

# EMPLOYEE WELLNESS



Florida Department of Health in Broward County

March 2019

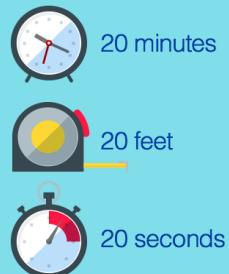
MARCH IS  
SAVE YOUR  
VISION MONTH



Eyes are an important part of your health.

Practice the  
**20/20/20 rule**  
to keep your  
eyes healthy.

MAYO CLINIC





With an ever-increasing number of consumers relying on technology and gadgets as part of their daily life, the number of those at risk for eye strain and its effects also continues to rise. Increasing use of smart phones, tablets, laptops and desktop PCs may expose the eyes to strain from long, uninterrupted focus on video screens. According to the American Optometric Association, some people may go beyond general computer eye strain and develop "Computer Vision Syndrome," a group of eye and vision-related problems that result from prolonged computer use. Symptoms include headaches, blurred vision, and even neck and shoulder pain. Eyestrain can be lessened or even prevented by making changes to the computer workspace and by visiting an eye doctor. Here are a few suggestions on how to make the workspace more comfortable:

- Place your screen 20 to 26 inches away from your eyes and a little bit below eye level.
- Use a document holder placed next to your computer screen. It should be close enough so you don't have to swing your head back and forth or constantly change your eye focus.
- Change your lighting to lower glare and harsh reflections. Glare filters over your computer screen can also help.
- If possible, choose screens that can tilt and swivel. An adjustable keyboard can also be helpful. Use an adjustable chair.
- Blink more often. Blinking is very important — it rewets your eyes to keep them moist, comfortable and clear. This greatly decreases the risk for dry eyes, blurred vision, eye irritation and fatigue.
- Exercise your eyes. To reduce your risk of focusing fatigue during computer use, look away from your screen or monitor every 20 minutes and gaze at a distant object across the room. Looking far away relaxes the focusing muscles inside your eyes, reducing focusing fatigue.

Source: American Academy of Ophthalmology

 Love Your Eyes



FLU SEASON  
It's Not Over Yet

**GET THE FLU SHOT  
BEFORE THE FLU GETS YOU**  
Flu shot available now

For employee Flu Shot  
call Joan Walker, RN at  
ext. 3063



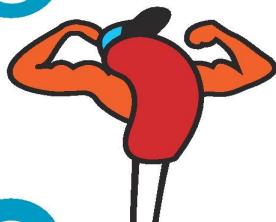
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# March is National Kidney Month

Get to know your hard working kidneys

## 6 WAYS KIDNEYS KEEP YOU HEALTHY



- Regulate fluid levels
- Activate Vitamin D for healthy bones
- Filter wastes from the blood
- Directs production of red blood cells
- Regulate blood pressure
- Keep blood minerals in balance

## 8 PROBLEMS KIDNEY DISEASE CAN CAUSE



Cardiovascular disease



Heart attack



Stroke



Anemia/ low red blood cell count



Nerve damage



Weak bones



High blood pressure



Kidney Failure

## 4 RISK FACTORS

Diabetes

High blood pressure

Age 60+

Family history

## 7 SYMPTOMS



Swelling:  
face, hands,  
abdomen,  
ankles,  
feet

Blood in  
urine  
Foamy  
urine

Puffy  
eyes

Difficult,  
painful  
urination

Increased  
thirst

Fatigue

## 2 TESTS YOU CAN TAKE (BLOOD AND URINE)



**Urine albumin-to-creatinine ratio** estimates the amount of a type of protein, albumin, that you excrete in your urine.

**Glomerular Filtration Rate (GFR)** tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



National  
Kidney  
Foundation®

Learn more at [kidney.org](http://kidney.org)

As of 2016, Kidney Disease ranks 9th in Florida leading causes of death.—CDC

African Americans, Hispanics, Pacific Islanders, American Indians and Seniors are at increased risk.  
— National Kidney Foundation

# 10 TIPS TO INCREASE WORKOUT MOTIVATION

1. Take before and after pictures
2. Start an exercise contest
3. Think about the benefits
4. Make friends at the gym
5. Load up a new playlist
6. Reward your efforts
7. Take it outdoors
8. Variety is key
9. Find a buddy
10. Make it fun



**T**  
**TONE & TIGHTEN**  
Real fitness for real people.

Please consult your healthcare provider before starting on any diet or exercise program.



The good news? If everyone age 50 and older got regular screenings, 6 out of 10 deaths from colorectal cancer could be prevented. Communities, health professionals, and families can work together to encourage people to get screened. Encourage families to get active together – physical activity may help reduce the risk of colorectal cancer. Talk to family, friends, and people in your community about the importance of getting screened for colorectal cancer starting at age 50.

Source: Colorectal Cancer Alliance

## Are you ready to train for a 5k?

Even if running a mile sounds intimidating, you can still successfully complete a 5K. Running and walking may even put you on the fast track to feeling better. The beauty of signing up for a fitness challenge like a 5K is that you need very little to get started and you can train on your own and go from your couch to the finish line in no time.



