



# Employee WELLNESS



Florida Department of Health in Broward County

August 2015

## Breastfeeding and Work

The World Alliance for Breastfeeding Action (WABA) was formed in 1991 to protect, promote and support breastfeeding. A day dedicated to breastfeeding was suggested to be marked in the calendar of international events. The idea of a day's celebration was later turned into a week and as of last year has turned into the month of August.

- Breast milk is the ideal food for newborns and infants. It gives infants all the nutrients they need for healthy development. It is safe and contains antibodies that help protect infants from common childhood illnesses such as diarrhea and pneumonia, the two primary causes of child mortality worldwide. Breast milk is readily available and affordable, which helps to ensure that infants get adequate nutrition.
- Breastfeeding also benefits mothers. Exclusive breastfeeding is associated with a natural (though not fail-safe) method of birth control (98% protection in the first six months after birth). It reduces risks of breast and ovarian cancer later in life, helps women return to their pre-pregnancy weight faster, and lowers rates of obesity.

The World Breastfeeding Week 2015 theme is working women and breastfeeding. Through this and other related campaigns, WABA engages with partners at global, regional and national levels to empower and support all working women, to adequately combine work with child-rearing, particularly breastfeeding.

In Florida, The Patient Protection and Affordable Care Act ("Affordable Care Act") amended Section 7 of the Fair Labor Standards Act ("FLSA") to require employers to provide reasonable break time for an employee to express breast milk for her nursing child for one year after the child's birth each time such employee has need to express the milk. Employers are also required to provide a place, other than a bathroom, that is shielded from view and free from intrusion from coworkers and the public, which may be used by an employee to express breast milk. The break time requirement became effective when the Affordable Care Act was signed into law on March 23, 2010.



*Our growth depends not on how many experiences we devour, but on how many we digest.*

Ralph W. Sockman

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### Be kind to your knees!

Did you know? When you walk across level ground, the force on your knees is the equivalent of 1½ times your body weight. That means a 200-pound man will put 300 pounds of pressure on his knees with each step.

Losing a few pounds can go a long way toward reducing the pressure on your knees — and protecting them. In one study, the risk of developing osteoarthritis dropped 50% with each 11-pound weight loss among younger obese women. For men who get their body mass index (BMI) down from 30 or higher to between 25 and 29.9, knee osteoarthritis would decrease an estimated 20%. Excerpt from the Harvard Health Publication April 23, 2015.



# ADULT VACCINES

## Vaccines for DOH-Employees



Many people think vaccines are for children or those traveling abroad. The fact is that all adults need to get vaccinated in order to protect not just their health against serious diseases, but their loved ones as well. Vaccine preventable diseases haven't gone away as evidence by the recent outbreaks of measles. As we get older, the vaccines that we received as children wear off and we become more susceptible to these diseases. The Centers for Disease Control and Prevention (CDC) recommends that all adults get the following vaccines:

- Influenza**- every year to protect against seasonal flu
- Td/Tdap**- 1 dose of Tdap and a TD booster every 10 years to protect against tetanus, diphtheria and pertussis (whooping cough). Are you due for a booster?

Based on your health condition, age, employment, travel plans, vaccines received in the past, and other factors, you may need additional vaccines such as: **Shingles** (Zoster), **Human Papillomavirus** (which can cause certain cancers), **Pneumococcal**, **Meningococcal**, **Hepatitis A**, **Hepatitis B**, **Chickenpox** (Varicella), **Measles**, **Mumps**, and **Rubella** (MMR). Keeping up with the immunizations that you need based on your age and health conditions can be confusing. The link to the CDC's 2015 Recommended Immunizations for Adult by Age:

<http://www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf>

As an employee of the DOH-Broward, you are given the opportunity to be vaccinated for certain vaccines at no charge. Vaccines include:

- Influenza**
- TD**
- Tdap**
- Hepatitis B**
- Chickenpox**
- Measles, Mumps, And Rubella**



For more information on how to receive immunizations provided by DOH you can contact Laurie Colon Villafane at extension 3100 or via email: [Laurie.ColonVillafane@flhealth.gov](mailto:Laurie.ColonVillafane@flhealth.gov)



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



# LUNCH MakeOver



It's the end of summer. The kids are getting ready for back-to-school. Here are some tips for affordable and nutritious lunches to take to work or school. Bringing your own lunch from home can save you money and give your mind and body what it needs to power through the day at work or at school. When it comes to healthy lunches, a little planning will go a long way.

