



# Employee WELLNESS



Florida Department of Health in Broward County

September 2015

## GLUTEN FREE PRODUCTS



**Why?** The market for gluten-free products is exploding. Products that never had gluten in them are advertised as “gluten free”. So what is Gluten?

Gluten is a protein found in wheat, rye and barley and occasionally in some produce such as vitamins and nutritional supplements, lip balms and certain medication. If you have celiac disease or a gluten-related disorder a gluten-free diet is essential, but for others it's not. Having gluten allergies is a serious problem and a difficult adjustment, just stop and think for a moment if you had to live without any and all products made with wheat, barley, rye and oats.

**What is celiac disease?** Celiac disease is an autoimmune disorder in which people cannot tolerate gluten because it damages the inner lining of their small intestine and prevents it from absorbing nutrients. The small intestine is the tube shaped organ between the stomach and large intestine.

The immune system is the body's natural defense system and normally protects the body from infection. However, when a person has celiac disease, gluten causes the immune system to react in a way that can cause intestinal inflammation/irritation or swelling and long lasting damage.

When people with celiac disease eat foods or use products containing gluten, their immune system responds by damaging or destroying villi—the tiny, fingerlike projections on the inner lining of the small intestine. Villi normally absorb nutrients from food and pass the nutrients through the walls of the small intestine and into the bloodstream. Without healthy villi, people can become malnourished, no matter how much food they eat.

The diagnosis of Celiac disease is made by a medical provider and is based on medical history of classic intestinal symptoms such as diarrhea, weight loss, anorexia, abdominal distension and also positive bloodwork for IgA antibodies to wheat protein. A true gluten free diet is best discussed with your medical provider and or a Licensed Registered Dietitian. As with any diet when an entire food group is eliminated the vitamins and minerals that are eliminated must be replaced with supplements.

Looking after my health today gives me a better hope for tomorrow.

*Anne Wilson Schaeff*

### In this Issue:

- Gluten Free Products
- Get Active
- As Serious As A Heart Attack
- World Heart Day
- Heart Attack Warning Signs
- Mediterranean Diet
- DOH-Broward Employees Answered
- Healthy Eats
- Our Person of Change

ADULTS NEED  
**150 MINUTES**  
OF HEART PUMPING  
PHYSICAL ACTIVITY PER WEEK.



Research shows that even short, 10-minute bursts of physical activity are associated with increased fitness.



## Get active 30X5=150

30 minutes of activity a day five days a week can help prevent heart attack and stroke. Try to make exercise a regular part of your life: use the stairs instead of the elevator. If you can, walk instead of driving to your destination. If you are unable to walk, park farther away so that you get your exercise in. Being active is also a great way to relieve stress and control your weight, which are both risk factors for cardiovascular disease.



# As serious as a heart attack

## September 29th is World Heart Day!

We all know how important it is to take care of our heart, after all there is no back up! So have a check up and follow the seven small steps to BIG changes.

1. Get active, 150 minutes a week! 30 min 5 times a week! 15 min 10 times a week! Just make it happen!
2. Control cholesterol, get it checked and follow doctors recommendations of care.
3. Eat better, follow a heart healthy diet, low fat, high fiber, high Omega oils.
4. Manage blood pressure, get it checked, follow doctors recommendations of care.
5. Lose weight, know your BMI.
6. Reduce your blood sugar. Decrease the amount of sweets and carbs in your diet.
7. Stop smoking. If you or a loved one smokes contact Tobacco Free Florida and they will help you stop.

## Heart Attack Warning Signs

Some heart attacks are sudden and intense, where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.

Heart attacks often manifest themselves differently in women than in men. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Healthy heart choices for  
everyone, everywhere

**29 September**



f /worldheartday  
t @worldheartfed  
#worldheartday



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



Broward County is making great strides in reducing the rate of  
Chronic Health Conditions.  
DOH Broward Employees are leading by example by taking small steps to  
BIG changes to a healthier life. Well done!

# Mediterranean diet: A heart-healthy eating plan



The heart-healthy Mediterranean is a healthy eating plan based on typical foods and recipes of Mediterranean-style cooking. Excerpts. By Mayo Clinic Staff

Most healthy diets include fruits, vegetables, fish and whole grains, and limit unhealthy fats. Research has shown that the traditional Mediterranean diet reduces the risk of heart disease.

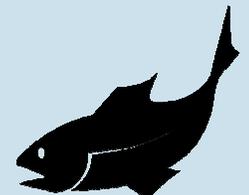
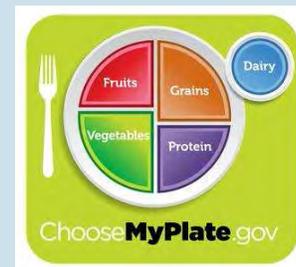
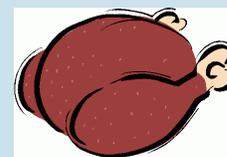
The Mediterranean diet emphasizes:

- Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts
- Replacing butter with healthy fats, such as olive oil
- Using herbs and spices instead of salt to flavor foods
- Limiting red meat to no more than a few times a month
- Eating fish and poultry at least twice a week
- Drinking red wine in moderation (optional)
- The diet also recognizes the importance of being physically active and enjoying meals with family and friends.



