy heart at your worksite:

Support a Healthy Workplace

- Encourage your wellness coordinator, management team and wellness committee to develop a flextime guideline that encourages employees to participate in health screenings that are available to them.
- Encourage your wellness committee or wellness coordinator to develop a written guideline that encourages employees to share more fruits and vegetables with others. A written guideline can be started through employees as opposed to upper management and doesn't have to be a requirement but instead can be a recommendation or encouragement.

Support the "Go Red for Women" Campaign

- Encourage your cafeteria to promote healthy recipes during the ["Go Red"](#) campaign.
- Look for information, from your wellness coordinator or wellness committee, on how your worksite is promoting the Go Red campaign and participate.

Support Your Co-Workers

- Enjoy more fruits and vegetables. A healthy diet including fruits and veggies is recommended to reduce your risk of cardiovascular disease. Create a healthy culture in your workplace by bringing in fresh fruits or veggies to share in your break room instead of candy, cookies, donuts and other baked goods. Make a ["Red Recipe"](#) with fruits and vegetables to share with your co-workers.
- Join a 6-week ["Living Well with Chronic Conditions" workshop](#) in your area for yourself or to learn how you can support co-workers and other loved ones with chronic conditions.
- Be a role model to your co-workers by getting more physical activity to help achieve and maintain a healthy heart. [Keep Your Numbers In Check.](#)
- If you smoke, consider calling the [Oregon Tobacco Quit Line](#) at **1-800-QUIT-NOW** (1-800-784-8669) to create a healthier environment for your co-workers.

Additional Resources

[American Heart Association](#)

March: Healthy Weight at Work



Achieving and maintaining a healthy weight is an important aspect for a healthy lifestyle. Healthful food choices and at least 30 minutes of physical activity daily will help you reach your goals.

Join your coworkers who have taken advantage of wellness supports at work to help achieve and maintain a healthy weight. Below are testimonials from state employees and ideas on how you can create a supportive worksite wellness environment.

Enjoy More Nutritious Foods

- Encourage your cafeteria or favorite lunch spot to display nutrition information on their lunchtime options that include calories, fat, sodium, sugar, etc.
- Find out how many calories you should be consuming using the [ChooseMyPlate.gov Super Tracker](https://www.choosemyplate.gov/super-tracker).
- [Learn how to read and understand a nutrition label](#) to help your cafeteria provide important nutrition information.
- Encourage your worksite to offer healthy choices in your vending machine such as dried fruit, whole wheat crackers, low fat granola/cereal bars or pretzels. If there is not a healthy choice, call the number listed on the machine to make your personal request.

Testimonial

"I'm really glad my workplace requested healthier options in our vending machine. Now I can make a healthy choice if I need a pick-me-up." - Rebecca Sweatman, PEBB Employee

- Encourage your worksite to develop a partnership with a local farm to start a drop off site for a community supported agriculture (CSA) program and to offer local produce in your cafeteria and through catering for meetings and events. For more information, read about [Oregon CSA's](#).

Testimonial

"Joining the Community Supported Agriculture program at the Portland State Office Building (PSOB) was one of the best health decision our family made last year. We enjoyed many more and different kinds of produce than we were used to eating, including many vegetables we'd never tried before. This was a big boost to our diet and we even shed a few pounds from our healthier eating! The veggies were so fresh that they lasted at least 2 to 3 times longer than store bought produce. Plus, the PSOB delivery made it convenient to pick up our share. I would recommend it to anyone!" - Dena Wilson, DHS Employee

- Candy and other unhealthy snacks are tempting during a stressful workday. Help your fellow coworkers by removing the candy from your desk and replace it with a hand massager, fresh fruit or flowers.

