



Employee WELLNESS



Florida Department of Health in Broward County

January 2018



January is Glaucoma Awareness Month

- Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and even blindness.
- About 3 million Americans have glaucoma. It is the 2nd leading cause of blindness worldwide.
- There is no cure (yet) for glaucoma, but if it's caught early, you can preserve your vision and prevent vision loss. Taking action to preserve your vision health is key.

Know Your Risk. Anyone can get glaucoma, if you are over 60 years of age (over 40 for African Americans), have a family history of glaucoma and or have diabetes you have a greater risk.

Take Action. There are many steps you can take to help protect your eyes and lower your risk of vision loss from glaucoma.

- If you are in a high-risk group, get a comprehensive dilated eye exam. Prescription eye drops can stop glaucoma from progressing. Your eye care specialist will recommend how often to return for follow-up exams.
- Even if you are not in a high-risk group, getting a comprehensive dilated eye exam by the age of 40 can help catch glaucoma and other eye diseases early.
- Open-angle glaucoma is the most common and does not have symptoms, it is hereditary.
- Maintaining a healthy weight, controlling your blood pressure, being physically active, and avoiding smoking will help you avoid vision loss from glaucoma. These healthy behaviors will also help prevent type 2 diabetes and other chronic conditions.

Manage and Treat. Vision loss from glaucoma usually affects peripheral vision (what you can see on the side of your head when looking ahead) first. Later, it will affect your central vision, which is needed for seeing objects clearly and for common daily tasks like reading and driving.

Glaucoma is treated with eye drops, oral medicine, or surgery (or a combination of treatments) to reduce pressure in the eye and prevent permanent vision loss. Take medicine as prescribed, and tell your eye care specialist about any side effects. You and your doctor are a team. If laser or surgical procedures are recommended to reduce the pressure in your eye, make sure to schedule regular follow-up visits to continue to monitor eye pressure.

Some people with glaucoma have low vision, which means they have a hard time doing routine activities even with the help of glasses or contacts. See the "Low vision resources for glaucoma" link below for more information.

This year, take steps towards protecting your eyes and the vision health of your loved ones by learning about glaucoma and other eye diseases. Know the facts, know the risks, and take action!



2018

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Happiness
is always knocking
on your door,
you just gotta
let it in.



Elizabeth Blackburn on the telomere effect

'It's about keeping healthier for longer'

At the employee conference there was a lot of talk about telomeres and how stress can fray our telomeres. So, I wanted to share some more information on telomeres. Why it is important and what can we do to heal our own telomers. I came across this interview from the Guardian with the Nobel Prize winner, Elizabeth Blackburn. Here is an excerpt from the article:

You won your Nobel prize for medicine for your discoveries concerning telomeres, found at the ends of chromosomes. What are telomeres and what happens to them as we age?

If you think of your chromosomes – which carry your genetic material – as shoelaces, telomeres are the little protective tips at the end. They are made of repeating short sequences of DNA sheathed in special proteins. During our lives they tend to wear down and when telomeres can't protect chromosomes properly, cells can't replenish and they malfunction. This sets up physiological changes in the body which increase risks of the major conditions and diseases of ageing: cardiovascular disease, diabetes, cancer, a weakened immune system and more. But the process is somewhat malleable. It is happening in all of us at some rate, but the rate can change. An enzyme called telomerase can add DNA to the ends of chromosomes to slow, prevent and partially reverse the shortening.

Can you delay or reverse ageing by taking care of your telomeres?

We all have health spans – the number of years we remain healthy, active and disease-free – and the shortening of our telomeres contributes to ageing and our entry from health span into disease span. But we can [do things that] affect our telomerase and telomeres, that can [delay] entry from health span to disease span.

We need to improve our lifestyle by managing chronic stress, exercising, eating better and getting enough sleep. A lot of these things are recommended already – so what is new?

People hadn't understood why at the cellular level the sorts of things that are recommended to improve lifestyle can help stave off disease. One reason is because they are helping you maintain telomeres. Nobody had any idea that meditation and the like, which people can use to reduce stress and increase wellbeing, would be having their salutary and well-documented useful effects in part through telomeres. The study shows how much control we can have. Small tweaks in how you approach stress, for example, can lead to long-term habits that make a difference.

