



Employee Wellness

Florida Department of Health in Broward County

March/April 2018



What is public health?

The first week of every April is dedicated to the awareness of Public Health. So, what is Public Health? According to the American Public Health Association, public health promotes and protects the health of people and the communities where they live, learn, work and play. While a doctor treats people who are sick, those of us working in public health try to prevent people from getting sick or injured in the first place. We also promote wellness by encouraging healthy behaviors.

From conducting scientific research to educating about health, people in the field of public health work to assure the community in which people can be healthy. That can mean vaccinating children and adults to prevent the spread of disease, or educating people about the risks of alcohol and tobacco.

Public health works to track disease outbreaks, prevent injuries and shed light on why some of us are more likely to suffer from poor health than others. The many facets of public health, spreading the word about ways to stay healthy and giving science-based solutions to problems. Public health saves money, improves our quality of life, helps children thrive and reduces human suffering. Excerpts from <https://www.apha.org/what-is-public-health>

That's what we do every day along with our Mission, Vision and Values. In Honor of Public Health Week, lets have some fun together! Bring your family and friends and join the Healthy Broward Run and Walk on Saturday April 7th @7:30AM at Markham Park, for more information on the event see page 6.

Throw
kindness
around like
confetti

"RUN WHEN YOU CAN,
WALK IF YOU HAVE TO,
CRAWL IF YOU MUST.
JUST NEVER GIVE UP."

- Dean Karnazes

RIGHTIOUSFITMOM.COM

In this issue:

- What is Public Health?
- Drunk Driving vs Distracted Driving
- Not all carbs are created equal
- Combating Fatigue
- Mindfulness tips for people who have no time for mindfulness
- Healthy Eats
- T2
- Did you know?
- Healthy Broward Run

Healthiest Nation 2030



APRIL 2-8, 2018

#NPHW



Every Body
WALK!





Drunk Driving vs. Distracted Driving: Which is More Dangerous?

Drunk driving has long been a major cause of accidents on the road. Having a few drinks impairs our cognitive abilities, and getting behind the wheel in such a state could end in disaster.

As smartphones become more popular, however, another threat has reared its head: distracted driving. How often have you seen someone talking or texting on their cell phone while driving? Or maybe you've spotted someone eating fries or holding lipstick in one hand. Perhaps they have a backseat full of kids yelling and fighting, as well. There are plenty of things that can distract our eyes and minds from the road, and any one of them can do damage. So when it comes to drunk driving vs. distracted driving, which is the more dangerous? Let's take a look at some of the statistics and laws for both.

Drunk Driving—Even if you're not at the legal blood alcohol concentration (BAC) limit of .08%, drinking any amount and then driving has a negative effect on your ability behind the wheel. At .02% BAC, drivers experience a decline in visual functions, such as rapid tracking of a moving target, as well as worsened ability to perform two tasks at the same time. Higher BAC levels result in a further decline of skills, including an inability to recognize turn signals, maintain lane position, and a delay in braking response.

Distracted Driving—Distracted driving has three components: visual (taking your eyes off the road), manual (taking your hands off the wheel), and cognitive (taking your mind off of driving). This includes activities like eating, watching a movie, or even using an in-vehicle navigation system. The most common form of distracted driving – texting while driving – combines all three components at once, much like driving while intoxicated does. Particularly troubling texts and phone calls may also cause a driver to become angrier or more depressed, causing additional distraction. Even for seemingly harmless messages, consider this: the average text takes about five seconds to send. Traveling at 55 mph, that's like going the length of an entire football field with your eyes closed.

Statistics: Drunk Driving vs Distracted Driving

Casualties,

Drunk Driving

- 10,265 deaths in 2015
- 290,000 injuries in 2015

Perpetrators

- 20.7% of accidents involve 26- to 29-year-old drivers.
- Men are 4 times as likely as women to be involved in a fatal accident while intoxicated.

Casualties,

Distracted Driving

- 3,477 deaths in 2015
- 391,000 injuries in 2015

Perpetrators

- Drivers aged 16 to 24 are more likely to be distracted while driving.
- Women are more likely to text and drive than men.

Driving impaired is not just driving under the influence of drugs and alcohol, it is any distraction i.e. phone, kids, multitasking etc, prescription medication and lack of sleep. Stay safe for your safety and ours.
<https://www.thezebra.com>



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





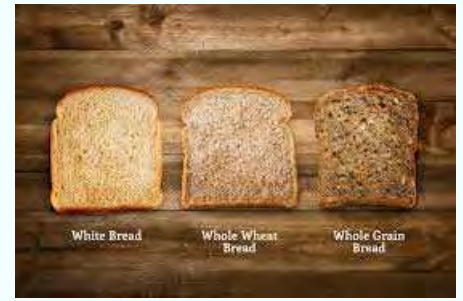
NOT ALL CARBS ARE CREATED EQUAL

Whole grains are absorbed more slowly by the body and, because of their bulk, tend to be more satisfying and keep hunger at bay. That may be why people who regularly eat more whole grains tend to weigh less than others whose diets are made up of more refined carbohydrates.