Engage in Daily Physical Activity

- If you drive to work, consider keeping a bike at work for physical activity breaks during the day.
- Bike to work during inclement weather conditions by using the covered bike structures provided by your worksite:
 - **Coos Bay** - SWCC Recreation Center (Picnic Table Shelters)
 - **Eugene** - Various U of O Locations
 - **Portland** - Portland State Office Building (Parking Garage)
 - **Salem** - Capitol Mall Parking Structure, Human Service Building, North Mall Office Building, Revenue Building, and Agriculture Building

Testimonial

"While I do not ride my bike to work because of the distance (100 miles round trip), I ride it while I am at work. I ride during my lunch hour when weather and work schedule permit. I believe that our manager's attitude about wellness and our excellent shower facility encourage this type of activity. It has been extremely beneficial for me." Doug Robin, Forestry Employee

- You can play a part in making healthy choices available for all employees at your worksite. Start a healthy habit, for example coordinate a worksite walking group; write a wellness related guideline and present to your coordinator or wellness committee; and support wellness initiatives.
- Start a new trend in your office by having a "walking meeting."
- Take advantage of your stairwells and walk during your breaks with a coworker.
- Use the fitness center discount offered by your health plan.

Practice a Healthy Lifestyle

- Join a weight management program in your area.
- See if your health insurance provider offers health club membership discounts.

Resources

- [National Heart, Lung and Blood Institute](#)
- [American Cancer Society: Eat Healthy and Get Active](#)

April: Cancer Prevention, Screening and Management at Work



Cancer touches us all in one way or another - as a patient, coworker, friend, or family member. Your worksite has supports in place to help with cancer prevention, screening, and coping with cancer for yourself or for the care of loved ones.

This campaign provides resources available to you, your worksite's most treasured asset. Below are ideas on how you can create a supportive worksite wellness environment that works toward

cancer prevention, treatment and survivorship.

The good news about cancer:

- Cervical cancer deaths in the US have been reduced by 75% with regular Pap tests.
- When colorectal cancer is diagnosed at an early stage, the 5-year survival rate is 90%; when it is diagnosed at a late (distant metastases) stage, the rate is 10%.
- The 5-year survival rate of all cancers diagnosed between 1996 and 2002 is 66%, up from 51% in 1975-77.

Prevention is Key!

About one third of cancer deaths expected to occur in 2007 will be related to overweight or obesity, physical inactivity and nutrition - and thus could be prevented.

"More than 60 percent of all cancer deaths could be prevented if Americans stopped smoking, exercised more, ate healthier food and got the recommended cancer screenings." ~The American Cancer Society, Reported on March 31, 2006.

- **Reducing Smoking and Exposure to Second Hand Smoke**
 - Encourage your worksite to publicize its policy creating smoke free zones near doors, windows and intake vents.
 - If your worksite has a policy restricting how close people can be to doors, windows and intake vents when they smoke, encourage your worksite to develop and enforce a Tobacco Free Campus Policy to protect employees from second hand smoke.
 - [Free & Clear](#)[®], the proven smoking cessation program offered by all PEBB health plans can help you kick the habit. The trained counselors at Free & Clear[®] can help you set up a personal plan. People who make a plan to quit in advance double their odds of succeeding. Call Free & Clear[®] to quit for life at 866-QUIT-4-LIFE (866-784-8454). Be sure to tell them you're a PEBB member so you get the full benefit.
- **Physical Activity**
 - To reduce your risk of developing cancer, it's important that you get your recommended daily physical activity - moderately intense activity for 30 minutes/day at least 5 days per week.
 - Compared to sedentary individuals, physically active persons have a 30-40% lower risk for breast cancer and a 20-30% lower risk for colorectal cancer. (Friederrich 2002, Chang 2006, Samad 2005, and Thune and Farberg 2001)
- **Healthy Eating**
 - Eating healthier food can reduce your risk for developing cancer. Organize a healthy potluck in your office and make a [kale recipe \(pdf\)](#) to share with your coworkers.
- **Cancer Screening Guidelines**
 - An estimated 10.5 million cancer survivors are alive today, due in large part to increased

