



Employee WELLNESS



Florida Department of Health in Broward County

June/July 2015

Be a blood donor

Did you know that someone in the United States needs blood every two seconds? More than forty-one thousand donations are needed every day! Human blood cannot be made. There is no substitution for blood. It can only come as a gift from generous people. While it is estimated that thirty-eight percent of the United States population are eligible to donate blood, less than ten percent actually do. Don Doddrige, OneBlood President and Chief Executive Officer, called blood donors “who selflessly give of themselves so others can have a second chance at life” “heroes in our community who share their power to save lives”. Every day, patients at our local hospitals rely on the generosity of blood donors.

DOH-Broward has hosted Blood drives for over thirty years! The next Blood Drive is on Friday, June 5, 2015, please join us. Have you thought about donating blood? It is a very quick and easy process. Wear something comfortable and bring your photo identification. In order to donate blood, one must weigh at least 110 pounds and be in good health. You will be asked to complete a medical history, a mini physical and your blood count will be checked. The actual blood donation procedure takes about ten to fifteen minutes. A drink and snacks are offered to all donors prior to leaving the blood mobile.



In preparation for blood donation, one should eat healthy, iron-rich foods at least a week prior to donating blood. On donation day, eat a good breakfast and drink plenty of fluids before donating. After donating, the donor should follow the post donation directions, including drinking plenty of fluids afterwards. After donating blood, the fluid in the blood is replaced within hours, the red blood cells are replaced within four weeks, and it takes eight weeks to restore the iron following the blood donation (One cannot get AIDS, or any other infectious disease, by donating blood.) The donated blood is analyzed to determine blood group/type and cholesterol level. It is then tested for HIV, Hepatitis B and C, Syphilis, and other infectious diseases. All information obtained, history and testing results is confidential.

Did you know blood makes up approximately seven percent of a person’s weight? Please take the time and help someone in need. On behalf of those lives you may save:

thank you. For further information: <http://www.oneblood.org>



Healing is a matter of time, but it is sometimes also a matter of opportunity.

Hippocrates

In this Issue:

- Be a blood donor
- Healthy Promise FL
- Hurricane Season is here
- When thunder roars
- Get your hug on
- The skinny in diet soda
- Exercise at your desk
- Meditation will make you smarter
- Healthy Eats
- Our Person of Change



Healthy Promise Florida

If you want to drop a few pound, you don’t have to look far for plans that promise the world. The basic foundation is always true: calories in, calories out. The main issue is to **“Stick with it!”** Every day is a good day for new beginnings. So, just dust yourself off and get started. Visit

www.choosemyplate.gov and you will have nutrition and fitness information and tracking tools to help you at your fingertips. On the Choose My Plate website you will also find tracking tools to help monitor your progress and motivate you at the same time.

<https://www.supertracker.usda.gov/>



Hurricane Season is here!

Be prepared



During and after a hurricane, you may need supplies to keep your family safe and healthy. Remember that a hurricane could cut off your power and water supply, roads may be flooded or blocked by debris. That's why it's best to be prepared — stock up on everything you might need now. Here's a checklist of what you need:

Food and Medicine

- Clean containers for water, at least 5 gallons of water per person (which should be enough to last 3 to 5 days)
- A 3 to 5 day supply of food that doesn't go bad (like canned food)
- Baby food or formula, prescription medicines, personal care items

Safety Items

- First aid kit and instructions, fire extinguisher, tarp, bungee cords and tools
- Battery-powered radio
- Flashlights, extra batteries
- Sleeping bags or extra blankets
- Cash
- Make sure you have gas in your car



Excerpts from CDC Emergency Preparedness and Response
Visit Ready.gov for more information on emergency plans and supply kits. <http://emergency.cdc.gov/>



“When Thunder Roars Go Indoors”

June 24-27 is Lightening Awareness Week

With an average of 1.4 million cloud-to-ground lightning strikes each year, no other state in the country experiences more lightning strikes than Florida. The key to remaining safe from a lightning strike is to keep an eye to the sky and watch for darkening skies on the horizon along with distant rumbles of thunder. Being outside is never safe during a thunderstorm. If you can hear thunder, then you are close enough to be struck by lightning!