What exercise can help preserve our telomeres?

The good news is you don't have to go to the gym three hours a day or run a marathon a week. People who do moderate aerobic exercise – about three times a week for 45 minutes – have telomeres pretty much as long as marathon runners. Mixing things up seems to be good too. Many studies looking at people under severe chronic stress find their telomere shortness relates to how severely that stress is experienced. But that relationship seems particularly strong in sedentary people. Even 10-15 minutes of light exercise daily appeared, in one study, to buffer the effect.

Beyond a balanced diet with lots of wholefoods such as vegetables, fruits and grains, should we be taking any supplements to lengthen our telomeres?

Having adequate omega-3 fatty acids really seems to relate to better telomere maintenance and the easiest way to ensure that may be a supplement. It is also in foods such as oily fish and flaxseeds. There is some data about vitamin D but the studies are somewhat incomplete. It is pretty clear that if people have a balance much more towards a wholefoods diet versus a diet high in processed foods, red meat, sugary drinks and highly refined white bread – again, all the things we know already are bad for our health – you see quantifiable effects on telomeres.

How quickly can telomere length change? You can see the effects of interventions in as little as a few months. But it is really the long-term changes, over periods of a year to 10 years, that are going to be predictive of increased health span.

For the full article go to:

<https://www.theguardian.com/science/2017/jan/29/telomere-effect-elizabeth-blackburn-nobel-prize-medicine-chromosomes>

TED talk: https://www.ted.com/talks/elizabeth_blackburn_the_science_of_cells_that_never_get_old



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



Start the New Year off right



The year's end is a perfect opportunity to check in with yourself and take stock of what's going well, where you might want to make changes, and what you'd like to see for yourself in the future. The following tips may be helpful:

1. **Take time** to reflect-without judgment. Instead of berating yourself for anything you didn't do, simply look at what happened-what didn't work and why? Consider what you learned and how you'll use that information going forward.
2. **Get specific.** "Next actions" are single steps to take, whereas to-dos are often multi-layered and therefore can be overwhelming. For example, the single step "break down boxes in garage" may seem much more manageable than "clean out the garage." Be sure to attach time frames to each action step -deadlines increase the likelihood of following-through.
3. **Plan ahead.** If we don't plan, things typically don't happen. Once you've created your action steps, take out your phone or calendar and plug in times to do them. You'll be much more likely to follow through if they're slotted in
4. **Tune in to your values.** Identify the things that are most important to you, personally and/or professionally. Write them down and then narrow the list to your top three. Consider why these things are so meaningful and how making more room for them in your daily life-or not-will impact you.
5. **Identify resources.** Goals are often easier to achieve when we have some external support. This could include "people resources" such as supervisors, counselors, coaches, family and friends, or "technical resources" such as classes, trainings, and hands-on opportunities.

Improving Your Odds for Cervical Health

January is Cervical Health Awareness month, a time to get out the word about steps women can take to prevent and detect cervical cancer.

The good news? Cervical cancer is largely preventable and, if detected early, curable. The key to prevention is vaccination, and the key to early detection comes down to two tests. The two tests to detect cervical cancer are the Pap test (or Pap smear) and the HPV test.

Cervical cancer forms in the cervix, the lower, narrow part of the uterus that connects with the vagina. It is caused by the human papillomavirus virus (HPV). For 2016, the National Cancer Institute estimated that 12,990 women in the United States would be diagnosed with cervical cancer, with 4,120 women dying from the disease.