- screening and better treatment.
- Regular screenings for certain types of cancer such as breast, cervical, colorectal and prostate cancer are important for early detection and treatment. Employees should ask their health care provider as part of their regular exam for a schedule of preventative screenings for themselves and their family. The 2005 Oregon insurance mandate requires that every health insurance policy in Oregon that covers hospital, medical or surgical expenses provide coverage of mammograms, prostate examinations and colorectal screenings.
 - Employees can find out more about their health plan and benefits by visiting the link for their health plan below.
 - Kaiser Permanente: <http://my.kp.org/nw/pebb/>
 - ProvidenceChoice: <http://www.providence.org/pebb/>
 - Regence BCBSO: <http://www.or.regence.com/pebb/>
 - Samaritan Select: <http://www.samaritanselect.com/>
 - The American Cancer Society recommends various guidelines for the early detection of cancer. For more information, read about [Cancer Detection Guidelines](#) and take the interactive "[Get Your Screen Test](#)" tour.
 - It's important to protect your skin from ultra violet rays when engaging in outdoor physical activity. Oregon's skin cancer rate is 26% higher than the national rate (Source: Oregon State Cancer Registry).

Dealing with Cancer in the Workplace

- If you or someone you know has specific health concerns or symptoms related to cancer, it's important to seek the advice of a health professional. Don't wait!
- Encourage your worksite to establish a wellness room or make your existing wellness room available for cancer patients and employees who have loved ones with cancer. The wellness room would be used by employees for emotional healing, rest or stretching as part of their treatment, and for taking medications

Taking Care of Yourself and Supporting Others with Cancer

- Continue eating healthy with lots of fruits and veggies. People whose diets are rich in fruits and veggies have a lower risk of getting cancers of the colon, mouth, pharynx, esophagus, stomach and lungs and possibly prostate cancer. (Source: Cancer Trends Progress Report 2005, NCI).
- Psychological and emotional well being:
 - Consider applying for Hardship Leave if you need time off to help family members or for bereavement. Check with your agency or Human Resources for the specifics related to this policy.
 - [Cancer Care Resources](#) and the [American Cancer Society](#) have extensive resources for caregivers, people with cancer and cancer survivors. This nonprofit community-based organization offers support groups, referrals to services, and occasional classes.
 - Consider joining a support group in your area for caregivers or for people with family members who have cancer.

Eugene:

- Willamette Valley Cancer Center (541) 683-5001
- American Cancer Society (541) 434-3114

Portland Metro Area:

- Adventist Medical Center (503) 309-2222

- Cancer Care Resources (503) 528-5236
- Legacy Health System (503) 413-7284
- Providence Professional Plaza (503) 215-6015
- Providence St Vincent Hospital, Diane Harris (503) 216-2917, Toni Lonning (503) 216-2280, Jocelyn Libby (503) 215-5305
- Tuality - Hillsboro (503) 681-1700

Salem:

- Mid Valley Cancer Care Community (503) 391-4417
- Salem Hospital (503) 373-2254
- Explore a flex-time policy with your employer for:
 - Medical appointments
 - Physical needs
 - Emotional needs
 - Financial stress
 - Caring for loved ones with cancer
- Find a local map or print a [web-based map](#) of the area around your worksite and walk during your breaks or lunch hour. Physically active breast and colorectal cancer survivors have a 50-60% lower risk of death from reoccurrence. (Source: Holmes 2005, Merverhardt 2006)

May: Fruits & Veggies - More Matters



Great Tasting Fruits and Veggies

We all know we should be eating more fruits and veggies, but most of us are simply eating too few. [Fruits & Veggies-More Matters](#) is a call-to-action created to help you eat more fruits & veggies - at home, school, work, restaurants, and on the go. Look for the brand logo in your local produce department, in your child's school cafeteria, and in your own worksite cafeteria.

Check out their website [Fruits & Veggies-More Matters](#) for tips to help you include fruits & veggies in meals at home, school, work and play. Keep reading for additional ways you can get more fruits & veggies because when it comes to fruits & veggies, more really does matter.

Fruits & veggies in your workplace

- Does your workplace have a healthy eating policy? Ask for a copy and see how it promotes fruits & veggies at meetings.
- Look for T.A.S.T.E flyers posted in your office. These colorful flyers are reminding you to eat another fruit or veggie.
- Ask your cafeteria manager what the fruit or veggie special of the day is and buy it.
- Go ahead and organize a fruit & veggie celebration. You can find healthy recipes at [Fruits & Veggies-More Matters - cooking](#).

