

# Well Worth It

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Wellness Council of West Virginia, P.O. Box 710, Institute, WV 25112  
www.wcwg.org info@wcwg.org 304-766-2686

## Welcome New Staff

The Wellness Council recently welcomed **Anika Eggert** to the staff. Anika is a graduate of the University of West Florida with a BA in Psychology and MS in Community Health Education with a Psycho-Social Specialization. She has been a member of the West Virginia Air National Guard since 2002. She has worked with smoking cessation and healthy lifestyle choices for military members while interning at the Health and Wellness Center at Hurlburt Field, Florida. Anika is very excited to be working for the Wellness Council and strives to improve the health and wellness of her fellow West Virginians.

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## Season's Greetings

### Clip & Save – Wellness Council Contact Information

The Wellness Council (**304-766-2686**) recently upgraded the internal phone systems to provide you with better service. Each staff member now has an independent voicemail for messages. Please note the following extensions for the staff:

- \* **221 Barbara Graley**
- \* **222 Sharon Covert**
- \* **223 Patty Deutsch**
- \* **224 Kelli Frampton**
- \* **225 Anika Eggert**
- \* **228 General Mailbox for Council**

## Love Your Heart

### *Lunch n Learn– Heart Truth for Women*

The Wellness Council is offering a brief program entitled "The Heart Truth for Women" for your employees. It is perfect for lunch n learns or other activities that may revolve around your Go Red campaigns that kick off in February. The goal is to give women a personal and urgent wakeup call about their risk of health disease, risk factors of heart disease, disability and death and to encourage women to talk to their doctors about heart disease risk factors. For more information call Kelli Frampton at 304-766-2686 (X224) to discuss how the "Heart Truth for Women" can benefit your employees.

### Unhealthiest city in America

*Huntington, WV*

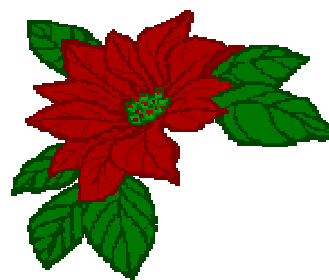
The U. S. Centers for Disease Control and Prevention (CDC) recently released information comparing the healthiest city in American and unhealthiest city in America. Unfortunately for West Virginia, the state made the news as home to Huntington, WV, the unhealthiest city in America. Burlington, Vermont was identified as the healthiest city in America. Burlington's success is attributed in part to the norm of activity that is standard for neighborhood residents along with a focus on healthy eating. Major corporations in the Burlington area are credited for their successful wellness programs as well.



### Obese children at risk for heart disease

Researchers have discovered the arteries of obese children are similar to that of a middle age adult. Obese children were found to have significant plaque buildup in the neck arteries. The "vascular age" of obese children was found to be similar to that of a 45 year old. If the child suffers from high triglycerides as well they should be treated as high risk for cardiovascular disease.

*American Heart Association*



### Peripheral Arterial Disease

Peripheral arterial disease—also known as P.A.D.— is a common, yet serious, disease that raises the risk of heart attack and stroke. P.A.D. develops when arteries in your legs become clogged with plaque—fatty deposits that limit blood flow to your legs. Just like clogged arteries in the heart, clogged arteries in the legs raise your risk for heart attack or stroke. P.A.D. affects 8 to 12 million people in the United States, especially those over age 50. P.A.D. does not always cause symptoms, so many people may have P.A.D. and not know it. People who do experience symptoms, such as pain or cramping in the legs, often do not report them, believing they are a natural part of aging or due to another cause. *National Heart, Lung and Blood Institute*

## You Should Know...

**Sleep for good health!** Isn't it exciting when medical research confirms what many of us just know? A 20 year Swedish study confirms that our body needs rest. Sleep has a beneficial effect on the heart. In the study, heart attacks decreased on the Monday after the clocks were set back for Daylight Savings Time thus giving people an extra hour of sleep. Conversely, there were more heart attacks the first three days of the week after the start of standard time and people received an hour less sleep. *www.mayoclinic.com*

**Smoking rate declines.** Good news! In the United States, the number of adult cigarette smokers has decreased for the first time in four years. Despite the good news and progress that has been made, 19.8% of Americans still continue to smoke and more work remains to curb smoking and the negative health affects associated with it. *American Cancer Society*

**Prevent Dry Skin.** Medical professionals advise frequent hand washing to limit the spread of germs that lead to colds and flu. For many, frequent hand washing results in dry, chapped skin. Skin experts recommend sealing in moisture after a bath or shower with a thick layer of moisturizer. Moisturizers with an ointment base are more effective than lotions with a thinner base. *Wellsource*

*Early to bed and early to rise makes a man  
healthy, wealthy, and wise.*

*Benjamin Franklin*



## Healthy Holiday Cooking

The holiday season is filled with the aroma of freshly baked goods and traditional family recipes that have been handed down from generation to generation. You can maintain a balance between delicious holiday dishes and healthy eating habits at the same time. Learn healthy substitutions for not so healthy ingredients from the Mayo Clinic website at <http://mayoclinic.com/health/healthy-recipes/NU00585>. Find healthy recipes for you and your family at <http://mayoclinic.com/health/healthy-recipes/RE99999>. For tips for a healthy makeover your favorite recipe, visit <http://mayoclinic.com/health/healthy-recipes/NU00584>. Follow these tips to substitute healthy ingredients in your favorite recipe and you can you're your cake and eat it too! *www.mayoclinic.com*

## Combating Holiday Depression

The holiday season finds many adults experiencing depression not normally experienced at other times throughout the calendar year. Symptoms of holiday depression include unusually high weight loss or gain, sleep disturbances, extreme sadness, nervous behavior, fatigue, feelings of guilt, increased dependence on alcohol or drugs, lack of interest in things, difficulty concentrating or thoughts of suicide. Many factors contribute to the feelings of holiday depression including:

- demands of shopping and preparation for events
- drinking and eating too much
- financial limitations
- expectations that are too high
- inability to be with loved ones
- memories of loved ones who have died
- pressure from taking on too much responsibility
- lack of sleep and rest
- stress from your job, family or friends

### What Can I Do To Help Myself?

If you experience any of the symptoms of depression, seek immediate help from a medical professional. There are a variety of therapies and medications can help reduce your symptoms. You can make a positive difference in your life. You are worth it! *Wellsource*

**"If you don't like who you are and where you are, don't worry about it because you're not stuck either with who you are or where you are. You can grow. You can change. You can be more than you are."**  
**Zig Ziglar**



**Happy Holidays**  
**from the**  
**Wellness Council**

**Wellness Council of West Virginia**

P.O. Box 710 \* Institute, WV 25112

Phone: 304-766-2686

Fax: 304-766-2696

E-mail: [info@wcwv.org](mailto:info@wcwv.org)