**Sandwich**, in stead of peanut butter and jelly on white bread try whole wheat bread (increase fiber content, vitamin B and minerals), with almond butter and banana slices.

**Salad**, in stead of a green salad with croutons and dressing have green salad and add lean protein, ham, chicken or tuna, hard boiled egg, chick peas. Add cheese, sunflower seeds. Read your labels on the dressing, change to low calorie and be mindful of how large one serving (most are 2 tbsp.) of salad dressing is.



**Hot lunch**, in stead of a frozen microwaveable meal, have healthy leftovers like chicken in a whole wheat wrap with veggies or home made soup.

**Snacks**, replace high sugar yogurts with low sugar yogurt, nuts, veggies and hummus dip. They make for a light snack, fresh fruit is full of nutrients and fiber.



HEALTHIEST WEIGHT FLORIDA

## Small Steps to Living Healthy

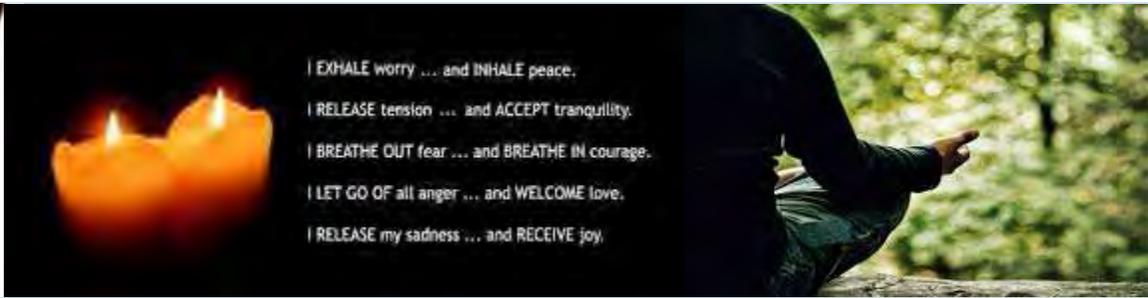
Finding success in healthy weight isn't always easy, but it helps to take small steps. *Small Steps to*

*Living Healthy* is an email-based program that allows Floridians to sign up for weekly tips and tricks delivered directly to their inbox. These are ideas to help you reach or maintain your healthiest weight.

Each week of the month highlights a designated topic area:

- Set Goals.** At the beginning of each month, a challenge and health tip will be emailed. Examples of challenges include replacing sugar-sweetened beverages with water or taking the stairs instead of the elevator.
- Move More.** During the second week of the month, physical activity will be the highlighted. Participants will be introduced to different styles of exercise and the benefits of each, including options for persons with disabilities.
- Be in the Know.** Week three "fun fact" emails will provide facts on other aspects of healthy living related to healthy weight such as stress, depression and time use.
- Eat Smart.** The focus of this week's email will be nutrition. Florida fruits and vegetables of the month, as well as recipes, will be offered through the Living Healthy in Florida Campaign.

Please consult your healthcare provider before starting on any diet or exer-



| EXHALE worry ... and INHALE peace.  
| RELEASE tension ... and ACCEPT tranquility.  
| BREATHE OUT fear ... and BREATHE IN courage.  
| LET GO OF all anger ... and WELCOME love.  
| RELEASE my sadness ... and RECEIVE joy.

## Changing Your Brain By Changing Your Mind

**How meditation rewires your brain to be more positive.** When it comes to managing stress, the Eastern traditions may be especially effective. The Western health model is based on diagnosing the underlying cause of a problem and then finding an active medical or behavioral intervention to remove it. Eastern medicine has a more holistic view of disease, it brings the body and mind back into balance.