Once you hit the pavement, don't push yourself too hard. Start slowly, and don't burn yourself out. The key is to finish every workout feeling challenged, but not exhausted or in pain.

If you need a little help getting motivated, sign up for the 2nd Annual Healthy Broward Run and Walk on Saturday, April 6, 2019 at Delevoe Park in Fort Lauderdale. Visit [www.healthybrowardrun.org](http://www.healthybrowardrun.org) to register and get more info. This might be the push you need to ensure that your training runs happen, and that you don't back out of the race at the last minute!

Source: Everyday Health



Colorectal cancer is the third most common cancer in the United States and the second leading cause of death from cancers that affect both men and women. This disease takes the lives of more than 50,000 Americans every year. Colorectal cancer occurs in the colon or rectum and affects people in all racial and ethnic groups and is most common in people age 50 and older.

Colorectal cancer first develops with few, if any, symptoms. If symptoms are present, they may include: a change in bowel habits such as diarrhea, constipation, a change in the consistency of your stool or finding your stools are narrower than usual; persistent abdominal discomfort such as cramps, gas, or pain and/or feeling full, bloated or that your bowel does not empty completely; rectal bleeding (either bright red or very dark) in your stool; weakness or fatigue can also accompany losing weight for no known reason, nausea or vomiting. Colorectal cancer symptoms can also be associated with many other health conditions. Only a medical professional can determine the cause of your symptoms. Early signs of cancer often do not include pain. It is important not to wait before seeing a doctor. Early detection can save your life.

## TRUE or FALSE?

Colorectal cancer is the 2nd leading cancer killer.

TRUE    FALSE

Both men and women get colorectal cancer.

TRUE    FALSE

Colorectal cancer often starts with no symptoms.

TRUE    FALSE

Screening helps prevent colorectal cancer.

TRUE    FALSE

# Beat the Buffet Blues

Buffet and potluck-style gatherings are a convenient alternative to the traditional sit-down dinner. However, it's important to take extra care when hosting because foods often sit out for long periods of time while guests snack and socialize, putting them at risk of the buffet blues, otherwise known as food poisoning. Bacteria is everywhere and can pass easily from hands to food.

These tips will help keep potluck and buffet meals tasting good as well as safe for your guests to enjoy:

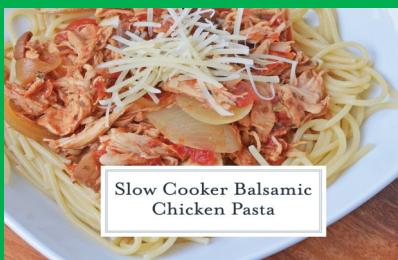
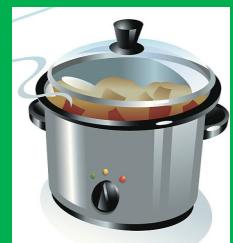
- **Keep it clean.** Wash your hands before and after handling food. Serve food on clean plates and replace serving plates with clean ones when replenishing items. Make sure the juices from raw meat, poultry and seafood don't come into contact with cooked and ready-to-eat foods, as this can result in cross-contamination.
- **Monitor temperatures.** Keep cold dishes cold and hot dishes hot. This also means reminding guests to safely transport their dishes to the party. Pack cold food items with ice in a well-insulated cooler or other container with cooling packs. For hot items, pack in a well-insulated container and place them in the warmest part of your car. When you arrive, make sure to reheat foods to a safe internal temperature of 165°F.
- **Use a food thermometer to check the doneness of cooked foods.** The only way to tell if a food is cooked to a safe level of doneness is by using a food thermometer. Make sure your food reaches a safe internal temperature before you serve it.
- **Follow the two-hour rule.** Food can grow harmful bacteria quickly when left out of the refrigerator for more than two hours. If the temperature is warm (above 90 degrees), then the time limit is just one hour. To help keep food out of the danger zone, set a kitchen timer as a reminder to place uneaten food back in the refrigerator and to refresh your buffet table with new favorites every one to two hours. Any food left out beyond that time frame should be discarded. If guests are bringing food, keep in mind that the clock starts ticking when they walk out their door to come over. Store foods in shallow containers to refrigerate or freeze them. This promotes rapid, even cooling.

Source: Sarah Klemm (2019), Academy of Nutrition Dietetics



## Slow Cooker Tips

Slow cookers such as crock pots, cook food while you do other things. Slow cooker recipes will specify the heat level (typically low or high) and how many hours to cook the food. Busy parents love the "set it and forget it" convenience that slow cookers bring! A slow cooker does all the work of cooking for you while you're at work or busy with the kids, minimizing time spent in the kitchen. Slow cookers aren't just for winter chilis, soups and stews. You can make appetizers, side dishes, fillings for sandwiches and tacos, and even desserts in a slow cooker. Unlike the oven or stove, a slow cooker gives off very little heat beyond the base, keeping your kitchen cool when it's hot outside. Eating more homemade meals, and less fast food, can ensure that your body is getting what it needs. - Academy of Nutrition Dietetics



# HEALTHY EATS

## Slow –Cooker Vietnamese Pulled Chicken

Busy week coming up? Cook up these easy poached chicken breasts infused with the flavors of the ubiquitous Vietnamese sauce nuoc cham in your slow cooker on Sunday. Then enjoy the leftover chicken three different ways over the days to come—ladled with the broth over rice noodles, layered with vegetables on a sandwich and mixed with mayo to make a creamy chicken salad.