Always remember, When Thunder Roars, Go Indoors!



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



Get your hug on!

Other ways to help you chill and decrease your stress level: start a hobby, have a garden, paint, chew gum, breathe deeply, laugh often, play some tunes, walk or run, visit an old friend, go to the beach or park, play with your kids or pets!



The Skinny on Diet Soda

Is it time to kick the artificial sugars out of the can? Diet soda gives you a sugar rush far stronger than the granulated stuff in a sugar bowl ever could and for no calories. But research is mounting that low- and no-calories sweeteners may not be great choices for dieters. A recent study found that over nine years, diet-soda drinkers gained nearly triple the abdominal fat (three inches), as those who didn't drink diet soda.

- 1) **Not all sweetness satisfies.** Most popular artificial sweetener in diet drinks for instance is about 200 times sweeter than sugar without triggering a feeling of satiety.
- 2) **That can lead to overeating.** No calorie sweeteners interfere with a natural ability to regulate incoming calories.
- 3) **It may also mess with your microbes.** A recent study in *Nature* found that artificial sweeteners changed the colonies of gut bacteria in mice in ways that made the animals vulnerable to insulin resistance and glucose intolerance which are metabolic disorders that can lead to weight gain and increase the risk of Type 2 diabetes.
- 4) **It might be bad for your heart.** Study based on dietary questionnaires of 9,500 people, those who said they drank one can of diet soda a day had a 34% higher risk of metabolic syndrome a cluster of risk factors that can lead to heart disease and type 2 diabetes—then those who didn't drink diet soda. The study stopped short of drawing a cause and effect link, but the association surprised the authors, who called for more research.

By Mandy Oaklander, Time magazine 3.30.15



Exercise at your desk: Desk Squat

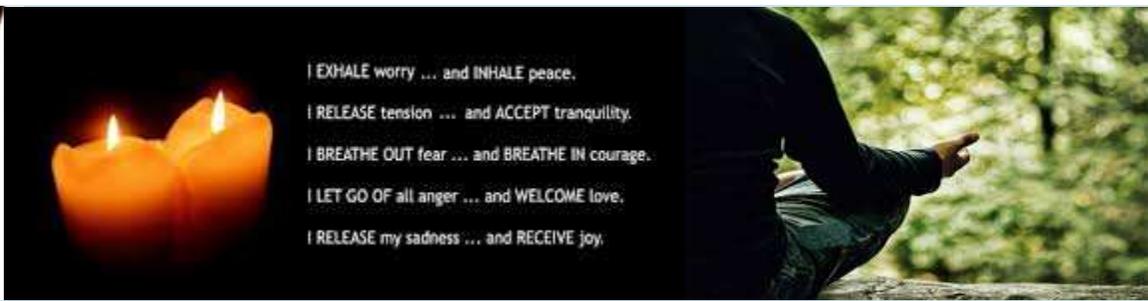
When you're at your desk, why not squat? It works your legs and your glutes.

- Scoot away from your desk a bit, move to the edge of your chair and sit with you knees at a 90° angle. Push your heels into the floor to lift your fanny off the chair 3 to 5 inches. You will be leaning forward over your desk with you upper body. Now, simply hold the position to reap the benefits. Hold it for as long as you can and repeat throughout the day.

A few things to consider:

- Make sure your knees are right over your toes, so you don't hurt your knees.
- Once you are up and actively squatting, lift your pelvis up a bit and back a bit to make your glutes work more.
- If you want a little more work, add a few small pulses to the position by slightly straightening and bending your knees.