The basic principals of the Mediterranean Diet are easy to follow:

- **Go nuts.** Nuts and seeds are good sources of fiber, protein and healthy fats. Keep almonds, cashews, pistachios and walnuts on hand for a quick snack. Choose natural peanut butter, rather than the kind with hydrogenated fat added. Try blended sesame seeds (tahini) as a dip or spread for bread.
- **Pass on the butter.** Try olive or canola oil as a healthy replacement for butter or margarine. Lightly drizzle it over vegetables. After cooking pasta, add a touch of olive oil, some garlic and green onions for flavoring. Dip bread in flavored olive oil or lightly spread it on whole-grain bread for a tasty alternative to butter. Try tahini as a dip or spread for bread too.
- **Spice it up.** Herbs and spices make food tasty and can stand in for salt and fat in recipes.
- **Go fish.** Eat fish at least twice a week. Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices. Grill, bake or broil fish for great taste and easy cleanup. Avoid breaded and fried fish.
- **Rein in the red meat.** Limit red meat to no more than a few times a month. Substitute fish and poultry for red meat. When choosing red meat, make sure it's lean and keep portions small (about the size of a deck of cards). Also avoid sausage, bacon and other high-fat, processed meats.
- **Choose low-fat dairy.** Limit higher fat dairy products, such as whole or 2 percent milk, cheese and ice cream. Switch to skim milk, fat-free yogurt and low-fat cheese.



## DOH-Broward Employees were asked: What do you do for your health?



**Johanna Rene**, with The Florida Breast and Cervical Cancer Early Detection Program (FBCCEDP) prepares a green smoothie every day made with almond milk and a variety of fruit, such as banana, mango, apples and lemon. She also adds kale or spinach and some almond butter for added protein.

Johanna doesn't have time to go to the gym these days so she straps on some ankle weights to increase resistance with her daily activities around the house.

Johanna organizes our DOH-Broward Team for The Susan B. Komen Breast Cancer Awareness Walk, this year it's on Saturday October 17th in downtown Miami. It has become a wonderful tradition for DOH-Broward employees. Anyone and everyone is welcome, mark your calendars for October 17th. We will send out more information as later on this month. Johanna's extension is # 4019.



**Hugo Buttafuoco**, our DOH-Broward maintenance repairman, without even being aware he follows a Mediterranean diet perfectly.

Hugo has a set daily routine. First thing he has a bowl of cereal for breakfast, followed by a ham and cheese sandwich with lettuce and tomato on whole wheat bread for lunch. Later on in the day he has a seasonal fruit salad that he prepares at home. At the end of the day when he gets home, he enjoys baked salmon with a sweet potato. Hugo avoids sugar or sweets in his diet but as a true Argentinian, he loves to relax with a cup of Mate, a traditional herbal tea said to aid with digestion and is loaded with antioxidants.

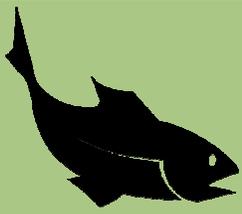
Hugo doesn't go to the gym. We keep him busy from morning to night, going from one end of the campus to the other. He averages fourteen thousands steps a day. He is the one you want on your walking team! That's a lot of steps!



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



**David Wallace**, of The Florida Breast and Cervical Cancer Early Detection Program (FBCCEDP), rides his ten speed bike to and from work every day. "I currently only have a 3-4 mile commute to work, down from 10 miles each way. It's not bad, it takes me about fifteen to twenty minutes, depending on traffic." David says, "Yard work and having fun with my two year old son keeps me busy also."



## INGREDIENTS

- 3 tablespoons olive oil, divided
- 1 large eggplant (about 1 pound), trimmed and cut into small dice (about 3 cups)
- 1 medium onion, cut into small dice (about 1 1/2 cups)
- 2 cloves minced garlic (about 2 teaspoons)
- 2 medium zucchini (1 pound total), trimmed, cut into small dice (about 2 1/2 cups)
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- 1 teaspoon herbs de Provence (or 1/2 teaspoon dried thyme and 1/4 teaspoon each dried rosemary and dried marjoram)
- 3/4 teaspoon salt, plus more for seasoning
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup chopped fresh basil leaves, plus more for garnish
- 4 (5-ounce) fillets red snapper, skin on
- 2 teaspoons lemon juice
- 2 teaspoons rosemary (or other herb) infused olive oil, optional

## What's in Season!

Avocado, Carambola, Guava, Grapefruit, Mushroom, Orange, Tangerine, Peanut



# Healthy Eats!



## Ratatouille with Red Snapper

Ratatouille is a French Provençal stewed vegetable dish that can be served on its own, with rice, fish or chicken. It is gluten free and without the fish it is a vegetarian dish, it is also a very traditional Mediterranean dish. Most of all it is healthy eats, enjoy!

