



Employee WELLNESS



Florida Department of Health in Broward County

March, 2016

Protect your Eye Health

Your eyes are a very important part of a person's health. Approximately 14 million individuals age 12 and older have vision impairment. There are many things you can do to protect your eyes. Follow the tips below which will help keep your eyes healthy as you age.

• Have a comprehensive dilated eye exam. As you age you might not notice or think your eyes are changing or you have a problem. The only way to be sure is to have your eye care professional due a comprehensive dilated eye exam.

• Know your family's eye health history. It is important to talk to your family about their eye health since many eye diseases or conditions are hereditary.



• Eat right to protect your sight. Eating a diet rich in fruits and vegetables is very good for eye health particularly dark leafy greens such as spinach, kale and collard greens. Also, research has found eating fish high in omega 3- fatty acids such as Tuna, Salmon, and Halibut can benefit your eye health.

• Maintain a healthy weight. If you are overweight or obese it can increase your risk of developing diabetes and other conditions, which can lead to vision loss, such as diabetic eye disease or glaucoma.

• Wear protective eyewear. Wear protective eyewear when playing sports or doing activities around the home. When protective eyewear is required as a part of your job, make a habit of wearing the appropriate type at all time. Protective eyewear includes safety glasses, shields and goggles. Quit smoking or never start. Smoking is very bad for your eyes it may leads to an increased risk of developing age-related macular degeneration, cataract, and optic nerve damage, all of which can cause blindness.

• Be cool and wear your shades. When you are outside make sure you always wear your sunglasses. The sun's UVA and UVB rays are very damaging to your eyes. When buying sunglasses make they have UVA and UVB protection.

• If your days are spent in front of the computer sometimes you forget to blink and your eyes get fatigued. Remember 20-20-20. Every 20 minutes, look away about 20 feet in front of you for 20 seconds. This short exercise can help reduce eyestrain.

• Clean your hands and your contact lenses—properly. Make sure before you touch your eyes, especially when putting in or taking out your contacts, you always wash your hands thoroughly to avoid the risk of infection.

Heidi Vaniman

March is National Save Your Vision Awareness Month



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Hidden Sugars in your diet

Is it possible that the sugar rather than the fat in our diets contribute to the obesity epidemic? We turn to sugar for celebrations or for comfort and reward. However we may not even realize that we are eating sugar through every day, processed foods, from cereals and bread to pasta sauce, soups and salad dressings.

Sugar is a carbohydrate, found naturally in many different foods from lactose in milk to fructose in fruit and honey. We need some sugar in our diet to provide our bodies with ready energy. Many processed foods have added sugar which supplies energy in the form of excessive calories. A high sugar intake may lead to weight problems, diabetes and heart disease. The American Heart Association and the

World Health Organization suggest limiting sugar to five-six teaspoons per day for women and seven-eight teaspoons per day for men.

Reading labels can help in finding hidden sugars in the food you eat. Check the carbs as sugars on the nutrition label. This includes both natural and added sugars; less than 5 grams per 100 grams is low, more than 15 grams per 100 grams is high.

Here are some foods that often have hidden sugar:

Pasta sauce is one of those foods that taste savory and not sweet but many pasta sauces have between 6 and 12 grams of sugar per half cup serving. That's the same amount you'd get from a chocolate chip cookie.

Granola bars often are made with corn syrup, brown sugar, dextrose and fructose. Some have yogurt or chocolate coating, or chocolate chips which can add from 8 to 12 grams of sugar per serving.

Yogurt is a good source of calcium and protein; however low-fat flavored yogurt can have 17 to 33 grams of sugar in an 8 ounce serving. Reading the labels on the container can help you find ones that are lower in sugar. An alternative is to use plain yogurt and add fresh fruit.

A bowl of Oatmeal is rich in fiber and a great way to start your day. Avoid the fruit-flavored instant ones that could have between 10 and 15 grams of sugar per packet. A better choice would be to add fresh fruit to plain instant oatmeal.

Salad dressings can also be a source of hidden sugar. Sweet dressings, such as raspberry vinaigrette, French and Catalina, contain 5 to 7 grams of sugar in a 2 tablespoon serving. A lower sugar choice is vinegar and oil which contains only 1 gram of sugar in the same amount of dressing.

Kid's cereals are not the only ones high in sugar. Many oat, corn, and bran cereals have 10-20 grams or more per cup. Statements on the front of the box can be misleading. Always read the ingredient label to check the carbohydrate/sugar content.

Canned/package fruit in light syrup have 39 grams of sugar per one cup serving. The sugar can be decreased to 15 grams by draining the fruit or just have fresh fruit.

