



# Employee WELLNESS



Florida Department of Health in Broward County

December 2017



## What If a Friend Tells Me That They Have HIV?

More than a million people in the United States are living with HIV, so you may know someone who has the virus. If your friend, family member, or co-worker has been HIV-positive for some time and has just told you, here's how you can be supportive:

- **Acknowledge.** If someone has disclosed their HIV status to you, thank them for trusting you with their private health information.
- **Ask.** If appropriate, ask if there's anything that you can do to help them. One reason they may have chosen to disclose their status to you is that they need an ally or advocate, or they may need help with a particular issue or challenge. Some people are public with this information; other people keep it very private. Ask whether other people know this information, and how private they are about their HIV status.
- **Reassure.** Let the person know, through your words or actions, that their HIV status does not change your relationship and that you will keep this information private if they want you to.
- **Learn.** Educate yourself about HIV. Today, lots of people living with HIV are on Anti Retroviral Therapy (ART) and have the virus under control. Others are at different stages of treatment and care. Don't make assumptions and look to your friend for guidance.

Content Source: [HIV.gov](http://HIV.gov)

### World AIDS Day

*In 1988, the World Health Organization (WHO), declared 1st December as the first World AIDS Day. Here we are 29 years later and thanks to our scientist and activist we have come far but not as far as we would like to be for finding a cure. It is so important to remember that people of all ages, gender and races are being diagnosed with HIV and millions are living with HIV/AIDS. That is a difficult load to carry for any person, fear and stigma still exist. HIV has come a long way in the past 35 years, and the importance of all of us to educate on the disease as well as prevention, to be a voice for the voiceless and show compassion to all, has never been greater. [HIV.gov](http://HIV.gov)*

"I want to get old gracefully. I want to have good posture, I want to be healthy and be an example to my children."  
Sting



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# An ounce of prevention



## Why Is a Healthy Weight Important?

Reaching and maintaining a healthy weight is important for overall health and can help you prevent and control many diseases and conditions. If you are overweight or obese, you are at higher risk of developing serious health problems, including type 2 diabetes, heart disease, high blood pressure, gallstones, breathing problems, and certain cancers. That is why maintaining a healthy weight is so important: It helps you lower your risk for developing these problems, helps you feel good about yourself, and gives you more energy to enjoy life.

## Assessing Your Weight and Health Risk

Assessment of weight and health risk involves using three key measures:

- Body mass index (BMI)
- Waist circumference
- Risk factors for diseases and conditions associated with obesity

### BMI

Underweight	Below 18.5
<b>Normal</b>	<b>18.5–24.9</b>
Overweight	25.0–29.9
Obesity	30.0 and Above

## Body Mass Index (BMI)

BMI is a useful measure of overweight and obesity. It is calculated from your height and weight. BMI is an estimate of body fat and a good gauge of your risk for diseases that can occur with more body fat. The higher your BMI, the higher your risk for certain diseases such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers.

Although BMI can be used for most men and women, it does have some limits:

- It may overestimate body fat in athletes and others who have a muscular build.
- It may underestimate body fat in older persons and others who have lost muscle.

[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)

## Risk Factors for Health Topics Associated With Obesity



Along with being overweight or obese, the following conditions will put you at greater risk for heart disease:

### Risk Factors

- High blood pressure (hypertension)
- High LDL cholesterol ("bad" cholesterol)
- Low HDL cholesterol ("good" cholesterol)
- High triglycerides
- High blood glucose, diabetes
- Family history of premature heart disease
- Physical inactivity
- Tobacco use

For people who are considered obese or overweight and have two or more risk factors, it is recommended that you lose weight. **Even a small weight loss** (between 5 and 10 percent of your current weight) will help lower your risk of developing diseases associated with obesity.

People who are overweight, do not have a high waist measurement, and have fewer than two risk factors may need to prevent further weight gain rather than lose weight. **Talk to your doctor** to see whether you are at an increased risk and whether you should lose weight. Your doctor will evaluate your BMI, waist measurement, and other risk factors for heart disease.

[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/index.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/index.htm)



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





## Age and Immunity

The aging process somehow leads to a reduction of immune response capability, which in turn contributes to more infections, more inflammatory diseases, and more cancer. As life expectancy in developed countries has increased, so too has the incidence of age-related conditions. Happily, investigation into the aging process can benefit us all — no matter what our age.

While some people age healthily, the conclusion of many studies is that, compared with younger people, the elderly are more likely to contract infectious diseases and, even more importantly, more likely to die from them. Respiratory infections, influenza, and particularly pneumonia are a leading cause of death in people over 65 worldwide. No one knows for sure why this happens, but some scientists observe that this increased risk correlates with a decrease in T cells, possibly from the thymus atrophying with age and producing fewer T cells to fight off infection. Thymus function declines beginning at age 1; whether this decrease in thymus function explains the drop in T cells or whether other changes play a role is not fully understood. Others are interested in whether the bone marrow becomes less efficient at producing the stem cells that give rise to the cells of the immune system.

A reduction in immune response to infections has been demonstrated by older people's response to vaccines. For example, studies of influenza vaccines have shown that for people over age 65, the vaccine is much less effective compared to healthy children (over age 2). But despite the reduction in efficacy, vaccinations for influenza and *S. pneumoniae* have significantly lowered the rates of sickness and death in older people when compared with no vaccination.



