



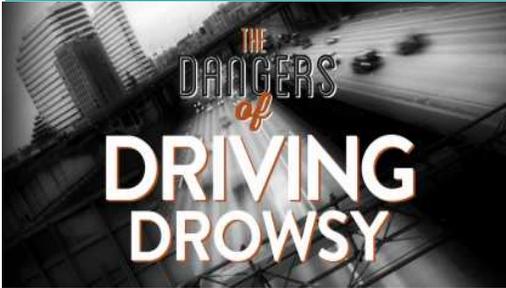
Employee WELLNESS



Healthiest Weight

Florida Department of Health in Broward County

November, 2014



DRIVING DROWSY PREVENTION



Happy Thanksgiving!

This holiday season, let's make sure to drive safely. Most people are mindful of the dangers of drinking and driving but are less cognizant of the fact that drowsy driving can be just as fatal. Similar to the effects of alcohol, sleepiness slows reaction time, decreases awareness, impairs judgment and increases the risk of crashing.



Since sleep is a requirement for everybody, we are all at risk to succumbing to fatigue and drowsy driving. The risk of having a crash secondary to drowsy driving is not uniformly distributed throughout the population. For some, crashes tend to occur at times when sleepiness is most pronounced, such as during the night and mid-afternoon. For others, such as those who have an untreated sleep disorder or obscure lifestyle factors are more likely to have crashes related to excessive daytime sleepiness.

"Good health is not something we can buy. However, it can be an extremely valuable savings account"

Before you drive, consider whether you are:

[Anne Wilson Schaefer](#)

- Sleep-deprived or fatigued (6 hours of sleep or less triples your risk)
- Suffering from sleep loss (insomnia), poor quality sleep, or a sleep debt
- Driving long distances without proper rest breaks
- Taking sedating medications (antidepressants, cold tablets, antihistamines)
- Working long hours
- Drinking even small amounts of alcohol
- Driving alone or on a long, rural dark, or boring road

If you experience any of these warning signs, pull over to rest or change drivers. Simply turning up the radio or opening the window are not effective ways to keep you alert.

- Yawning or blinking frequently
- Difficulty remembering the past few miles driven
- Missing your exit
- Drifting from your lane
- Hitting a rumble strip (cdc.gov/features/dsdrowsydriving)mp



In this Issue:

- Drowsy Driving Prevention
- Diabetes Awareness
- Stretches You Can Do At Your Desk
- Healthy Eats
- What's In Season
- Back Page Story Person of Change

Wishing you and your families a Happy Thanksgiving!

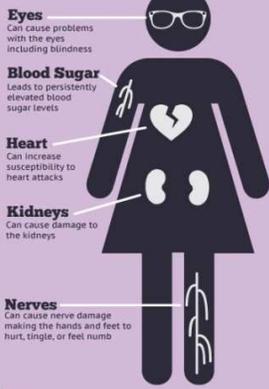
Did you know? The traditional cornucopia was a curved goat's horn filled to the brim with fruits and grains. According to Greek legend, Amalthea (a goat) broke one of her horns and offered it to the Greek God Zeus as a sign of reverence. As a sign of gratitude, Zeus later set the goat's image in the sky also known as constellation Capricorn. Cornucopia is the most common symbol of a harvest festival. A Horn shaped container, it is filled with abundance of the Earth's harvest. It is also known as the 'horn of plenty'. kh



Beating Diabetes

Diabetes Awareness

Affects of Diabetes



How To Avoid Diabetes

There are precautions you can take to avoid getting diabetes.

Exercise

Exercise helps keep a healthy blood sugar level, maintain a healthy weight, manage stress, and improve sleep.



Eat Healthy

Eat a balanced diet low in saturated fats and sugars in order to maintain a healthy weight and blood sugar level.



Manage Weight

Make sure you are at a healthy weight for your body type and take special notice to any weight you gain around your midsection.