Coleslaw is not a healthy side dish choice when you consider the 15 grams of sugar found in one serving of coleslaw. A better choice would be a side salad with oil and vinegar dressing.

Many ice teas contain more sugar than juice. The leading brands of lemon-flavored iced tea all have about 32 grams of sugar per bottle. A cup of apple juice has 24 grams. An alternative would be to brew your own tea.

Did you know that a small **box of raisins** has 25 grams of sugar? Skip the dried fruit and stick with fresh, you can eat a cup of grapes for 15 grams of sugar.

In conclusion, if you want to avoid hidden sugar in your foods read labels and avoid processed foods.

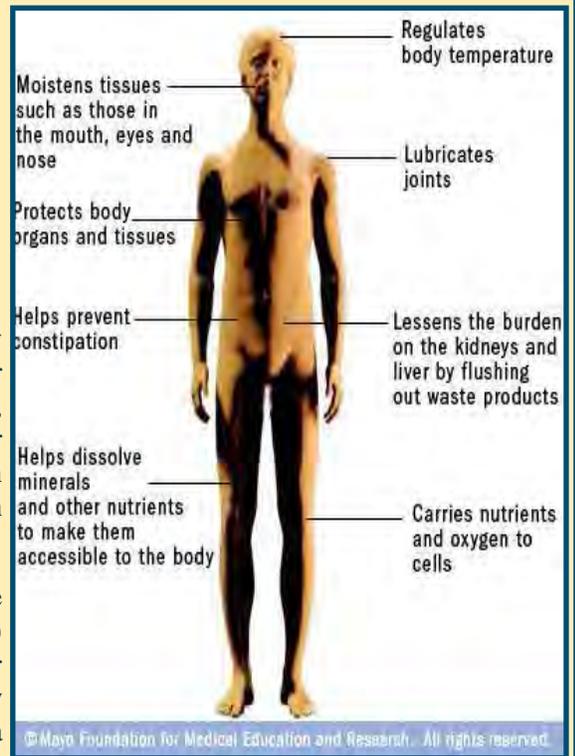
Rebecca Hacker



The importance of WATER

Water is your body's principal chemical component and makes up about sixty percent of your body weight. Every system in your body depends on water. For example, water flushes toxins out of vital organs, carries nutrients to your cells, and provides a moist environment for ear, nose and throat tissues. Lack of water can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. Even mild dehydration can drain your energy and make you tired.

So how much fluid does the average, healthy adult living in a temperate climate need? The Institute of Medicine determined that an adequate intake (AI) for men is roughly about 13 cups (3 liters) of total beverages a day. The AI for women is about 9 cups (2.2 liters) of total beverages a day. You don't need to rely only on what you drink to meet your fluid needs. What you eat also provides a significant portion of your fluid needs. On average, food provides about 20 percent of total water intake. For example, many fruits and vegetables, such as watermelon and spinach, are 90 percent or more water by weight. In addition, beverages such as milk and juice are composed mostly of water.



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- **Exercise.** If you exercise or engage in any activity that makes you sweat, you need to drink extra water to compensate for the fluid loss.
- **Environment.** Hot or humid weather can make you sweat and requires additional intake of fluid. Heated indoor air also can cause your skin to lose moisture during wintertime.
- **Illnesses or health conditions.** When you have fever, vomiting or diarrhea, your body loses additional fluids. In this case, you should drink more water or rehydration solutions.
- **Pregnancy or breast-feeding.** Women who are pregnant or breast-feeding need additional fluids to stay hydrated.

Generally, if you drink enough fluid so that you rarely feel thirsty and your urine is colorless or light yellow. To ward off dehydration and make sure your body has the fluids it needs, make water your beverage of choice.

It's also a good idea to:

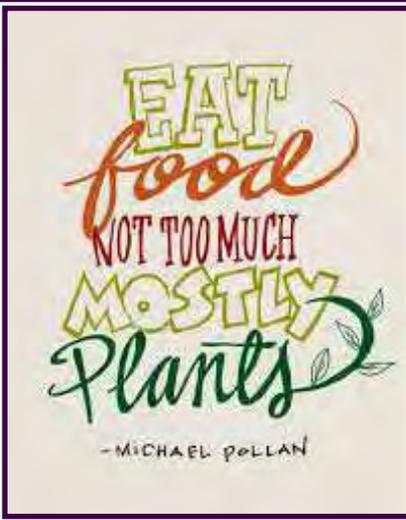
- Drink a glass of water or other calorie-free or low-calorie beverage with each meal and between each meal.
- Drink water before, during and after exercise.