There appears to be a connection between nutrition and immunity in the elderly. A form of malnutrition that is surprisingly common even in affluent countries is known as "micronutrient malnutrition." Micronutrient malnutrition, in which a person is deficient in some essential vitamins and trace minerals that are obtained from or supplemented by diet, can be common in the elderly. Older people tend to eat less and often have less variety in their diets. One important question is whether dietary supplements may help older people maintain a healthier immune system. Older people should discuss this question with a physician who is well versed in geriatric nutrition, because while some dietary supplementation

may be beneficial for older people, even small changes can have serious repercussions in this age group. [www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system](http://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system)







# Healthy Eats

*for the holidays!*



## Ingredients

### Salmon recipe

- 2/3 cup mayonnaise
- 1/2 cup spicy brown mustard
- 6 tablespoons fresh tarragon (chopped)
- 6 tablespoons chopped fresh chives
- 2 tablespoons golden brown sugar (packed)
- 2 tablespoons fresh lemon juice
- 2 teaspoons grated lemon peel (finely)
- 3 3/4 pounds salmon (whole side of, with skin, about 1 1/2 inches thick at thickest part)



### Poached Pears,

Recipe by Ellie Krieger

- 2 cups dry red wine, such as cabernet or merlot
- 1/4 cup plus 1 tablespoon sugar
- 1 orange, juiced (about 1/2 cup)
- One 1 by 3-inch strip orange zest
- 1 cinnamon stick
- 2 cloves
- 4 firm, ripe pears



## Salmon with Mustard, Tarragon, and Chive Sauce

This is so easy and such a crowd pleaser. Makes 8-10 servings ( if your not expecting a crowd make half of it). [www.yummly.com](http://www.yummly.com)

**Salmon Prep.:** Position rack in center of oven and preheat to 450F. Line large rimmed baking sheet with parchment paper.

Mix first 7 ingredients in a medium bowl. Season mustard sauce lightly with salt and pepper. Place salmon, skin side down, on diagonal on prepared sheet. Spoon 1/2 cup mustard sauce atop salmon, then spread over, covering completely. Sprinkle salmon with salt and pepper.

Roast just until salmon is opaque in center, about 15 minutes. Using parchment as aid, transfer to platter. Cut crosswise into pieces and serve with remaining mustard sauce.

**Poached Pears Prep.:** Place first 6 ingredients into a 4-quart saucepan and bring to a simmer. In the meantime, peel pears leaving stem intact. Slice 1/2 inch off the bottom of the pears to create a flat bottom.

Gently place pears in poaching liquid, cover, and simmer for 15 to 20 minutes, turning every 5 minutes, until pears are cooked but still firm. Remove from heat, uncover and cool with pears upright in pan. Once cool, cover and chill in refrigerator at least 3 hours or up to 24 hours, turning occasionally, if desired.

Gently remove pears from liquid and allow to come to room temperature. Meanwhile, reduce liquid by about half over a medium-high flame for 15 minutes, until liquid is thicker and slightly syrupy. Remove from flame and let liquid come to room temperature. Drizzle each pear with 2 tablespoons syrup and serve.

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



Avocado, Bell Pepper, Carambola (star fruit), Cucumber, Eggplant, Grapefruit, Guava, Mushroom, Orange, Passion Fruit, Peanuts, Radish, Snap Bean, Squash, Sweet Corn, Tangerine, Tomato, Cabbage, Lettuce, Strawberries, Cauliflower and Celery.



# How to Ride Waves of CHANGE

The truth is: we don't know much about what "will be." Here are six mindfulness tips for going with the flow—rather than losing ourselves in the undertow. Change comes whether we want it or not. If we can stay open and curious to an ever-new landscape of life's possibilities, change can actually be the key to resilience. By learning to explore what presents itself, we ride the waves of change rather than losing ourselves in the undertow.

**C** — Choose to stay open. As we make the conscious choice to stay open, raw, and vulnerable, we can be brave, tender, and present to the technicolor experiences that reveal life's texture and richness.

**H** — Have awareness of what is unfolding, moment by moment. The key to mindfulness is training ourselves to notice the details: Which thoughts are here? Which emotions? Which body sensations? As we stop trying to resist what's coming our way, we can become scientists of our own experience—full of wonder at each new discovery.

**A** — Adapt: It's crucial to personal and species survival. Considering that adaptation is at the heart of survival, it's surprising how afraid we are to let things evolve. If we learn to adapt, allowing new information (and challenges) to expand our perspective rather than retreating into ourselves, our unique brilliance can move along with life's flow.

**N** — Notice how it feels to stay close to your experience. At the end of the day, most of us just want to feel better. When we allow ourselves to be gently present, we may notice an increase in energy, joy, and resilience as we dare to explore the vividness of life.

**G** — Generate wisdom by remaining curious about the ever-changing adventure. As we investigate our assumptions, judgments, and other narrow ways of thinking, we open opportunities to develop insights that expand and re-charge our views.

**E** — Enjoy life's fresh offerings. It's important to be open to change, but that doesn't mean we should be constantly striving for change or forcing it on ourselves. Riding the waves of change means being here for what arises naturally—not moving at breakneck speed toward the next thing and the next thing. Life can so easily slip past us unnoticed. Remember to pause, take a breath, and appreciate the electric circus called life.

By Elaine Smookler | November 20, 2017

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**

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