



## Prevent Cervical Cancer with the Right Test at the Right Time

Did you know that the most effective way to prevent cervical cancer is by having a routine Pap test (Papanicolaou test)? Detecting cervical cancer early gives you a greater chance at a cure. The Pap test can also detect pre-cancer cells that suggest a cancer may develop in the future. Most cervical cancers are due to the presence of an HPV virus. New guidelines have developed which can involve Co-testing. Co-testing comprises of receiving both a routine Pap test and a HPV test for women between the ages of 30 to 64. Follow up treatment which is determined by your physician, is based on the results of both test (Pap and HPV).

There are several strains of HPV which are classified as either being low risk for cervical cancer or high risk. New guidelines are focused on finding cervical cancers early (precancerous or cancerous cells) as it improves patient outcome. Broward County has a higher rate of cervical cancer then that of the entire state of Florida. The Florida Department of Health in Broward County is committed to decreasing that rate.

January is Cervical Cancer Awareness Month and the goal is to *Prevent Cervical Cancer with the Right Test at the Right Time*. If you or anyone you may know should need more information call ext. 4018 or if you would like to have a free Pap test / Co-testing (for women 50-64 years of age, without health insurance and meet income guidelines) please call: The Florida Breast and Cervical Early Detection Program at (954)762-3649. Kerline Desmaret, MPHc and Trivel McKire, MPH



**“Cheers to a New Year and another chance for us to get it right”.**

**Oprah Winfrey**

### WISHING YOU

BEAUTIFUL MOMENTS, TREASURED MEMORIES,  
AND ALL THE BLESSINGS A HEART CAN KNOW.

*Happy  
New  
Year*

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### January is National Birth Defect Awareness Month:

## Preconception Health - Before You Become Pregnant

If you are thinking about becoming pregnant it is important to make healthy choices now. Did you know that your baby is starting to grow and form before you know that you are pregnant?

Your baby's brain and spinal cord begin to grow right from the start, in the first few weeks of pregnancy. The best way to ensure a healthy brain and spinal cord is to get enough folic acid every day. Even if you are not thinking about having a baby soon, you should still take a vitamin with folic acid every day for protection! You should take at least 0.4 milligrams or (400 micrograms) of folic acid daily. Folic acid is found in your prenatal vitamin and in most multi-vitamins. You can also get folic acid from the foods you eat such as dry cereals, grains, orange juice, and dark green leafy vegetables. It is good to eat these foods and take your vitamin/folic acid daily to be sure you get enough.

For more information: [www.cdc.gov/preconception/planning.html](http://www.cdc.gov/preconception/planning.html)  
[www.marchofdimes.com/pregnancy/folicacid.html](http://www.marchofdimes.com/pregnancy/folicacid.html)





# Twelve week challenge to a healthier you.



The Employee Wellness Committee would like to wish you all a very Happy and Healthy New Year. Many of us make New Year resolutions that include some kind of lifestyle change: walk more, eat less, stop smoking, etc. The Florida Department of Health's Vision is to be the Healthiest State in the Nation, with that in mind the Employee Wellness program would like to support that effort by offering materials and information for the road to wellness. Please consult your healthcare provider before starting on any diet or exercise program.

Most everyone has a little lifestyle change that they would like to make to improve their own health and wellness. It could be to get more sleep, exercise more, or lose a few pounds. We can't tell you when to go to bed but we are able to support you in exercising if you join the Lunch Walks. We are also offering a weight loss challenge from January 6th until March 31<sup>st</sup>. We are not offering a magic solution to each and everyone's challenge, but we will offer a nudge. A little support or help with accountability. Bring your lunch, ask for advice or offer advice with a challenge of a healthier you. Let us know what changes you've made to improve your health.

To help you, we will have a weigh in log posted in the employee ladies and men's room with **numbers only** (in stead of names) to protect each participant's identity. Select your number for the twelve weeks and only document your weight loss or gain (+/- 1or 2 lbs). Your challenge is to face the scale every Monday and document your own progress. Be honest with yourself and you might just lose **12 pounds in 12 weeks!** You feel a difference after five pounds, so what do you have to lose? At the end of the 12 weeks we can see how much collectively we at DOH-Broward have lost.