### Ingredients

- 3 cups low-sodium chicken broth
- 3 shallots, very thinly sliced
- $\frac{1}{4}$  cup fish sauce (see Tips)
- 2 tablespoons packed light brown sugar
- 2-4 Thai chiles, very thinly sliced
- 1 teaspoon crushed red pepper
- 2 teaspoons lime zest
- 4 pounds skin-on, bone-in chicken breasts
- 2 cups julienned or grated carrots
- $\frac{1}{2}$  cup lime juice
- $\frac{1}{3}$  cup sliced fresh mint
- $\frac{1}{3}$  cup sliced fresh basil



### Preparation (30 min)

- Combine broth, shallots, fish sauce, brown sugar, chiles (or crushed red pepper) and lime zest in a 6-quart slow cooker. Nestle chicken meat-side down in the broth. Cook on high for 3 hours or low for 6 hours in crockpot.
- Remove the chicken to a clean cutting board. Discard the skin and shred the meat. Return the chicken to the slow cooker and stir in carrots, lime juice, mint and basil..

### Nutrition Information

Serving size: 1 cup

Per serving: 157 calories; 3 g fat(1 g sat); 1 g fiber; 8 g carbohydrates; 24 g protein; 13 mcg folate; 60 mg cholesterol; 4 g sugars; 2 g added sugars; 3,317 IU vitamin A; 6 mg vitamin C; 32 mg calcium; 1 mg iron; 482 mg sodium; 342 mg potassium

Nutrition Bonus: Vitamin A (66% daily value)

Carbohydrate Servings:  $\frac{1}{2}$

Exchanges: 3 lean meat,  $\frac{1}{2}$  vegetable

March is National Nutrition Month



Bell Pepper	Kale	Potatoes
Broccoli	Leeks	Radish
Brussels Sprouts	Lettuce	Scallions
Cabbage	Mandarins	Snap Pea
Cantaloupes	Melons	Squash
Carambola (star fruit)	Mushroom	Strawberry
Carrots	Onions	Sweet Corn
Cauliflower	Orange	Tangerine
Celery	Papaya	Tomatillos
Chilies	Peas	Tomatoes
Collard Greens	Peanut	Zucchini
Cucumbers	Pommelos	

Source: Eating Well

# Get a Good Night's Sleep!



## National Sleep Awareness Week is March 11-17.

If you're nodding off during meetings, yawning at your desk, or your thoughts are foggy throughout the day, it won't surprise you to hear that sleepiness can drastically affect your work performance. When you're drowsy, your brain is not as creative and won't process information as quickly or retain important facts as well. More than one fourth of workers said that daytime sleepiness interferes with their daily activities at least a few days each month.



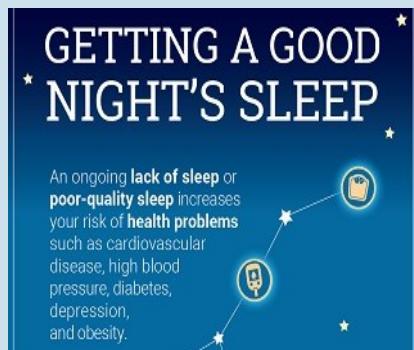
You may have heard about some tricks to help you fall asleep. You don't really have to count sheep. You could try counting slowly to 100. Some people find that playing mental games makes them sleepy. For example, tell yourself it is 5 minutes before you have to get up, and you're just trying to get a little bit more sleep.

Some people find that relaxing their bodies puts them to sleep. One way to do this is to imagine your toes are completely relaxed, then your feet, and then your ankles are completely relaxed. Work your way up the rest of your body, section by section. You may drift off to sleep before getting to the top of your head.

Use your bedroom only for sleeping. After turning off the light, give yourself about 20 minutes to fall asleep. If you're still awake and not drowsy, get out of bed. When you feel sleepy, go back to bed.

If you feel tired and unable to do your activities for more than 2 or 3 weeks, you may have a sleep problem. Talk with your doctor about changes you can make to get a better night's sleep.

Source: National Institute of Health and National Sleep Foundation



Aim for 7-9 hours of sleep each night.

HERE ARE SOME TIPS TO HELP:

- Go to bed and wake up at the same time every day, even on weekends.
- Avoid distractions such as cell phones, computers, and televisions in your bedroom.
- Exercise at regular times each day, but not within 3 hours of your bedtime.
- Find ways to relax before bedtime each night.
- Don't eat large meals, or drink caffeine or alcohol late in the day.
- Avoid long naps (over 30 minutes) in the late afternoon or evening.

Visit <https://www.nia.nih.gov/health/good-nights-sleep> for more information about getting a good night's sleep.

NIH National Institute on Aging

The information contained in this newsletter should not be construed as medical advice. Please see your health care provider.



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