Fruits & veggies at home

- Have a taco or homemade pizza night, where the adults and kids get to sprinkle on their own healthy choices. Try strips of red and orange peppers, chopped red onions, broccoli tips, diced fresh tomatoes and grated carrot. As one Beaverton dad says, "The veggie topping really works with my kids. They're all over it!"
- Challenge your children (or yourself) on each shopping trip by asking them to pick out a new fruit or veggie for the whole family to eat.
- Join "[Meatless Mondays](#)."

Fruits & veggies & YOU

- Eating fruits & veggies in a variety of colors - red, dark green, yellow, blue, purple, white and orange - provides the most nutrients. Try bright orange carrots at lunch and deep green chard for dinner with a yellow lentil soup.
- Choosing fruits & veggies instead of foods high in fat and sugar makes it easier to maintain a healthy weight. The next time you eat out, ask for a salad in place of the usual side dish.
- You heard that most adults need about 5 cups but what does one cup look like? Check out "[What One Cup Looks Like](#)" (pdf). How many cups should you eat? Check out [ChooseMyPlate.gov](#) to find out!
- Learn more about nutrition at [Nutrition for Everyone](#).
- Don't forget physical activity. Get valuable [Physical Activity Resources](#) for you, for older adults, and for children.

June: Healthy Vacations - A New Twist



Vacations: A New Twist!

Start a new twist to your vacations by fitting in physical activity, eating healthy, and reducing your stress. This can be the start of a new ritual for you and your family. Here are some suggestions to help you get started.

Incorporate Nutritious Foods Into Your Trips

- Get connected to where your food comes from. Visit an Oregon farm and pick your own fruits and vegetables.
- Learn some tips on how to choose [healthy restaurant meals](#).
- Keep a cooler filled with ice in the car and pack the [Recipe of the Month \(pdf\)](#) for your vacation.
- Get some ideas for [Healthy Traveling Snacks \(pdf\)](#)
- Stop and shop at [farm stands and farmers' markets](#) while traveling across Oregon.

Make Healthy Habits Part of Your Vacation

- Relieve your work related stress before you leave for vacation by doing [office stretches](#).
- Learn about [stress reducers \(pdf\)](#) from our Employee Assistance Program (EAP) - Cascade Centers.
- Need additional help to cope with vacation plans or adjusting to work when you return? Call Cascade Centers . If you feel significantly out of balance or are in danger of burning out, you can use your EAP counseling benefit to bounce off ideas, gain another perspective, or gather fresh ideas.

Your contact with Cascade Centers from the first call to resolution is private and confidential. No information about you goes back to your employer or PEBB. Call them to schedule an appointment with a local EAP specialist.

- Portland (503) 639-3009
- Salem (503) 588-0777
- Toll Free (800) 433-2320

Fit Physical Activity Into Your Travels

- Enjoy [outdoor recreation](#) across Oregon.
- Don't forget to protect yourself from the sun and mosquito bites when engaged in physical activity. Learn more about [skin protection](#) from the sun. Learn more about the recommended application of DEET to [avoid mosquito bites](#).
- [Celebrate National Trails Day](#) by participating in an event in your area!
- Interested in a bicycling vacation or a one-day bike trip?
 - [Cycle Oregon](#)
 - [Eugene Gears](#)
 - [Portland Wheelmen Touring Club](#)
 - [Salem Bicycle Club](#)

July: Take it Outdoors!



Physical activity is in for summer and beyond! This is the perfect time of year to get outside, enjoy our nice weather and be active.

Studies show that getting the recommended 30 minutes of physical activity per day for adults (1 hour for children) helps us achieve and maintain a healthy weight, lowers our risk for diabetes and certain types of cancer, improves our mood, improves our quality of life and improves functioning for those with arthritis.

Tips for Work

- Does your worksite have some open land around it? Ask your employer if you can grow some veggies at work.
- You can reach your goal by doing small bouts of physical activity like taking a walk on your break or starting a one-on-one walking meeting.
- When you can't get outside during work hours, remember to take the stairs instead of the elevator.
- Get information about alternative forms of transportation at [Drive Less Save More](#). Research shows that people who regularly use public transportation get more physical activity than those who drive.