Excerpts from Mayo Clinic



Did you know? You can have fresh veggies delivered to you at work by filling out a request form to Dania Beach PATCH gardens. Check you e-mail from Feb 17 from Debbie Hopps with the attachment information on the PATCH Produce Buying Club. It's not to late to receive seasonal, healthy and locally grown produce. Delivered! How great is that? Call Stacy Lazos ext.:4047 for any questions.





What should I eat to be healthy?

We all ask that question at one point or another in our lives, usually following a diagnosis. We know the importance of taking care of ourselves, eating healthy foods and exercising helps prevent illnesses and helps maintain good health. With that said, it is important to share this information with you. It is so important to look at food as an avenue to nourish your body, not just something you eat to be full. If you are in

any way interested in learning more about the food you eat and the effect it may have on your body watch “In the Defense of Food”.

"Eat food. Not too much. Mostly plants." With that seven-word maxim, US-based journalist Michael Pollan distills a career's worth of reporting into a prescription for reversing the damage being done to people's health by today's industrially driven Western diet. "In Defense of Food" debunks the daily media barrage of conflicting claims about nutrition. Traveling the globe and the supermarket aisles to illustrate the principles of his bestselling "eater's manifesto," Pollan offers a clear answer to one of the most confounding and urgent questions of our time: What should I eat to be healthy? When you get home look up on your computer; <http://www.pbs.org/show/in-defense-of-food>.

Poison Help Line

1-800-222-1212

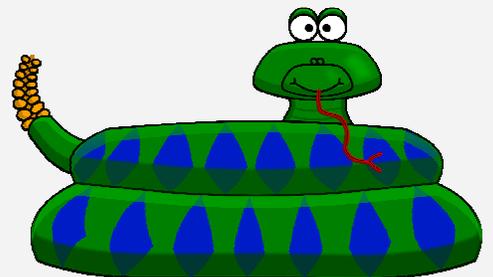


American Association of Poison Control Centers supports the nation's 55 poison centers in their efforts to prevent and treat poison exposures. Poisoning is now the leading cause of injury death in Florida according to the Florida Poison Control website. The poison center will provide information on medication, drugs of abuse, Carbon Monoxide, snakes, plants, insects and spiders, aquatic toxins, pesticides, food poisoning and household products. Poison Centers offer free, confidential medical advice 24/7 through the Poison Help line at 1-800-222-1222. This service provides a primary resource for poisoning information and helps reduce costly hospital visits through in-home treatment.

Florida's poison control centers' subject matter experts are often featured in the news about emerging poisoning hazards or cases of poisoning in the community. Their poison control centers welcome every opportunity to reach the public through digital, written or visual media, as well as in-person educational opportunities like health fairs, presentations or speaking engagements. The Poison Control website invites you to review their latest media contributions at the links below. Look for handouts in various staff lounges around the DOH-Broward campus.

While these articles provide helpful information, remember: in a poisoning emergency, call the experts at 1-800-222-1222, 24 hours a day, 7 days a week. Services are fast, free and confidential. Save the number in your phone for quick access.

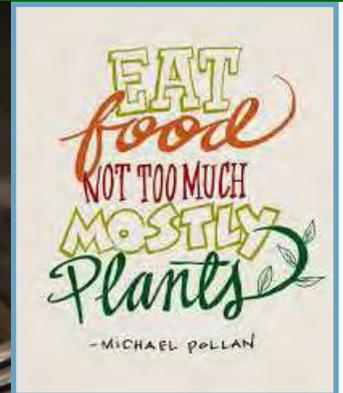
<http://floridapoisoncontrol.org/poisoning-in-florida/>



Healthy Eats

Ingredients

- 4 cups water
- 1 cup quick cooking grits
- 3/4 cup shredded Cheddar cheese
- 1/4 cup grated Parmesan cheese
- 3 tablespoons unsalted butter, divided
- 1 teaspoon kosher salt, divided
- 4 slices thick-cut bacon, coarsely chopped
- 1 (8-oz) container sliced button mushrooms
- 1 garlic clove, finely chopped
- 1 lb large peeled/deveined shrimp, tails removed, thawed
- 1/4 teaspoon pepper
- 1/2 teaspoon smoked paprika
- Juice of 1/2 lemon, plus 1/2 lemon for wedges for garnish
- 1/2 cup chicken broth
- 1/2 teaspoon hot pepper sauce
- 1/4 cup presliced green onions



Shrimp and Grits

Shrimp and Grits Directions:

