



Well Worth It

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Wellness Council of West Virginia, 75 Olde Main Plaza, St. Albans, WV 25177
www.wcgv.org info@wcgv.org 304-722-8070

Great American Smokeout



Thursday, November 19th 2009 marks the 34th annual Great American Smokeout sponsored by the American Cancer Society. The ACS is committed to helping smokers quit and stay quit. To help companies fit all the pieces of the puzzle together to help their employees be successful – resources, including fact sheets, payroll stuffers, posters and more can be found under “materials” at <http://www.cancer.org/docroot/subsite/greatamericans/smokeout.asp>. Additionally, Wellness Council staff members are available year round to help supply your company with the pieces of the puzzle your company may need to plan and implement programming to benefit smokers at your company. Visit www.wcgv.org or call 304-722-8070 to learn more.

You always pass failure on the way to success.

Mickey Rooney

When Smokers Quit - Benefits of Quitting Over Time

20 minutes after quitting: Your heart rate and blood pressure drops.

12 hours after quitting: The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting: Circulation improves and lung function increases.

1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's.

5 years after quitting: Your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.

10 years after quitting: The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas also decrease.

15 years after quitting: The risk of coronary heart disease is that of a non-smoker's.



<http://www.cancer.org/downloads/GAHC/WhenSmkrQuit.pdf>

An example of resources available to companies to help their employees from the American Cancer Society

Prematurity Awareness Month 2009

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More than half a million babies are born too soon in our country each year. Some are so small they struggle to survive. The March of Dimes needs your help to give them a fighting chance.

In November, the nation is encouraged to focus their attention on the impact premature birth has on babies and families. Prematurity is the #1 cause of death during the first month of life. Even babies born just a few weeks too soon can face serious health challenges and are at risk for lifelong disabilities. Supporting Prematurity Awareness Month shows your employees, customers, vendors and others that you care about the health of their families. Awareness is the first step to solving this problem.



Companies interested in teaming up with the March of Dimes can enroll in Healthy Babies Healthy Business[®]. It's a free worksite wellness program that helps your employees make better health decisions and have healthier babies. There are many ways your company can support the March of Dimes - visit www.marchofdimes.com/fightforpreemies to learn more.

Information provided by March of Dimes West Virginia Chapter

Prematurity Awareness Day Fundraiser November 17th

Papa John's Pizza is joining forces with the March of Dimes to help babies and YOU can help! On Tuesday, November 17th, all Papa John locations from Charleston to Huntington will donate 20% of all their sales to the West Virginia Chapter of the March of Dimes. Consider ordering pizza for lunch at your office or surprise your family with a pizza night. Be sure to specify that your order is part of the March of Dimes Prematurity Awareness Day. Orders are also accepted for pick-up or delivery at <http://www.papajohns.com>.



march  of dimes

In the United States today,
1 in 8 babies is born prematurely.
Help babies be born full term.
Solutions are within our grasp. Get involved.

SIGN THE PETITION FOR PREMIES



Greenbrier Bike Trek

Join the Wellness Council Team!

The Wellness Council is gearing up to support the American Lung Association by participating in the 2010 Greenbrier Bike Trek & we...

want...

YOU!



Beginners to competitive bicyclists are encouraged to participate in this worthy fundraiser for the American Lung Association. Event details, including lodging and meal information, can be found at trek.lunginfo.org. Make plans now to join the Wellness Council team May 13 – 16, ²⁰¹⁰ on a 100 mile, 3 day trek through scenic Greenbrier County. Email Cheryl Jackson at Cheryl.jackson@wcwv.org to register or for additional information.

Workplace Signs of Mental Illness

We've all been in this situation. We suspect that someone we work with is struggling or suffering from mental illness. The following list of work related signs can help you determine if a coworker or employee is suffering from a mental illness and help them get the help they need.

- Working slowly
- Missing deadlines
- Calling in sick frequently
- Increasing absenteeism
- Expressing irritability and anger
- Difficulty concentrating and making decisions
- Appearing numb or emotionless
- Withdrawing from work activity
- Overworking
- Forgetting directives, procedures and requests
- Having difficulty with work transitions or changes in routines

www.mentalhealthamerica.net

FREE

"Let's Talk Facts" Mental Health Brochures

The American Psychiatric Association has put together a series of brochures designed to educate Americans and reduce the stigma often associated with mental health issues including anxiety, depression, eating disorders, substance abuse and suicide. The "Let's Talk Facts" series of brochures can be downloaded for free at <http://www.healthyminds.org/Functional-Library/brochures.aspx>. This is an easy way you can provide resources for the employees at your workplace.



Always bear in mind that your own resolution to succeed is more important than any one thing.

Abraham Lincoln

Tobacco Cessation

Looking to provide tobacco cessation activities at your worksite? Contact the Regional Tobacco Prevention Coalition Coordinator at the Wellness Council to assist with tobacco cessation or contact the West Virginia Quitline at 1-877-966-8784.

West Virginia
TOBACCO
QUITLINE
1-877-966-8784

You Should Know...

Family History and Mental Health. Americans commonly associate heart and other physical ailments as hereditary. Did you know that mental health problems can also be linked to hereditary? It is important to document your ancestor's health (both physical and mental). The U.S. Surgeon General's Office has a tool to help you get started at <https://familyhistory.hhs.gov>. Your future is worth learning about your past.



Legal Profession & Depression. According to the Partnership for Mental Health, employees in the legal profession have a higher rate of depression, alcoholism and mental problems. There are cost advantages to employers who proactively screen for mental health problems and take employee's mental health and welfare seriously. Absenteeism and medical costs decrease as well. For additional resources targeted toward the legal profession and to read the full report visit http://www.workplacementalhealth.org/pdf/MHfactsforAttorneys_PWMH.pdf.

You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients.
Julia Child

Healthy Holiday Eating

As the holiday season approaches, many Americans are faced with choices regarding eating healthy. The Mayo Clinic offers recipes, tips, videos and more on their website www.mayoclinic.com to help you enjoy the tastes of the holiday season and take care of your body at the same time. These tips from the Mayo Clinic will help make your holiday recipes healthier without compromising on taste.



- Reduce the amount of fat, sugar and sodium. With most recipes, fat, sugar and sodium can be reduced without losing flavor.
- Make a healthy substitution. Healthy substitutions not only reduce fat, calories and sodium, but also can boost the nutritional content. For example, use whole-wheat pasta instead of enriched pasta.
- Delete an ingredient. In some recipes, ingredients can be removed altogether; likely candidates include items such as frosting, coconut and nuts, which are high in fat and calories.
- Change the method of preparation. Healthy cooking techniques — such as braising, broiling, grilling and steaming — can capture the flavor and nutrients of food without adding excessive amounts of fat, oil or sodium.
- Change the portion size. Smaller portions have less fat, calories and sodium and allow individuals to eat a wider variety of foods during a meal.

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75 Olde Main Plaza * St. Albans, WV 25177

Phone: 304-722-8070

Fax: 304-722-8074

E-mail: info@wcvv.org