Total Time: 55 min (**prep:15 min**, cook:40 min). 2007 Ellie Krieger All Rights Reserved

### DIRECTIONS

In a large nonstick skillet, heat 1 tablespoon olive oil over medium-high heat. Add the eggplant and cook, stirring, until eggplant has softened but not completely lost its shape, about 5 minutes. Remove the eggplant from skillet. Heat another tablespoon of oil in the same skillet over medium-high heat. Add the onions and cook until soft and translucent, about 5 minutes. Add the garlic and zucchini to the pan and cook, stirring occasionally, until the zucchini is soft, about 6 to 7 minutes. Return eggplant to pan and add tomatoes, herbs de Provence, 1/2 teaspoon salt and 1/4 teaspoon pepper. Simmer approximately 10 minutes. Season with additional salt, to taste. Stir in basil and remove from heat.

To cook fish, preheat broiler. Sprinkle fillets with 1/4 teaspoon salt and 1/4 teaspoon pepper. Combine the remaining tablespoon olive oil with the lemon juice and brush on fillets. Broil until fish is cooked and firm, about 7 minutes.

Mound 1 cup ratatouille on 4 plates; top each mound with 1 fish fillet and drizzle with 1/2 teaspoon herb infused oil, if using. Garnish with additional basil.



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# What turned me into a runner.

By Bob La Mendola

This was more than 20 years ago. I had moved to Fort Lauderdale in my 30s and was making some new friends, but this group didn't do some of the things that I had been doing for a long time.

Most of them didn't smoke, unlike me, who had been happily puffing on cigs since I was in eighth grade. Most of them didn't drink very much, unlike me, who had been pounding beers all through my 20s living in the countryside in Pennsylvania and Maryland. My partner Debra refers to that period as "the beer years."

So as I approached age 40, I noticed my face had gotten rounder, my waist was spreading and I was panting like a graying dog whenever I exerted myself. I needed to do something. How about jogging?

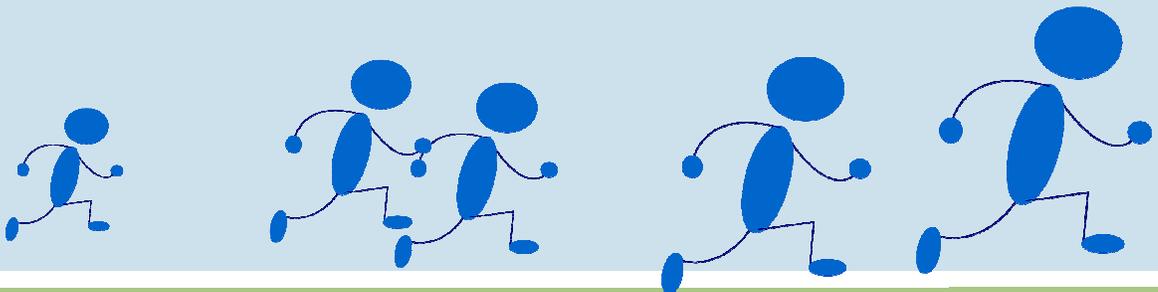
The first day, I ran maybe 100 feet before I had to stop. After a month, I could make it a couple hundred yards. Then a half-mile. Then a mile. After a year or so, I had lost 15 pounds, cut down on the smokes and felt much better. Eventually, I quit tobacco for good.

The whole trick that made it work for me was to incorporate jogging (or any exercise) into the morning routine before work. Find a time that works for you and then do it. No excuses, no variance, no skipping. Make exercise a requirement, like breakfast. If it's raining, get a little wet. If it's blistering hot, enjoy a good sweat. On vacation, bring the running shoes and gym clothes.

You don't have to train for a marathon or run 50 miles a week to stay in shape. I run three or four days a week – 30 minutes before work 2-3 days a week and an hour (6 miles or so) on Saturday or Sunday. On the other days, I join Debra on her 30-minute walk. That modest schedule has helped me avoid joint pains or other injuries that can put you on the bench and destroy your progress.

Naturally, you should talk to the doctor before starting any new exercise program. Fine, but just do it.

So thank you, beer and cigarettes. I have a new friend now.



## Calendar of Events!

- **September 8**, Fall exercise class begin with Line Dancing!  
Admin Auditorium @12:15-12:45.
- **September 21**, Walking Club resumes, Monday Wednesday and Friday  
Admin Auditorium @12Noon –12:30.
- **September 26**, Florida 5K Walk-Run at Vista View Park supports the local organization Triumph. If you are interested in participating contact renee.podolsky@flhealth.gov.
- **September 29**, World Heart Day. HANDS-ONLY CPR, more information to follow.
- **October 17**, 5K Walk-Run. DOH-Broward, Florida Breast and Cervical Cancer Early Detection Program takes us to Miami for the Susan B. Komen, Run For The Cure. Call Johanna for more information @ 4019.

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