1. In a 2-quart saucepan, bring water to a boil. Reduce heat to low and whisk in grits. Cook 2–3 minutes or until tender, whisking frequently. Whisk in cheese, 2 tablespoons butter, and 1/2 teaspoon salt; cover and set aside.
2. Preheat large sauté pan on medium 2–3 minutes. Add bacon; cook and stir 6–7 minutes or until crisp. Using a slotted spoon, transfer bacon to a paper towel-lined plate; set aside. Reserve bacon fat in sauté pan.
3. Add mushrooms and garlic to pan. Cook and stir 2–3 minutes or until mushrooms brown. Season shrimp with remaining 1/2 teaspoon salt, pepper, and smoked paprika; add shrimp to pan. Cook and stir 2 minutes. Add lemon juice, remaining 1 tablespoon butter, broth, and hot sauce; cook 1–2 minutes more until sauce thickens.
4. Divide grits between 4 bowls; top each with shrimp and sauce. Garnish each bowl with bacon, green onions, and lemon wedges.
(For fewer calories use half of the cheese and no bacon.)



Berry Parfaits

- 2 cups fresh strawberries, sliced
- 1 teaspoon fresh mint, finely chopped
- 12 vanilla wafer cookies, crushed
- 1 cup fresh blueberries (or raspberries)
- 2 tablespoons agave nectar (or honey)
- 1 tablespoon balsamic vinegar
- 1/2 cup part-skim ricotta cheese
- 1/2 cup low-fat vanilla Greek yogurt

Berry Parfaits Directions:

1. Combine strawberries, blueberries, agave, and vinegar; let stand 8–10 minutes, stirring occasionally, to marinate. Combine cheese and yogurt; chill 5–6 minutes.
2. Stir mint into berries. Place 1 tablespoon cheese mixture into each of 4 parfait glasses. Add a layer with one-half of the cookie crumbs and a layer with one-half of the berry mixture. Repeat layers.
3. Finish layers with remaining cheese mixture.



It's time to try something new!



Bell Pepper, Broccoli, Cabbage, star fruit, Cucumber, Eggplant, Grapefruit, Guava, Mushroom, Orange, Passion Fruit, Papaya, Potato, Peanuts, Radish, Snap Bean, Spinach, Squash, Sweet Corn, Tangerine, Tomato, Cabbage, Lettuce, Strawberries, Cauliflower and Celery.



Back page Story:

Healthy Body, Healthy Mind

Physical exercise was always low on my priority list. Although I regarded exercise as an essential component to a healthy lifestyle, I never established a regular routine, nor did I make a serious commitment to the task; there was always an excuse or another activity that got in the way. However, I did resort to exercise in times of stress to clear my mind and to form a more positive outlook on situations.

Prior to my retirement, my full time management position required long hours, sometimes weekends and evenings. Over those years, my job slowly transitioned to an unhealthy lifestyle. Upon my retirement in 2012, I made a personal pledge to improve my spiritual and physical health, which meant routine exercise and healthier meals (and snacks), and the luxury of a part time job here at the Department of Health.



Linda Olsen

Walking was on the top of my list, as it only required a pair of sneakers and determination. Swimming fell right behind walking. Swimming was always an escape for me. Once I put my head in the water and started laps, I was isolated and out of touch to the world around me . . . alone with my thoughts.

It was my middle daughter that insisted yoga was what I needed to round out my program, and she was right on with the suggestion. Yoga is especially beneficial to maintain flexibility and balance, and a wonderful opportunity to merge the mind, body and spirit: healthy body, healthy mind.



The keys to sustaining a regular exercise routine for me include the following:

1. Exercise first thing in the morning, at a set time on specific days.
2. Set reasonable, achievable goals - goals to exceed, rather than goals to fail.
3. Maximize additional exercise opportunities by parking in the furthest parking space, taking stairs rather than an elevator and using 10 minutes of my lunch break to walk around the DOH campus.
4. Visualize how good I feel after exercising when I am in a procrastination mode.
5. Think of exercise as quality time with myself rather than a chore.
6. Monitor activity with a fit band for accountability to meet my daily goal.



For me, regular exercise naturally influences an improved diet and avoidance of overindulgence, especially in unhealthy foods. Being healthy is a choice; it does not happen by chance.

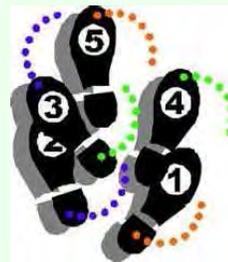
Linda, thank you for sharing your story, it's an inspiration to us all!

Line Dancing!



Back by popular demand!

Line dancing is back,
starting March 8th in the main Admin Auditorium
from 12:15-12:45.
See you there!



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

Contact Us:

Kristin Halldorsdottir
954-467-4700 x 3009

Latonya Delaughter
954-467-4700 x 5806

Nickey Lewin
954-467-4700 x 4004

DOH-Broward Employee Wellness



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