To get more whole grain into your diet; **you need to become a label reader.** It's easy to be fooled by a product's color, and the only way to be sure you're getting a whole grain instead of brown food coloring is to check the label. For example, if you're looking for a whole-wheat product, the first ingredient listed on the label should be **whole wheat**. Then, check the **amount of fiber** on the nutrition fact panel. **Choose breads with at least 3 grams of fiber per slice, and cereals with 5 grams or more per serving.**

Bran cereals are usually the highest in fiber, but there are several others that also contribute significant amounts of fiber to the diet.

Other whole-grain carbohydrates include brown and wild rice, barley, bulgur or cracked wheat, whole-wheat pasta, buckwheat, whole kernel corn, and popcorn. Whole grains do wonders to keep you satisfied while contributing healthy phytochemicals into your diet. www.WebMD.com



Tips for Combating Physical Fatigue

Some people call them the '3 o'clock blues.' It's that feeling when you've got 1-2 hours left in the work day, but no energy left to make it a productive finish to the day. Here are a few tips or lifestyle changes that can help you reduce or hopefully eliminate physical fatigue.

Get enough sleep. In all seriousness, most adults need 7-8 hours of sleep per night to function well.

Eat more often. This refers to the 5-6 small healthier meals instead of three large meals.

Reduce caffeine and sugar intake, including that diet soda or chocolate bar after dinner might be causing you to feel jittery or a little too alert when it's time to turn in for the evening. Replace the candy bars and sweets with something that provides protein and fibers. Nuts and yogurt are popular options.

Reduce stress and anxiety. If you struggle to fall asleep or stay asleep at night, and you'll find many of them attribute their troubles to an inability to 'shut off' their brains. Sometimes it helps to simply set aside 30 minutes or a full hour each day for yourself to enjoy a favorite book or activity.

Exercise! Exercise can take the form of a quick 10-minute walk—or two—with a co-worker during the day. It can also take the form of a yoga class, volunteering to walk a neighbor's dog, or even taking the stairs up to the office rather than the elevator. Change is never easy, but a little bit at a time goes a long way.

Excerpts, <http://nursing.advanceweb.com/tips-for-combating-physical-fatigue/> by Rob Senior



IT'S A
GOOD DAY
TO HAVE
A GOOD
DAY

just
breathe



Mindfulness tips for people who have no time for Mindfulness.

Do you have a laundry list of things that are "good for you" but that you find hard to fit into your life?

Below you'll find some incredibly simple ways you can incorporate mindfulness into your day without it taking any extra time. The key is to use natural moments of down time, and to link mindfulness to activities you already do. Check out these quick and easy suggestions, and pick your favorite.

1. Take a single mindful breath whenever you're stopped at any red traffic light. Stopping at red traffic lights is an unavoidable, natural pause. Make the most of this pause by taking one mindful breath, relaxing your neck and shoulders, and paying attention to what it feels like to be in your body, right at that particular second when you're stopped at a light. This is my personal favorite achievable form of mindfulness. It's easy to unconsciously hold tension in your body when you're rushing around in the car. Use taking one mindful breath as an opportunity to release tension you're holding anywhere in your body. You can use your in-breath to notice any areas of tension, and your out-breath to release your tension and relax those areas.

2. Take your first two bites or first two sips, mindfully. Mindful eating can seem like a daunting goal, but a much less daunting target is that when you eat or drink, you can drink your first two sips of any drink, or eat your first two bites of any food, mindfully. By this, just in paying attention to the sensory experiences of taking a bite or sip. You can make this a once a day exercise, for example, your first two bites of lunch. Pick whatever routine is most appealing to you.

3. Take one mindful breath whenever you sit down to start a meeting. This is the exact same principle as the traffic light example, but instead of using red lights as the contextual trigger, you're going to use the start of any meeting as your trigger to be mindful. Take one mindful breath to ground yourself in your body, and in the present moment, whenever you arrive for a meeting.

4. Your choice - Link a single mindful breath to any behavior you do at least once a day.

- Activities that involve water can be a good option. For example, take a mindful breath when you first stand in the shower, or just before getting out of the shower.
- You can take a mindful breath before getting out of bed or take a few mindful breaths when you get into bed at night. Pay attention to the sensations of being in your body, in your bed, and of the sensation of gravity and of your body making contact with your mattress.
- Another variation on the water theme is taking a mindful breath whenever you turn on a tap to wash your dishes or to brush your teeth. You can also pay attention to the sound and sensations of the water.
- Noticing the feeling of air on your skin can be a very pleasant mindfulness exercise and is an alternative to focusing on a breath. The idea is that you'll naturally slow your breathing when you're paying attention to the sensation of air on your skin, without needing to specifically focus on your breath.
- If you're a parent, you can try a minute of mindfulness when you're first reunited with your kids when you get home from work.