How to Manage Your Diabetes



Don't Skip Medication

Follow your doctor's recommendations and do not skip a dosage, even if you feel fine.



Don't Stress

Stress can complicate diabetes so speak to someone if you ever need support.



Don't Smoke

In addition to its many other dangers, smoking can harm your circulatory system.



Keep Teeth Healthy

Higher blood sugar levels lead to an increased risk of both decay and gum disease.



Check Blood Glucose

Keep track of your blood sugar levels to stay in control of your diabetes.



Check Your Feet

Check your feet daily for cuts, sores, and swelling and call your doctor if they don't go away.

Sources

<http://www.ftosugar.com/Top-Five-Ways-Prevent-Diabetes-2392200>
<http://healthnews.ednets.com/health-topics/diabetes/top-3-ways-to-prevent-diabetes.html>
<http://eicrowns.go.com/HealthyDiabetesResource/12-ways-avoid-diabetes.stm>
<http://www.ndep.nih.gov/publications/PublicationDetail.aspx?PubId=4&redirect=true>
 Obesity designed by Ana Felix from The Hean Project



Did you know? In Broward county alone 65% of adults are overweight or obese. How can that number be so high? So, we are a little soft in the middle. The difficulty is when we have a family history and or have been diagnosed with Diabetes. You can't have "a little sugar", it doesn't work that way.

We all know that diabetes is a chronic illness that can be controlled with great discipline. Most of us are not that disciplined and you think a little of this a little of that doesn't matter. My number isn't too bad today, I'll do better tomorrow. Long-term complications of Diabetes develop gradually, the longer you have diabetes and the less controlled your blood sugar is the higher the risk of complications. Eventually Diabetes complications may be disabling or even life-threatening. So the lack of discipline today will take a toll on your health later on in life. **Did you know :**

- That people with Diabetes are nearly twice as likely to be hospitalized for a heart attack or stroke.
- Diabetes causes nearly 50% of all cases of kidney failure.
- More than half of all amputations in adults occur in people with Diabetes.
- More than a million American adults have advanced Diabetic retinopathy, greatly increasing their risk for severe vision loss.
- About 60-70% of people with Diabetes have mild to severe forms of nerve damage that could result in pain in the feet or hands, slowed digestion, sexual dysfunction and other nerve problems. kh

Stretches you can do at your desk.



Shoulder Shrug:

Raise the top of your shoulders toward your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3-5 seconds, then relax your shoulders downward into their normal position. Do this 2-3 times.

Use this at the first signs of tightness or tension in the shoulder and neck area.



Who is your buddy?

Isn't everything more fun with a friend? Wellness buddies can help you implement a healthier lifestyle, become more active and encourage you to stick to your routine.

Research shows that people may be more successful at losing weight through physical activity when they have buddies or support partners. So find someone you enjoy spending time with who has similar goals - a friend, family

member, colleague or neighbor and invite them to partner with you. Determine the activities, that work for both of you. Then get moving together! Share ideas. Motivate each other. If you stumble during your journey toward achieving your goals (and you might), don't fret. Pick each other up. Celebrate success!

(A year of living well, Alliance of a Healthier Generation). kh

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



Healthy Eats!

Ingredients:

- 4 skinless/boneless, chicken breast halves, cut into 1" pieces
- Pinch of Salt
- Ground black Pepper
- Cooking spray
- 2 cloves of garlic cut into small pieces
- 1 can (15 oz) diced tomatoes, drained
- 1 bag (5 ounces) baby spinach
- 2 cups sliced mushrooms
- ¼ cup parmesan cheese, grated



Chicken and Mushrooms

Directions:

1. Season the chicken with salt and pepper to taste.
2. Coat a large nonstick skillet with cooking spray, and place it over medium heat. When it's hot, add the chicken and cook for 5 to 10 minutes, or until it's no longer pink and the juices run clear.
3. Remove the chicken to a plate, covering to keep it warm. Add the garlic to the pan. Cook for 2 to 3 minutes, or until the garlic is fragrant. Add the tomatoes, spinach, and mushrooms. Cook for about 3 minutes, or until the liquid is reduced by half. Put the chicken back in the pan and stir. Adjust the seasoning, if necessary. Sprinkle with the cheese just before serving.