You can find additional information on diet and nutrition on: [www.choosemyplate.gov](http://www.choosemyplate.gov), [www.cdc.gov/workathealth/](http://www.cdc.gov/workathealth/) and [www.healthiestweightflorida.com](http://www.healthiestweightflorida.com) or contact any of Employee Wellness members by email and we will do our best to help.

For Smartphone's you can browse the [Health & Fitness](#) apps to find one that is compatible with your needs! These are some apps we like: [Fooducate](#), [Calorie Counter \(My fitness pal\)](#), [Lose it!](#)

- Tips:**
- Daily log: write everything down**
- Portions: look up what a single portion is on everything**
- Increase: fruits and veggies**
- Decrease: fat, carbs, sugar and salt (processed food)**
- Increase exercise: walk, take the stairs, move!**
- Drink your water**
- Take a daily vitamin**

Some wellness center offer DOH employees a discounted rate, Broward Health, You Fit and Holy Cross. Possible more just ask around, it's the perfect time.



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

## EXERCISES YOU CAN DO AT YOUR DESK

### PUMP & RUN Pump both arms



over your head for 30 seconds like you're "raising the roof." Then, quickly tap your feet on the floor, as if running through tires, for 30 seconds. Repeat this process for four to six minutes. Some of these activities might make you feel a little silly at first but you will notice the benefits (increased energy, attention and comfort) quickly and, most importantly, it can keep your muscles from tensing up in case of an accident.

# HEALTHY EATS!



Ratings (6507)

**1** *PointsPlus Value*

**Prep time:** 35 min

**Cook time:** 13 min

**Serves:** 12

## Ingredients

2 cloves (med) garlic minced

2 medium uncooked carrots, diced

2 small uncooked zucchini, diced

2 cups shredded uncooked Savoy cabbage, or other variety, shredded

2 cups uncooked Swiss chard, chopped

2 cups uncooked cauliflower, small florets

2 cups uncooked broccoli, small florets

1 medium uncooked onions, diced

1 medium sweet red pepper, diced

1 rib uncooked celery, diced

2 tsp fresh thyme, chopped

6 cups reduced sodium vegetable or chicken broth

2 Tbsp fresh parsley, basil, or chives, chopped

1/2 tsp table salt, or to taste

1/4 tsp black pepper, or to taste

2 Tbsp fresh lemon juice, optional

\* Parmesan cheese optional



## Weight Watcher's: Fresh Vegetable Soup

### Instructions:

Put garlic, vegetables, thyme and broth into a large soup pot. Cover and bring to a boil over high heat; reduce heat to low and simmer, partly covered, about 10 minutes.

Stir in parsley, basil or chives; season to taste with salt, pepper and lemon juice if desired. Sprinkle a tablespoon of parmesan cheese to your serving for added flavoring (additional 22 calories).

**Yields about 1 cup per serving.**

### Note:

If you like thick soups, consider pureeing this recipe in the pot with an immersion blender. There are so many variations on this recipe. **Add or leave out vegetables to suit your taste.** Just avoid starchy vegetables like corn, potatoes and beans. Save time by using frozen vegetables instead of fresh ones (though the texture of the soup might change a bit).

# Debby Hopps

## is our person of change

Do you ever feel like your snack-stash is guiding your daily menu? Although I have all sorts of good intentions, there have been times when the goodies won the battle with my willpower. Eating right may sometimes feel like a challenge for many of us, but here are some of the things that help me:

- I really LIKE vegetables, salad, fruit, so why not keep them high on my food list!
- I feel better when I eat fewer sweets, so why fight what works?
- The Weight of the Nation series was filled with challenges and good ideas and has motivated me to be more conscientious about what I eat. It reminds me that what I eat affects much more than just my weight.
- Eating slowly helps me cut back, when I remember to slow down.

Daily exercise is another challenge, but it makes such a difference in controlling my appetite and waist-size. No, I don't work out in a gym nightly or walk 5 miles before breakfast, but I try to walk 30 minutes many days, I like taking the stairs when I can, and a Saturday morning of housework counts double!

When I was asked to write something about my "healthy" life-style, it was a bit humbling, because my goals and my actions are not always in sync. But I'm probably older than most of my co-workers, and staying healthy is what keeps me going. If we can encourage each other to make healthy choices, and celebrate the small successes, we'll all be winners.—*Deborah (Debby) Hopps.*

Next time you see Debby Hopps congratulate her on being an inspiration for us all.

**Congratulations Debby  
and keep up the good work!**



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

### Contact Us:

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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.**