5. Do a 30 day mindfulness project. If you'd like to experiment with different types of mindfulness without making a commitment to any one mindfulness practice, you can try this 30 day mindfulness challenge that I've put together. Every day has a very short and simple type of mindfulness to try.

For more on this and other topics go to www.psychologytoday.com





Avocado Toast

Low GI recipe

Something new for your weekend breakfast? Try making Avocado Toast.

Just mash up an avocado, season to your liking.

Fry (or poach) an egg and tomatoes in little oil. Place it on top of a toasted whole wheat bread and enjoy!



Flavor your water with fruit and/or herbs

In a large clean jar/container put a few pieces of your favorite fruit and or herbs, fill it with water, place it in the fridge for an hour or more. Enjoy!

- Cucumber and citrus
- Blueberry and orange
- Grapefruit and rosemary
- Ginger and lime
- Strawberry, lemon, basil
- Strawberry, lime, cucumber
- Kiwi and cucumber
- Pineapple, mint and ginger



Healthy Eats



MANGO CHICKEN AND ALMONDS ON RYE

LOW GI RECIPE

Ingredients:

120g cooked chicken, cubed (use left over BBQ or roast chicken)

¼ cup reduced fat mayonnaise

2 Tbs toasted almond slivers

1 stick of celery, finely sliced

1 Tbs mango chutney

snow pea sprouts or lettuce

Method:

Combine together chicken, mayonnaise, almonds, celery and chutney and mix well. Pile over 1 slice of high fiber (3 gms per slice) bread. Sprinkle over snow pea sprouts or lettuce and top with another slice of bread. Enjoy!

Makes 2 sandwiches



What's in season? *Fresh from Florida:*

Bell Pepper, Blueberry, Cabbage, Cantaloupe, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Grapefruit, Guava, Lettuce, Mushroom, Orange, Papaya, Peanut, Potato, Radish, Snap Bean, Spinach, Squash, Strawberry, Sweet Corn, Tangerine, Tomato and Wa-

T2



In the end of November 2017 the Employee Wellness Program offered a Type 2 Diabetes Prevention Program. We are now at the end of our weekly meetings and moving on to our bi-weekly schedule.

We have learned so much in managing and preventing type 2 diabetes while gaining a great support system within our DOH family. The program is a lifestyle change program and lasts for an entire year. Each week we have different topics such as: fitness, rethinking your drink (taking sugary drinks out and enjoying unsweetened beverages instead), managing stress, finding time for fitness and more. Did you know, if you have one of the sweetened drinks (showed in the photo above) every day, it is equal to 30lbs of sugar a year!

Many in the program are seeing their glucose numbers become more stable and the pounds going away by choosing healthier food options and increasing activity time. Best of all, we all are feeling better. Research shows that people with prediabetes who take part in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% and if you are over sixty years old the percentage goes up to 78% according to the CDC! That's nothing to sneeze at!

Many thanks to our T2 group educator and leader Kristen Schroeder-Brown, RN-BSN, CHES, CDE, Community Outreach Department, Holy Cross Hospital.



What is the Glycemic Index?

The glycemic index (or GI) is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar (glucose) levels after eating. Foods with a high GI are those which are rapidly digested, absorbed and metabolized and result in marked fluctuations in blood sugar (glucose) levels. For example fruit juice, candy or white bread tend to have a

Low GI carbohydrates – the ones that produce smaller fluctuations in your blood glucose and insulin levels – is one of the secrets to long-term health, reducing your risk of type 2 diabetes and heart disease. It is also one of the keys to maintaining weight loss. For example, foods higher in fiber like fresh fruit, whole grain bread(3gm of fiber/slice), legumes and brown rice tend to have a lower GI. For more information look at <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/understanding-carbohydrates/glycemic-index-and-diabetes> also <http://www.glycemicindex.com/>

Please consult your Healthcare Provider before starting any diet or exercise program.

DOH-Broward Employee Wellness



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

Contact Us:

Kristin Halldorsdottir
954-467-4700 x 3009

Nicky Lewin
954-467-4700 X 4004

*Celebrate National Public Health Week!
Join us Saturday, April 7, 2018...*

**Medals for all
participants -
Runner awards**

1st Annual **HEALTHY BROWARD RUN AND WALK**

Certified 5K RUN

7:30 a.m.

1 MILE FAMILY FUN WALK

**Saturday, April 7, 2018
Markham Park**

16001 State Rd. 84, Sunrise, FL 33326

**Resource &
Wellness
Fair**

**Fun
Activities
for the
Kids**

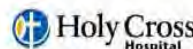
Individual runners, walkers -- \$10 til 2/11/18, \$15 til 4/5/18, \$25 race day

Family (up to 4) -- \$20 til 2/11/18, \$25 til 4/5/18, \$30 on race day

Employers: Take the 5% Challenge. Get at least 5% of employees to sign up.

Prizes for highest % participation! Register by 3/24/18.

**Info: 954-812-4199 or www.HealthyBrowardrun.org
Spread the word #HealthyBroward**



Race managed by Precision Running Events