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



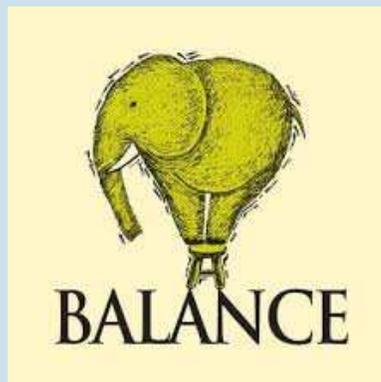
Meditation Will Make You Smarter (and Happier)

Meditation is probably as old as human civilization itself. While the test of time could be proof positive demonstrating the benefits of meditation, scientific study has yielded evidence that meditation is good for us as well. Below is a summary of a widely publicized research about meditation.

In the late 1960's, Dr. Herbert Benson of Harvard Medical School conducted scientific studies to test the health benefits of meditation. He determined that meditation could be used successfully in treating physiological problems, such as high blood pressure, heart disease and migraine headaches, as well as autoimmune diseases such as diabetes and arthritis. His test subject meditated, he found that their heartbeats and breathing had slowed, their blood lactate levels decreased, and their brains had increased in alpha activity, which is a sign of relaxation. Dr. Benson also found that meditation was helpful in stopping or slowing obsessive thinking, anxiety, depression, and hostility.

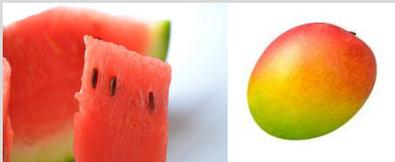
In the "Set Point Study," scientists found that each of us has a natural "set point" in our brains for both good and bad emotions. The study found that people accustomed to being happy have more activity in the front portion of their frontal lobes. Meanwhile, the right side is more active in people who worry or are anxious. Even when major events occur in a person's life, such as winning the lottery, scientists have found that brain chemistry shifts back to its normal, or set point within about six months. The good news is that you CAN change your set point through meditation. One study demonstrated that after only eight weeks of meditating for approximately one hour each day, six days a week, test subjects reported they had become happier. Follow-up tests showed that these individuals' set points had changed—to the extent that their normal level of mental happiness had been raised. In addition, they had become better at picking up emotional cues from others, and they reported developing more empathy towards others' emotions. On the physical level, the researchers found that the meditators' immune system responses had improved.

In a recent UCLA study, researchers used high-resolution magnetic resonance imaging (MRI's) to scan the brains of a group of subjects who were long-time meditators. They found that these individuals' brains were larger than their non-meditating counterparts. Another study found that aging people who meditate regularly don't lose their gray matter as fast as non-meditators. Apparently, the meditators' brains have noticeably thicker tissue in the prefrontal cortex, which is the region of the brain responsible for attention and control. Imagine the implications of these discoveries! Not only can meditation prevent brain cells from dying, which typically happens as we age, it can boost a person's brain size in several crucial regions. Furthermore, researchers have concluded that meditation can actually make a person more intelligent. Evidence is also demonstrating that people who meditate regularly are able to focus more deeply and deal with stress better than non-meditators. www.psychologytoday.com



INGREDIENTS

- Coarse salt
- 1 package fresh mushroom or chicken prosciutto or spinach filled tortellini available on dairy aisle in most markets
- 1/2 pound fresh baby spinach
- 1 (15-ounce) can baby artichoke hearts in water, drained and chopped
- 1 red roasted pepper, drained and chopped
- 1/2 small red onion, chopped
- 1 clove garlic, cracked from skin
- 1 lemon, zested
- 2 teaspoons lemon juice, the juice of 1 wedge
- 2 tablespoons red wine vinegar, a couple of splashes
- 1/4 cup extra-virgin olive oil
- 1 tablespoon fresh thyme leaves, chopped or 1/2 teaspoon dried leaves, eyeball it
- Black pepper
- A handful sun-dried tomatoes packed in oil, coarsely chopped



What's in Season!

Avocado, Cantaloupe, Eggplant, Guava, Lychee, Mango, Mushroom, Orange, Papaya, Passion Fruit, Peanut, Potato, Sweet Corn, Tomato and Watermelon.