**How the Brain Processes Emotion.** Our lower brain centers, such as the amygdala or hypothalamus, were made to detect and respond to threats, such as a tiger about to eat us. They generate an immediate "fight or flight" response to increase the odds of survival, but they can become hypersensitive, interfering with our ability to experience the present moment in an open and relaxed way. Daily meditation practice can help to correct this imbalance and allow us to retrain our minds so we are less likely to overreact with intense anger or fear. Being less chronically stressed can also help our immune systems function more efficiently to fight off disease.

**Mindfulness Meditation.** Mindfulness-Based Stress Reduction Therapy (MBSR) is a meditation program developed by John Kabat-Zinn and researchers at Harvard Medical School to help people living with chronic pain. Central to this form of meditation is a focus on the breath to bring the mind back to the present moment when it wanders off. Over time, this leads to greater conscious control over attentional focus, such that more primitive alarm responses are less able to control our thoughts and behaviors. The final goal of the meditation training is to integrate present-moment awareness into every aspect of daily life. Research over the past 10 years or so has begun to show how meditation may change the brain and improve mental and physical wellbeing.

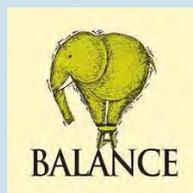
**Improved Immune Response.** A 2003 study by Richard Davidson and colleagues, with healthy employees, showed that 8 weeks of meditation practice changed the pattern of electrical activity in the brain. There was greater activation in the left hemisphere among meditators than people assessed at the same time who did not have meditation training (control group). The researchers also looked at immune response to an influenza vaccine and found that the meditator group had more antibody titers to the vaccine than the control group, indicating better immune functioning. These benefits lasted for months after the intervention.

**Shift from Negative to Positive Affect.** Patients in another mindfulness study demonstrated significantly greater changes in brain electrical activity from activation in the right to the left cortical hemisphere, from before to immediately following meditation and several months later, compared to a control group. This pattern of brain activity is associated with a shift away from negative and towards more positive emotional experience. In other words, mindfulness meditation regimen appeared to help people to experience more positive emotions such as love, compassion, or contentment.

**Does a Briefer Intervention Work?** Researcher Christopher Moyer and his colleagues at the University of Wisconsin-Stout assigned subjects at random to either a 5-week Mindfulness Meditation group or to a group put on a waiting list for services. Data showed people in the meditation group practiced at home a couple of times a week for about 25 minutes each time, on average. These meditation subjects showed the same changes in cortical activity as those who got the full intervention in earlier studies; that is, a significant increase in left hemisphere cortical activation. The waiting list group did not demonstrate these changes. This is an exciting finding, since it suggests even shorter meditation periods can significantly increase positive emotional experience in the brain.

### Simple Breath Awareness Meditation Instructions

- Pick a comfortable, quiet place where you will not be disturbed
- Sit with the spine upright on a cushion on the floor or a chair. If you use a chair, make sure your feet are touching the ground.
- Begin to notice your breathing. Try to maintain an open and curious attitude. Notice where the breath goes when it enters and leaves your body.
- Do not try to change the breath in any way. It may change naturally as you observe it.
- If your mind wanders away, note what it is doing, then gently bring your attention back to the breath.
- Continue observing the breath for 15-20 minutes.





## INGREDIENTS

for the perfect burger

- 1 1/2 pounds ground chuck (80% lean) or ground turkey (90% lean)
- Kosher salt and freshly ground black pepper
- 1 1/2 tablespoons canola oil
- 4 slices cheese (optional)
- 4 hamburger buns, split; toasted, if desired

# Healthy Eats!



## The Perfect Burger

**DIRECTIONS,** Serves 4, Prep time 10 min, cook time 10 min.

Divide the meat into 4 equal portions (about 6 ounces each). Form each portion loosely into a 3/4-inch-thick burger and make a deep depression in the center with your thumb. Season both sides of each burger with salt and pepper.

**IF USING A GRILL:** Heat a gas grill to high heat. Brush the burgers with the oil. Grill the burgers until golden brown and slightly charred on the first side, about 3 minutes for beef and 5 minutes for turkey. Flip over the burgers. Cook beef burgers until golden brown and slightly charred on the second side, 4 minutes for medium rare (3 minutes if topping with cheese) or until cooked to desired degree of doneness. Cook turkey burgers until cooked throughout, about 5 minutes on the second side.

