

# EMPLOYEE WELLNESS

FL DOH Broward Employee Wellness Committee Newsletter

April 2014



## National Public Health Week

The week of April 7-13th is National Public Health Week. We can take time to recognize the contribution of public health and highlight issues that are important to improving our community. We are able to look at all of the wonderful things we do on a daily basis. The mission of the Florida Department of Health in Broward County is to protect, promote and improve the health of all people in Florida through integrated state, county, and community efforts.

On Thursday, February 20, 2014, at 2:00PM, Florida Department of Health in Broward County celebrated 125 Years of Public Health with opening ceremonies and a visual presentation of **“Retrospective: Broward County – Florida Health Starts Here.”**



Some of you might have taken the time to view our presentation board highlighting important aspects of public health. Michael Elwell, Human Services Director for Broward County, presented a proclamation to Dr. Thaqi on behalf of the Broward County Commissioners and proclaimed Thursday, February 20, 2014, as Public Health Appreciation Day in Broward County. Congratulations DOH-Broward on a job well done! A presentation board highlight's Public Health accomplishments in Broward County from 1936 to present day will be on display throughout the county during National Public Health Week.

In conjunction with National Public Health Week, it is important for us to acknowledge all of the great we do for Broward County. We would like to this opportunity and highlight the different departments and what they do: **Breast and Cervical Cancer Early Detection** – educates women in underserved areas about cancer and screenings. **Dating Matters** – teaches students and parents in selected middle schools about preventing teen dating violence. **Drowning Prevention** – informs the public about water safety, swimming and eliminating risks. **Emergency Preparedness** – trains health care providers and institutions to function well during emergencies. **Epidemiology** – alerts the community and local leaders about outbreaks of numerous types of communicable diseases and about prevention methods. **Family Planning** – counsels young adults about pregnancy, family nutrition and breastfeeding. **Health Promotion and Social Marketing** – speaks about nutrition, exercise and healthy living. **HIV/AIDS and Sexually Transmitted Diseases** – enlightens residents and community leaders about preventing the spread of diseases, including using mass-media campaigns. **Immunization** – encourages children, families and senior citizens to get vaccinated against many diseases. **KidCare Outreach** – instructs families and organizations about Florida's low-cost health insurance for children. **Perinatal HIV and STD Prevention** – educates women, physicians and medical professionals about protecting pregnant women and babies. **Public Information Office and Community Affairs** – informs the news media, writes news articles for local publications and speaks to community groups. **Refugee Health** – introduces immigrants to the local health system and ways to stay healthy. **School Health** – works with schools to address health problems facing students and youth. **Tobacco Prevention** – urges the community to establish tobacco-free workplaces, multi-family housing and restrictions on retail advertising display. **Tuberculosis, Hepatitis** – educates residents and patients about preventing and treating these diseases. **Women, Infants and Children (WIC)** – counsel's pregnant women and young families about nutrition, breastfeeding and social services.

We carry out our mission in pursuit of our vision, which is, **“to be the Healthiest State in the Nation”**. Thank you for all of your hard work and dedication to public health and Happy National Public Health Week! Submitted by: Kristin Halldorsdottir, Bob LaMendola



*“Pioneering spirit should continue, not to conquer the planet or space ... but rather to improve the quality of life.”*

— Bertrand Piccard



### In This Issue:

- National Public Health Week
- Earth Day
- Exercise at your desk
- Healthy Eats Recipe
- Vegetable of the month
- Back Page Story Person of Change



# Earth day! Submitted by Ellen Feiler

Earth Day, a tradition since 1970, celebrated on April 22 annually, asks all of us to think about and participate in environmentally friendly activities. The people who participate are making a commitment to the planet's future. What about you? I know in the stressful world we live in this is just one more "thing to think about"- but it sure is an important one. In the words of Kermit the Frog: "it's not easy being green". Or is it?



Many of your friends, family and neighbors are actively working to protect our environment in Broward County. Recycling has become a part of everyday life, whether at home or in the office. Being more aware of what we might casually toss into a body of water or using the beach as an ash tray are things to think about. The long lasting effect of what we do may permanently have an effect on the ecosystem.

Parents, teach your children well. Remember, they watch you and imitate your behavior. What are you doing to make the environment a better place?

There are a number of community groups, like the Smart Growth Partnership, who are working hard to have a positive effect on sustainability and the environment. Members are currently working with cities to change municipal codes to help cities to be healthier places to live, work and play.

Here are some major trends that you will see in 2014:

- "Green" buildings/diverse housing mixes/neighborhoods
- Growing focus on energy efficiency
- Healthy building products

Awareness of global climate change and the importance of our fresh water supply, both nationally and globally is coming to view every day in the news. We must all do our share: save water every way you can, recycle to minimize waste and reuse natural resources, disposal of pollutants (look up the how, what and where). Be kind to our planet. Read. Get informed. There are so many ways to get involved. Join your city's planning and zoning board. As Kermit finds out; It really isn't too hard being green.

## The 12 week challenge.



The 12 week challenge has come to an end. Some of us are on a roll and will continue our mission until we reach our goal. The pounds are falling off; little by little anyway! That's a lifestyle change! Remember it took awhile for the weight to add on, it will take awhile for it to come off. Don't be too hard on yourself. Just keep going!