Protecting Health Through Vaccination. FDA has approved Gardasil 9, a vaccine that prevents cervical cancer. "Gardasil 9 works like other vaccines that prevent diseases caused by viruses and bacteria. They prompt the immune system to protect against disease," says Marion Gruber, Ph.D., director of FDA's Office of Vaccines Research and Review. Gardasil 9 covers nine HPV types and has the potential to prevent about 90 percent of cervical, vulvar, vaginal and anal cancers, as well as preventing genital warts. Gardasil 9 is approved for use in females and males ages 9 through 26. <https://www.fda.gov>

Ingredients

- 1 pound top-round London broil or flank steak, 1 to 1 1/2 inches thick
- 3 tablespoons fresh lime juice
- 3 tablespoons low-sodium soy sauce
- 3 tablespoons canola oil
- 2 tablespoons firmly packed dark brown sugar
- 1 clove garlic, minced (about 1 teaspoon)
- 1 1/2 teaspoons peeled and minced fresh ginger
- 1 1/4 teaspoons red curry paste or chili-garlic sauce
- Cooking spray
- 1/2 head red-leaf lettuce, torn (about 5 cups lightly packed)
- 3 shallots, thinly sliced (about 1/2 cup)
- 1/2 cup coarsely chopped fresh cilantro leaves
- 1 cup fresh basil leaves, sliced into ribbons



Cucumber and roasted red pepper

Peel and slice a half of a hot house cucumbers, top with a small amount of roasted red pepper hummus. Enjoy!

Healthy Eats



Grilled Thai Beef Salad

Directions

Rinse the meat and pat dry and place in a sealable plastic bag or small glass dish. In a medium bowl, combine 1 tablespoon of the lime juice, the soy sauce, oil, brown sugar, garlic, ginger, and red curry paste. Pour half the mixture into the bag with the meat. Add the remaining 2 tablespoons lime juice to the bag. Seal tightly and marinate the meat in refrigerator at least 4 hours or overnight, turning occasionally. Reserve the rest of the mixture to dress the salad.

Coat your grill grate or a grill pan with cooking spray and preheat over medium-high heat until hot. Grill the steak until medium-rare, about 5 minutes per side, or to your desired degree of doneness. Let it rest until room temperature for 5 minutes, then slice thinly against the grain.

Combine the lettuce, shallots (reserving a few slices for garnish), cilantro, basil, and beef in a large salad bowl. Add the reserved dressing and toss to coat. Divide the salad among 4 plates and garnish with the sliced shallots.

Makes 4 servings. Serving size: 2 1/2 cups.

Per Serving: Calories 345; Total fat 18.5g (Sat fat 4.5g, Mono fat 9g, Poly fat 3g); Protein 33g; Carb 12g; Fiber 1g; Cholesterol 51mg; Sodium 440mg

Excellent Source of: iron, niacin, phosphorus, protein, selenium, vitamin A, vitamin B6, vitamin B12 Good Source of: folate, magnesium, manganese, potassium, riboflavin, thiamin, vitamin C, vitamin E

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What's in season? Fresh from Florida:

What isn't? We have such a wonderful variety of things to choose from. Try something new. It's the New Year!

Avocado, Bell Pepper, Broccoli, Cabbage, Cauliflower, Celery, Eggplant, Grapefruit, Guava, Lettuce, Mushroom, Orange, Passion Fruit, Peanuts, Radishes, Snap Bean, Squash, Strawberries, Sweet Corn, Tangerine and Tomatoes.



The Perfect Goal for the New Year!

April 7, 2018

YOU CAN DO IT!

New Year's Day is a good time to think about what you want to do with your 2018. If getting (or staying) in shape is one of your goals, mark your calendar for the Healthy Broward Run and Walk.

DOH-Broward County and a dozen community partners are sponsoring a certified 5K race and a 1 mile family fun walk at 7:30 a.m. Saturday, April 7, at Markham Park in Sunrise at the culmination of National Public Health Week. Not ready for a running race? Don't worry! The event is open to everyone and all skill levels. We'll be encouraging all of our DOH-Broward programs to organize teams for a friendly DOH competition. More on that later.

Many of us might want to run a 5K but are not ready yet. Check out the "**Couch to 5K**" program, see next page. It's a fun and easy way to gradually build your skills to be race-ready on April 7. **Go for it!**

NEW LABEL / WHAT'S DIFFERENT

Servings:
larger,
bolder type

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

Serving sizes
updated

Calories:
larger type

Updated
daily
values

Actual
amounts
declared

New
footnote

New:
added sugars

Change
in nutrients
required

Changes to the Nutrition Labels.