Tips for Home

- Enjoy one of Oregon's [beautiful state parks](#) with friends and family.
- Plant veggies in containers or in your garden. Check out these [growing tips](#).
- Start a new habit by going for a daily walk before or after breakfast and before or after dinner! Start with 5-10 minutes and work up to 30 minutes or more.
- If you do need to get in the car for an outing, invite friends and neighbors along to share the ride.
- Plan healthy food to share with family and friends after enjoying your favorite activity. Try this [Very Veggie Salad](#).

Tips for Play

- Choose water as a beverage instead of high-calorie, high-sugar sports drinks during and after your outdoor activities.
- Ride bikes or walk to places near your home. It's good for your health, it's good for your budget and can save you time!
- Try parking a little farther away from your destination and bike or walk the rest of the way.
- Find an [Arthritis Foundation class](#) that was created for people with arthritis to keep joints flexible, muscles strong and to help reduce the pain associated with arthritis.

Resources

The Arthritis Foundation National website www.arthritis.org is a wonderful resource on a variety of topics such as: Travel and Arthritis, Golf and Arthritis, Walking and Arthritis and 10 Tips for Easier Gardening

August: Eating Local!



It's the perfect time of year to buy local fruits and veggies. Grocery store produce often travels hundreds of miles to reach you, but when you buy from local sources such as farmers markets, roadside stands, and local farms, it reduces air pollution and greenhouse gas emissions. Freshly picked local food is more nutritious and tastes better too!

It's important to eat a variety of fruits and vegetables every day. Fruits and vegetables provide the wide range of vitamins, minerals, fiber, and other nutrients your body uses to stay healthy and energetic. Oregon produces a wide variety of fruits and veggies so take advantage of where we live and eat local!

Buy Local Fruits and Vegetables

- Learn why it is best to buy local and find resources for buying local fruits and veggies at [Local Harvest](#).
- Healthy ways to prepare local veggies include eating them raw with low-fat dips or in salads; stir frying or sautéing with canola, olive, or sesame oil; steaming, and roasting with olive oil.
- If possible, it's always best to buy local and organic. Organic advantages include: Less pesticides in or on the food Farm workers are exposed to fewer pesticides It's better for the soil It's healthier for our water supply Less fossil fuels are used
- Introduce more fruits and vegetables to the children of your life by trying [Kid Friendly Local Fruits and Vegetables \(pdf\)](#).
- Eat more fruits and vegetables with or without a delicious dip with these [Workplace Friendly Local Fruits and Vegetables \(pdf\)](#).
- Prevent fruit flies from appearing by eliminating the sources. Ripe produce should be eaten or refrigerated. Keep your kitchen clean, eliminate fruit juice spills, and empty your kitchen garbage frequently. Keep fruit and veggies in covered containers.
- To eliminate fruit flies, construct a trap by placing a paper funnel (rolled from a sheet of paper) into a jar and then "bait" the funnel with a few ounces of cider vinegar. This trap will catch any remaining adult flies, which can then be killed or released outdoors.

Fit Physical Activity Into Your Day

- Invite a co-worker to walk to a [local farmers market](#), private gardens, or community garden in [Portland](#), Salem, or Eugene near your worksite. It's a good way to know what's in season and ready to pick/eat.
- Did you know gardening for 30 to 45 minutes burns about 150 calories? Visit [CDC's website](#) for more ways to burn calories as you enjoy the summer weather.
- [Pick-Your-Own Farms](#) are a great way to get some exercise while picking delicious Oregon fruits and veggies.

September: Breathe Easy: Tobacco Cessation and Asthma



To advocate for healthier air where you live, work and play, the Healthy Worksite Initiative is promoting *Breathe Easy*.

Following is a list of some quick and easy ideas and resources to help you improve indoor and outdoor air quality at work and at home, help you to quit smoking and stay quit, and help to create a healthy environment that is supportive to all of us.

Healthy Indoor and Outdoor Air

At Work:

- Minimize or eliminate the use of scented products. Ask your Wellness Committee about how to implement a scented products guideline.
- There are many types of flowers that can cause asthma and allergy problems. Not all people have problems with the same flowers. Before bringing flowers to the office, collect a list of flowers that cause asthma and allergy problems for people and ask others not to bring flowers that are on the list. Ask your Wellness Committee about how to implement a flower guideline.
- For tips on keeping your office air cleaner and asthma friendly, check out the Environmental Protection Agency's, [An Office Building Occupants Guide for Indoor Air Quality](#).