We've had an average of 20 people join us for yoga every week. For some, this has been their first time trying yoga and they've been back for more! Some people are making healthier food choices, like cutting down on carbs and sugars. Some have changed from drinking sweet drinks to water. Some are walking in the evening.

Whatever your change is, however large or small it is all towards a healthier you!

**Congratulations!!**

Thank you **Govinda** for providing us with a fabulous yoga session. We loved it!

On April 14th Janelle Taveras will begin an eight week session of low impact **Zumba!** The classes will be every Monday until - Jun 2nd. See you in the large auditorium Admin Bldg 12.15-12.45!



**A positive lifestyle change is another step in making Florida the Healthiest State in the Nation.**

## Exercise at your desk

using water bottles.

Who needs weights? A full water bottle makes an excellent substitute for a dumbbell. If anyone interrupts, you can simply take a drink. Begin with bicep curls to tone and strengthen your arms.



- Sit tall with abs pulled in.
- Hold water bottle in right hand and curl it up towards your shoulder.
- Repeat 15 times.
- Change arms.

You can also use your water bottle to do front arm raises and overhead presses.

- Hold water bottle in right hand.
- Bend elbow.
- Extend arm overhead.
- Repeat other side.

Water bottle twists are a great way to work your waistline.

- Hold the bottle at chest level.
- Twist to the right as far as you can.
- Twist back to center.
- Twist to the left.
- Repeat 10 times.

# HEALTHY EATS!

## Ingredients:

- 4 Red Peppers
- 7oz Feta Cheese, cut into 1cm cubes.
- 8 heaped teaspoons Pesto
- 16 Cherry Tomatoes, halved



## Roasted Red Peppers

### Directions:

Halve the peppers, cutting right through the stems too if you can. Trim the insides. Put the peppers in a shallow casserole dish. Divide the feta between the peppers, then spoon over the pesto. Finally top with tomatoes, skin side up.

Bake at 400F for 30 minutes or until the tops are charring and the insides are full of juice.

### The inside scoop on Bell Peppers!

Bell peppers are a delicious vegetable that can be enjoyed either raw or cooked. When served raw, bell peppers have a crisp texture that lends itself to salads and makes a perfect complement to dips. When bell peppers are cooked they take on a smoky, sweetness that enhances many dishes. Bell peppers come in a variety of colors including green, yellow, orange, red and black. Green bell peppers are somewhat bitter in flavor while red and orange peppers tend to be much sweeter.

5oz of bell pepper has: 46 calories, 9g carbs, 6g sugars and 3 g fiber. Vitamin A 93%, vit C 317% of daily value based on 2000 cal diet.

### *What's in season for the month of April?*

Bell Pepper, Blueberry, Cabbage, Cantaloupe, Carrot, Cauliflower, Celery, Cucumber, Eggplant, Grapefruit, Guava, Lettuce, Mushroom, Orange, Papaya, Peanut, Radish, Snap Bean, Spinach, Squash, Strawberry, Sweet Corn, Potato, Tangerine, Tomato, Watermelon.

# A Family Affair

by Solia Matthews



Being the youngest of three siblings, I always looked up to my older brother and sister. My brother has always had a huge influence on my life as far back as I can remember. As children he was always successful in talking me into doing his chore, making him sandwiches and even looking for the remote that he would always lose. Today things are still the same! About a month and a half ago on a Sunday evening I received a call from him stating he was starting a boot camp and he expected me to be at his house the following day at 7pm. Even though it was short notice, I showed up. From that day on my brother, his wife, their two kids (11 and 2), my niece (18), my husband and I made a commitment to get fit.

We work out together for an hour three times a week. Sometimes we take turns leading the boot camp, so we can all participate and stay motivated. In addition to the boot camp I also walk with the walking club on my lunch break when I get a chance and I changed my diet. This is the biggest challenge for me. I started eliminating things slowly, from my usual eating habits. If I ordered a burger, instead of fries I got a salad. I backed off of the fried foods and started ordering grilled chicken, and fish. For my snacks I started eating nuts and baked potato chips. When my husband and I dine out we started sharing meals, which allowed me to eat smaller portions. When I eat out on my own, I usually order off the kids menu, or order small dishes.

Before I started working out, I was always tired, I had tremendous pain in my right knee, and avoided shopping because I was unhappy with the way clothes were fitting me. Shortly after making these lifestyle changes, I noticed a change in myself. I was very energetic, my knee pain improved, and with the inches and weight that I was losing my clothes started fitting better. Change is not always easy, and I do get cravings so I allow myself to have a cheat day. Even though I have this cheat day, I don't overdo it. I am still conscious of what I eat, so when I get that craving for French fries, I try to order sweet potato fries which is a little bit better than regular fries.

I am thankful that my brother decided to start this boot camp. It was the start of a new beginning for us. Usually when we get together we sit around, watch television and eat junk food. Now we make time to exercise, the kids are involved and we have lots of fun doing it. Plus, every time I do an extra 10 jumping jacks or leg lifts while watching him out of breath I get my revenge for all those chores I did for him as kids!

**Congratulations Solia and family!**  
**Keep up the good work!**

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

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DOH-Broward Employee Wellness

## WALKING CLUB

*Please join us every*

*Monday, Wednesday and Thursday at 12:30pm*

*in front of the Administration Bldg.*