Healthy Eats!



Spinach Artichoke Pasta Salad

DIRECTIONS

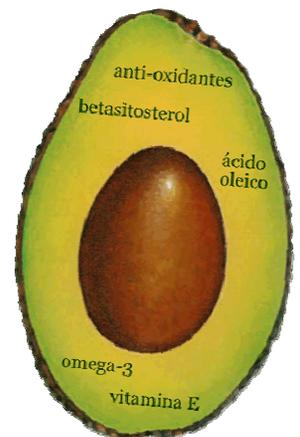
- Bring 5 or 6 inches of water to a boil in a large pot. Salt boiling water and add pasta. Cook for 3 to 4 minutes, until pasta is just tender and the tortellini are floating like buoys. Drain tortellini, then cool the cooked pasta by spreading them out on a large plate or a cookie sheet in a single layer.
- Coarsely chop baby spinach. Combine with artichoke pieces, roasted red pepper and red onion. Chop garlic, then add salt to it and mash it into a paste with the flat of your knife. Transfer garlic paste to a small bowl and add lemon zest, lemon juice and vinegar to it. Whisk in oil, thyme and pepper. Add pasta and sun-dried tomatoes to the salad. Dress salad and gently toss. Serve or refrigerate.

Rachel Ray, foodnetwork.com

Guacamole

Ingredients/Directions

- 3 Haas avocados, halved, seeded and peeled
- 1 lime, juiced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne
- 1/2 medium onion, diced
- 1/2 jalapeno pepper, seeded and minced
- 2 Roma tomatoes, seeded and diced
- 1 tablespoon chopped cilantro
- 1 clove garlic, minced



In a large bowl place the scooped avocado pulp and lime juice, toss to coat. Drain, and reserve the lime juice, after all of the avocados have been coated. Using a potato masher add the salt, cumin, and cayenne and mash. Then, fold in the onions, jalapeno, tomatoes, cilantro, and garlic. Add 1 tablespoon of the reserved lime juice. Let sit at room temperature for 1 hour and then serve. *Alton Brown*



My Mission

By Taniqua Lawson

I was a young 28 years old woman enjoying my life and having fun. Exploring the world with my two wonderful sons, and out of nowhere a doctor places a dark cloud over my life with words "You have Lupus". My instant reaction was shock and worry for the future of my family. I was scared of the unknown so my first mission was to find out more about this disease. Lupus is a chronic, autoimmune disease that can damage any part of the body (skin, joints, and/or organs inside the body). Normally our immune system produces proteins called antibodies that protect the body from these invaders. Autoimmune means your immune system cannot tell the difference between these foreign invaders and your body's healthy tissues ("auto" means "self") and creates autoantibodies that attack and destroy healthy tissue. These autoantibodies cause inflammation, pain, and damage in various parts of the body. These attack come and go so it is important to be healthy.

With that being said, I started to make healthy choices and build up my immune system. I decided to live and not let this disease take over my life. I started eating healthy and working out at least three days a week. I decided enjoying life more and not take things for granted. It's been four years since I was diagnosed and I am a Lupus warrior. I fight the ugly war inside my body every single day. I may not win all the time, but I will never give up without a fight.

My mission in life is not merely to survive but to thrive. I will do so with passion, kindness, humor, style and always with a smile.



Taniqua Lawson thank you for sharing your story about a positive lifestyle change

The DOH-Broward Employee Wellness Committee is looking for employees that would like to be apart of the team. We coordinate the wellness program (yoga, Zumba and softball) and events, we do the monthly newsletter and the walking club. If you are passionate about health and fitness give us a call ext. 3009 or send an email to Kristin.Halldorsdottir@FLHealth.gov. If you would like to make suggestions for a topic or nominate someone for their positive lifestyle change/choice, contact us. We'd love to hear from you! Our next meeting is August 4th at 3 PM in the Administrative Bldg. 2nd floor conference room.



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The Walking Club,
is on hold till **September** or the temp **cools** down!