At Home:

- There are many things you can do at home to [reduce asthma triggers](#) and keep your indoor air healthy.
- Replace strong smelling cleaners with gentler, low odor cleaners. [Learn about what types of cleaners are safer to use \(pdf\)](#).

Other things you can do for cleaner air:

- If you smoke, quit. For assistance, call the Oregon Tobacco Quit Line at 1-800-QUIT-NOW (1-800-784-8669). The call and the coaching are free, friendly and confidential.
- For cleaner outdoor air, bike or walk to work.
- [Check the pollen count](#). For people with asthma, it is better to avoid working and exercising outside on days when the pollen count is high.
- Check the [Air Quality Index](#). On days when the air quality is poorer, it is important for people with asthma to limit the amount of time that they work or exercise outside. Those without asthma can help by avoiding activities that can create more smog. Get more information on [air quality and asthma and other lung conditions](#).
- [Air Pollution Advisories](#) is a call to action that the Department of Environmental Quality issues to encourage individuals and businesses to reduce activities that produce pollution during hot summer days or days in the winter when the air is stagnant.
- If you keep indoor plants, here are two tips for keeping your cube neighbors with asthma and allergies healthy:
 1. Don't over water your indoor plants. Mold grows in damp areas, including your common indoor plant. To check and see if your plant has enough water, touch the top of the soil, if it is still damp, it has enough water.
 2. Pesticides and other plant chemicals can trigger asthma attacks, and can cause headaches for people with chemical sensitivity. The best thing to do is avoid any use of pesticides and chemicals for indoor plants.

- Get more information about the harmful health affects of [mold](#) and [pesticides](#).

Taking Care of Asthma

If you or someone you know has asthma, it is important to see a doctor for regular check ups and when asthma symptoms get worse. A physician can create an individualized Asthma Action Plan that will help you or the person you know manage asthma. If any of the following happen, it is time to contact your doctor:

- Asthma attacks occurring more than once a week
- Waking up at night more than once a month from asthma
- Using a rescue inhaler two or more times a week
- Going to the Emergency Department or an urgent care clinic because of asthma
- Hospitalized because of asthma

Additional Resources

- Take the [Asthma Control Test](#) and share it with a physician to find out what more you or the person you know can do to manage asthma.
- For more information about asthma and how to manage it, check out the [Oregon Asthma Resource Bank](#).
- If you are living with a chronic condition like asthma, consider taking a [Living Well](#) class in your area. Classes are held at a variety of times and places throughout the state.
- For more information on programs and resources that are available to support people with asthma and other lung conditions, contact the [American Lung Association of Oregon](#).
- The flu is a big concern for people with asthma as the flu can make your asthma worse. For more information on where to find a flu shot clinic in your area, check out the [Flu Clinic Locator](#) or view the [Free Flu Vaccinations](#) at state agencies offered through PEBB.

Smoking and Secondhand Smoke

Secondhand smoke contains over 60 cancer-causing agents and many other toxins including formaldehyde, cyanide, carbon monoxide and arsenic. There is no known safe level of exposure to secondhand smoke.

Secondhand smoke is deadly. An estimated 800 Oregonians die every year as a result of exposure to secondhand smoke.

- If you smoke, quit. For assistance, call the Oregon Tobacco Quit Line at 1-800-QUIT-NOW (1-800-784-8669). The call and the coaching are free, friendly and confidential.
- All PEBB members are eligible for help to quit smoking from the Free & Clear[®] program. The highly effective Free & Clear[®] Quit For Life Program includes free nicotine replacement products, or patches, one-on-one coaching sessions with a Quit Coach, and a Quit Guide to help you through the process. Don't let tobacco rule your life any longer. Call 866-QUIT-4-LIFE (866-784-8454) or go to PEBB's [Free & Clear Web site](#) to find out how you can take control.

October: Healthy Places = Healthy Habits



The places where we work, live and enjoy leisure activities can help us achieve and maintain healthy habits such as getting more physical activity and eating more fruits and vegetables.