On May 20, 2016, the FDA announced the new Nutrition Facts label for packaged foods to reflect new scientific information, including the link between diet and chronic diseases such as obesity and heart disease. The new label will make it easier for consumers to make better informed food choices.

Packaging affects servings. Package size affects how much people eat and drink. So now for example, both 12 and 20 oz bottles will be equal to one serving and the calorie count will reflect the one serving for that drink.



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

DOH-Broward Employee Wellness



Walking for Health
Join us in front of the Admin Bldg.
12 noon Monday, Wednesday
and Thursday. Mark your calendar!

Laura Lindenbaum at ext.: 5271

Contact Us:

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954-467-4700 x 3009

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GO from your Couch to 5K



BY DOING 3 WORKOUTS EVERY WEEK



	Workout 1	Workout 2	Workout 3
Week 1	START HERE → 5-minute warm up walk. Then brisk 20 minute walk.	5-minute warm up walk. Then brisk 20 minute walk.	5-minute warm up walk. Then brisk 20-minute walk.
Week 2	5-minute warm up walk. Then jog 30 seconds and walk 120 seconds for 20 minutes.	5-minute warm up walk. Then jog 30 seconds and walk 120 seconds for 20 minutes.	5-minute warm up walk. Then jog 30 seconds and walk 120 seconds for 20 minutes.
Week 3	5-minute warm up walk. Then jog 60 seconds and walk 90 seconds for 20 minutes.	5-minute warm up walk. Then jog 60 seconds and walk 90 seconds for 20 minutes.	5-minute warm up walk. Then jog 60 seconds and walk 90 seconds for 20 minutes.
Week 4	5-minute warm up walk. Then jog 90 seconds and walk 2 minutes for 20 minutes.	5-minute warm up walk. Then jog 90 seconds and walk 2 minutes for 20 minutes.	5-minute warm up walk. Then jog 90 seconds and walk 2 minutes for 20 minutes. BRAVO!!! ALMOST HALFWAY MARK
Week 5	5-minute warm up walk. Then do 2 sets of jog 90 seconds, walk 90 seconds followed by jog 3 minutes walk 3 minutes.	5-minute warm up walk. Jog 2 minutes walk 90, seconds, jog 5 minutes walk 2.5 minutes, jog 3 minutes walk 90 seconds, jog 5 minutes.	5-minute warm up walk. Then do 2 sets of jog 90 seconds walk 90 seconds followed by jog 3 minutes walk 3 minutes.
Week 6	5 minute warm up walk. Then jog 2 minutes walk 90 seconds jog 5 minutes walk 2.5 minutes walk 90 seconds, jog 5 minutes.	5-minute warm up walk. Then do 2 sets of jog 90 seconds, walk 90 seconds followed by jog 3 minutes walk 3 minutes.	5-minute warm up walk. Then do 2 sets of jog 90 seconds, walk 90 seconds followed by jog 3 minutes walk 3 minutes.
Week 7	5-minute warm up walk. Then jog 8 minutes walk 5 minutes, jog 8 minutes.	5-minute warm up walk. Then jog 20 minutes with as little walking as possible.	5-minute warm up walk. Then jog 20 minutes with as little walking as possible.
Week 8	5-minute warm up walk. Then jog 8 minutes walk 3, jog 5 minutes walk 3. Jog 5 minutes.	5-minute warm up walk. Then jog 10 minutes, walk 3, jog 10 minutes.	5-minute warm up walk. Then jog 27 minutes.
Week 9	5-minute warm up walk. Then jog 25 minutes.	5-minute warm up walk. Then jog 26 minutes.	5-minute warm up walk. Then jog 25 minutes.
Week 10	5-minute warm up walk. Then jog 28 minutes.	5-minute warm up walk. Then jog 29 minutes.	CONGRATIS!!! FINAL WORKOUT 5-minute warm up walk. Then jog 30 minutes.