**IF USING A SAUTE PAN:** Heat the oil in the pan over high heat until the oil begins to shimmer. Cook the burgers until golden brown and slightly charred on the first side, about 3 minutes for beef and 5 minutes for turkey. Flip over the burgers. Cook beef burgers until golden brown and slightly charred on the second side, 4 minutes for medium rare (3 minutes if topping with cheese) or until cooked to desired degree of doneness. Cook turkey burgers until cooked throughout, about 5 minutes on the second side.

Add the cheese if desired, if using, to the tops of the burgers during the last minute of cooking and top with a basting cover, close the grill cover, or tent the burgers with aluminum foil to melt the cheese. Sandwich the hot burgers between the buns and serve immediately with a simple green salad. Perfect for summer! Enjoy (*Recipe courtesy of Bobby Flay*).

## It's August; what's in season Florida?

*Avocado, Carambola, Guava, Lychee, Mango, Mushroom, Passion fruit and Peanuts.*



## Simple Green Salad

### Directions

Whisk 1 minced shallot, 1 tablespoon each whole-grain mustard and lemon juice, and salt and pepper. Whisk in 1/3 cup olive oil. Toss with 1 torn romaine heart, 1 torn head bibb lettuce and 1/2 bunch chopped chives. (*food network*)



# "I made up my mind"



Sharon Mills, senior clerk supervisor at the Oakland Park WIC Center, was tired of fad diets and attempts to exercise that ended before she saw any results. She would enlist a few buddies for the gym, but soon one or two would stop going and then all the motivation to go was gone. In December of 2013, she made a special New Year's resolution to commit to get healthy and lose the weight that had been accumulating over the years. "I was ready this time.... I made up my mind," says Sharon.

Sharon knew, having a family history of high blood pressure, she would need to take steps to prevent future medical problems. Already she was feeling the effect of the weight and was experiencing body aches, which her doctor warned could lead to arthritis in the future. So before 2014 began she started to hit the gym. She felt that to be successful she needed support and motivation, so soon after joining the gym she began to see a personal trainer a few times a week. She committed to going to the gym five days a week to do one on one sessions and boot camp classes. She stopped eating late at night and skipping meals. Her new way of eating includes plenty of fruits and vegetables, lean proteins and trying to eat on a schedule every 3-4 hours. Fried foods and other treats, in moderation, became an occasional treat. "My personal trainer was so impressed with me and I proved to myself and my family that I can do this" says Sharon. She credits her trainer with guiding her along the way and making her accountable to put in the work.

Sharon carefully planned for the week so that she could keep up with her workout schedule. "I would have to plan meals in advance and cook for two or three days each time", says Sharon. Her new routine after a day at work was to first check in on her two children, her teenage daughter and special needs son, then go to the gym. She would keep moving around the house, not settle in or get comfortable, so as to not lose her focus. After a workout she would have a light supper such as a salad or a protein shake. The entire family began to eat healthier foods and soon the motivation to make these changes grew, now coming from the results she was seeing and the reaction from those in her life, including her teenage daughter. Sharon says her daughter, "became my first cheerleader" and now often joins her for walks and other fitness activities. She made a series of small weight loss goals to keep herself motivated. She also had a bigger goal that she was working toward last year. "I knew I wanted to lose 40-50 pounds before my brother's wedding" she says. By the time the wedding happened she had exceeded her goal and was down 55 pounds.

Since December of 2013, Sharon has lost 95 pounds and she continues on her quest to become a "healthier me". For the first time in many years she is excited about shopping for new clothes. But she warns that, "It is an adjustment, going shopping and realizing I can shop regular sizes now". To those who are thinking about making changes for a healthier life, Sharon advises, "Want it and go for it. Stick to it. Find someone to support you in your goals and be consistent."



**Congratulations Sharon, thank you for sharing your story about a positive lifestyle change.**



## The Walking Club,

is on hold till **September** or  
the temp **cools** down!

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