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There are few things better or better for you than a home cooked meal. You end up spending less money and consuming more nutritious food. It doesn't have to be fancy. Home made soup and crunchy bread. Yum! Shop the perimeter of the grocery store that's where all the fresh products are. Frozen vegetables are better than canned as they usually don't contain added salt. Processed food contains higher amounts of fat, salt, calories and preservatives. *kh*



What's in season for November?

Mushroom, avocado, cucumber, bell pepper, tomato, squash, sweet corn, radish, eggplant, snap bean, guava, grapefruit, orange, passion fruit, tangerine and peanuts



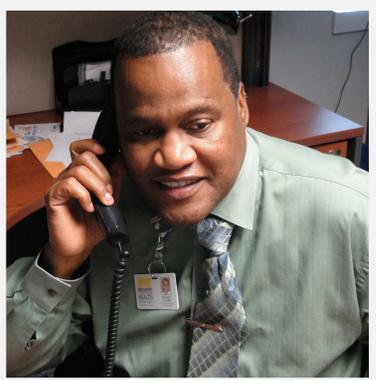
Let's support our local agriculture.

Just add the mushrooms!!

Mushrooms are delicious fungi food that can be enjoyed either raw or cooked. When served raw, mushrooms have a crisp texture that lends itself to salads and makes a perfect compliment to dips. When mushrooms are cooked they take on a smoother texture and sweetness that enhances many dishes. Mushrooms come in a variety of colors, shapes, and sizes and offer a long list of health benefits. Although mushrooms may not be a number one menu favorite you may think twice about pushing them aside during your next encounter.

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Our person of change: Nicky Lewin



In 1990, I was diagnosed with Type 2 Diabetes. A lack of knowledge on the management of this condition led me to believe that this was a death sentence. This thought was further reinforced by the fact that I had seen other family members who either died or suffered major complications related to this condition.

It was not until I suffered a stroke on one unforgettable Thursday morning in May of 2000 that I came to the realization that I did not have to contribute to my own demise by a failure to take control of my own health. Thus, after been bedridden for more than six months and thankful for another lease on life, I started the process of managing my diabetes.

Change is a process, and as such, managing my condition required commitment, discipline and accountability. I must admit that managing this disease has not been easy, but the reality is that this is all about making a choice whether to suffer slowly and painfully from the complications related to this condition or to fight back and improve my health by managing this condition on a daily basis.

In so doing, I have had to make some life changing decisions, which included, but were not limited to losing weight, exercising and making healthier choices when it comes to meals and snacks. A daily commitment to these lifestyle changes along with support from friends and family have proven to be a difference for me in managing Type 2 Diabetes.

This year alone I have lost almost 25 lbs., and have seen by blood pressure stabilized at 120/80. My doctor is still amazed with my low cholesterol levels. In addition, my A1C count has steadily gotten lower each time I visit my doctor. The goal is to get this level below 6. A1C count is the average blood sugar level taken over a three-month period.

Witnessing a gradual decline in my A1C level has been the most important accomplishment to date for me. I feel much better in that I not only feel good about managing my condition, but also I am doing my best to enjoy a healthy lifestyle with friends and families who wish the same for me.

In closing, for those who are living with Type 2 Diabetes like me, the important thing is that it is not a death sentence, but can easily become one if you choose not to take control of your own health by managing this condition. Take advantage of the many resources that are available. I encourage you to take the first step by calling your primary care doctor today and learning more about how to manage type 2 diabetes. nl

Nicky, thank you for sharing your story.

You are a true inspiration to us all.

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

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FDOH-Broward Employee Wellness

**The Walking Club is at noon in front of
the Administration Building every Monday,
Wednesday and Thursday. Mark your calendars!**