We can all do our part to help create healthy places. Here are some suggestions.

At Work

- Looking for more fruits and vegetables in the cafeteria? Mention your wishes to the cafeteria owner/manager.
- Start a new trend: Instead of bringing in leftover sweets from home to share with co-workers, bring in a fruit or vegetable treat.
- During your break or lunch, take a walk around your building, campus, or mall. Set a goal for yourself on how often you walk.
- Participate in an organized walk and complete a "Walkability Checklist" to give your feedback on how to make the designated route more "pedestrian friendly."
- Get involved with making food and beverage choices in your vending machines healthier.

At Home

- A refrigerator always stocked with lots of fruits and vegetables, placed in the front, supports healthy habits. They can also be a tasty side dish or added to other dishes like eggs, stews, pizza, and sandwiches.
- Always have proper raingear on hand. It will encourage you and your loved ones to take a walk in the rain. Kids will be motivated to walk or play outside if they have colorful boots, jackets, and umbrellas.
- Set a time everyday for a family run, walk or a bike ride. You may want to start with 5-15 minutes and work up to 30 minutes or more.
- Start a new rule that all housework, grass mowing (a riding lawnmower doesn't count!), and gardening will be done by someone in your household. They all count as physical activity!
- Start a new guideline at home about limiting screen time. Check out the [Turn Off Your TV](#) campaign for more information.

At Leisure Activities

- Plan leisure activities and vacations that involve physical activity.
- Make regular dates with friends to enjoy your favorite physical activity together.
- Count your steps and note the time it takes you to walk to the library, store, post office or bank. [Convert your steps into miles.](#)

November: Nutritious Food Choices at Work



On this page:

- [Benefits of Environments with Nutritious Food Choices](#)
- [State Employees Support Nutritious Food Choices](#)
- [Key Steps in Establishing Policies to Support Nutritious Foods](#)
- [Resources to Assist Workplaces](#)
- [Training Material](#)

Benefits of Environments with Nutritious Food Choices

Worksites that offer nutritious food choices help employees and clients by making the healthy choice an easy choice. Access to nutritious food reduces the risk of diabetes, heart disease, and other chronic conditions. Access to nutritious food also helps to create a healthier workforce by supporting people who are trying to eat better or follow a diet plan. Working toward policies that require nutritious food choices in worksites should be a high priority for worksite wellness coordinators and committees.

State Employees Support Nutritious Food Choices

From a survey of Oregon state agency employees in 2007:

- 72% of employees report that they do not eat five or more servings of fruits and vegetables every day.
- 80% of employees report that healthy foods are not offered from a cafeteria or vending machines.
- Among worksites not offering healthy food options, 79% of employees report that they would choose healthy foods if the worksite began to offer them.

People make food choices for many reasons, including cost, ease of preparation, taste and comfort. However, too often the worksite makes it very challenging for people who try to eat a healthful diet to make good choices. Policies that provide for healthful food choices will result in a healthier work environment for everyone.

Rather than trying to change the entire food environment at work, it makes sense to take it one area at a time, depending on the support in the worksite. Options for policy change include:

- Healthy meetings
- Healthy vending machines
- Healthy cafeteria choices
- Healthy office environments
- Farmers' market at work

Key Steps in Establishing Policies to Support Nutritious Foods

Key steps in establishing policies to support nutritious food choices in the workplace include:

- Gaining support from leadership; this is an essential step that may take some time
- Forming a workgroup to develop the policy language
- Establishing a timeline to introduce, adopt, communicate and implement the policy
- Providing management and staff trainings on systems, roles and responsibilities
- Communicating the why and how of the policy through worksite publications and/or community media
- Monitoring and supporting implementation

Resources to Assist Workplaces

A variety of resources are available to assist workplaces through this process. Recommended online resources with model policies, timelines, communication strategies and other implementation tips can be found at:

- Centers for Disease Control and Prevention (CDC): [Choosing Foods and Beverages for Healthy Meetings, Conferences and Events \(pdf\)](#)
- University of Minnesota School of Public Health: [Guidelines for Offering Healthy Foods at Meetings, Seminars and Catered Events \(pdf\)](#)
- American Cancer Society (ACS): [Meeting Well: A Tool for Planning Healthy Meetings and Events](#)
- State of California: [Worksite Program California Fit Business Kit!](#)
- Centers for Disease Control and Prevention (CDC): [Healthier Worksite Initiative](#)

Training Material

- [Nutrition Policy for StayWell \(ppt\)](#)

December: Healthy Holidays



Office parties, neighborhood gatherings, family celebrations - from Thanksgiving to New Year's Day - most Americans are surrounded by hard to resist food and find it difficult to be physically active. Parties and busy schedules can make it challenging to eat healthy and can lead to stress. Our cool, wet winters challenge us to overcome barriers in getting physical activity.

If these common holiday pitfalls seem all too familiar, why not make this holiday season a healthy one and take advantage of the healthy options at your worksite and in your community?

Just as there are lots of great holiday traditions, there are lots of ways to start new, healthy traditions with your family, at work, or just for yourself. What holiday tradition or activity could use a healthy change? Start something new and make it an annual occurrence.

Work

Stay physically active at work and eat the recommended 5 cups of fruits and vegetables every day. Take part in the opportunities that your worksite offers such as:

Physical Activity Opportunities

- Take advantage of your stairs during the winter months when you might not be able to get outside.
- Make it a daily habit to walk with a friend before work, during your break or at lunch.
- Use the fitness center discount offered by your health insurer. State employees can look at the details on the [PEBB website](#).

Healthy Eating Opportunities

- Volunteer to help with the office party; suggest healthy options for shared food. Encourage your employer to make healthy choices the norm when food is served at work.
- Get involved with the Governor's Food Drive by suggesting healthy options to sell as a way to raise money. Make this an annual event to support healthy choices for all employees.
- Start a healthy holiday recipe swap in your office. Set guidelines on what is considered healthy, for example recipes that feature fruits or vegetables, are low in fat, use low-fat dairy products, or contain a whole grain such as whole wheat or brown rice.
- When eating out, ask your server to put half of your entrée in a box before it's brought to the table. You'll have your lunch for the next day when you leave!
- Watch your portions. A big amount isn't going to taste better than a small amount. In fact, eating too much and not feeling good afterward defeats the purpose. Eat a small amount that tastes good and walk away feeling good, too.

Family

Keep physically active during the holidays and include your family members. Are you getting the recommended 30 minutes per day of physical activity? Here are some opportunities where your community is supporting your healthy habits:

Physical Activity Opportunities

Salem

- Read about physical activity opportunities and register for a class with the [City of Salem's Recreation department](#).
- Talk a walk or run at [Salem's Bush Park](#).

Eugene

- Mark your calendars to take a daily hike up Skinner's Butte. Access the Butte off Pearl Street, near downtown.
- Join a local pool and fitness center or enroll in a physical activity program through the [City of Eugene](#)

Portland

- Register for a physical activity program with the [City of Portland's Parks and Recreation Department](#)
- Take a hike or go mountain biking in Forest Park. For maps and more information visit the [Forest Park website](#).

Healthy Eating Suggestions

- Learn more about cranberries and make this Recipe of the Month with your family: [Cranberry Apple Crisp \(pdf\)](#).
- Make healthy eating a holiday habit. Decide with your family members what healthy foods to have available throughout the holiday season to encourage healthy choices.
- Do not serve soda at parties and family dinners. Instead serve low-fat milk, fresh squeezed orange juice or water.
- Check out the [Harvest of the Month](#) family newsletter for ideas to help your kids (and the whole family) eat healthy and get physical. Harvest of the Month is also available in Spanish (Espanol).

For You!

The holiday season can be stressful for all of us. Fortunately, the Employee Assistance Program offered by Cascade Centers is a free program for State of Oregon employees. Take advantage of the services they offer to relieve your stress around issues such as:

- Relationship problems
- Depression
- Legal and financial assistance
- Child and elder care
- Crisis counseling
- Alcohol or drug abuse

For more information, visit the PEBB-specific link on the [Cascade Centers website](#) or call Cascade toll free at 1-800-433-2320.