



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

Ready, Set, Go Red!

Friday, February 6, 2009 marks the annual **National Go Red for Women Day**. What does your office have planned to bring awareness to heart health for women?

Did you know women are more likely than men to die in the hospital from a severe heart attack?

Did you know that heart disease is the number one killer of women in this country?

Did you know that women are more likely to experience EMS delays for heart care?

These are just three reasons why you need to **GO RED** for the women in your life.



Worksite Wellness 101 Training Dates

The Wellness Council of WV will be offering Worksite Wellness trainings around the state of West Virginia. WW101 provides your company with the fundamentals of implementing and maintaining results-oriented worksite wellness programs.

February 17 th	Worksite Wellness 101 Morgantown, WV @ WVU
April 27 th	Worksite Wellness 101 Charleston, WV @ Rehabilitation Center in Institute
May 19 th	Worksite Wellness 101 Parkersburg, WV @ Blennerhassett Hotel

Registration forms are available on our website at www.wcwg.org under the "Trainings" section on the home page. Don't miss out!

INSIDE THIS ISSUE

- 1** Go Red
- 1** Worksite Wellness 101 Training Dates
- 2** Salmonella / Peanut Butter Update
- 2** Recession & Health Care Costs
- 2** Family Health History
- 3** Stress
- 4** Alzheimer's Disease
- 4** Loved Ones & Addiction
- 4** Walking

Salmonella - Peanut Butter Recall Update

If you are like many Americans, you are unsure if the food products in your pantry or freezer containing peanut butter are safe from salmonella. The U. S. Food and Drug Administration (FDA) has created a searchable website that lists all the current recalled products. You may search by brand, category or UPC code. Search for recalled peanut butter products at <http://www.accessdata.fda.gov/scripts/peanutbutterrecall/index.cfm#Candy>



My Family Health Portrait

The Surgeon General is encouraging Americans to learn about and record their family health history. Many health problems, including heart disease, diabetes and some cancers are hereditary. "My Family Health Portrait" is a web based tool you can use to compile the health problems experienced by siblings, parents and grandparents. Print the completed tool and give to your family physician.



This provides your physician with a valuable screening tool that could save your life! Visit the Surgeon General's website at

<https://familyhistory.hhs.gov/fhh-web/home.action>

Does Recession = Higher Health Care Costs?

When the economy weakens and layoffs are looming in the air, many Americans seek medical care. Many employees adopt a "use it or lose it" mentality thereby driving up healthcare costs for employers.

How can a company and employee benefit during these tough economic times? Companies can benefit in this increased interest in health care by their employees by focusing on preventive and chronic care services. On-site health care may be a cheaper alternative than paying for numerous doctor visits. Companies can capitalize on the workforce's desire to stay healthy and not miss production days at work. Visit www.workforce.com to learn more.

We are what we repeatedly do. Excellence, therefore, is not an act but a habit.
Aristotle

Signs of Stress

- Teeth grinding
- Headache
- Shoulder, neck or back pain
- Chronic fatigue or insomnia
- Sexual dysfunction, infertility or menstrual problems
- Upset stomach or heartburn
- Sweating
- Irregular or elevated heart rate
- Unexplained pain
- Frequent colds or flu
- Skin problems
- Anxiety or depression
- Anger, impatience or irritability
- Poor concentration or forgetfulness
- Speech or hearing difficulties
- Increased smoking, drug or alcohol use

Studies have repeatedly shown that employees with high levels of stress have more health problems (and higher medical expenses). The following resources provides information your company can use to reduce stress in the workplace.

The National Institute for Occupational Safety and Health (NIOSH) has compiled a detailed publication identifying the most common workplace stressors. Visit <http://www.cdc.gov/niosh/stresswk.html> for strategies to implement in your workplace to reduce stress.

Looking for a handout you can give to your employees with information to identify stress and prevent it? This resource is for you! <http://www.nlm.nih.gov/medlineplus/tutorials/managingstress/hp069102.pdf>

Health care expenditures are nearly 50% greater for workers who report high levels of stress. -**Journal of Occupational and Environmental Medicine**

Easy Ways to Manage Your Stress - Daily

www.mayoclinic.com

Stress management isn't something to reserve only for difficult times, but something to practice daily. Experiencing ongoing stress—even at low levels—can have a negative effect on your health and well-being.

Catching it early—Signs and symptoms such as headache, gut discomfort, tense muscles and fidgety sleep may be early indicators of too much stress. When you feel stress coming on, take a breath and put your stress management techniques into practice.

Exercise—Even a short walk can improve mood and reduce feelings of stress.

Eating well—A healthy diet gives you the energy to handle daily stress. Skipping meals and making poor food choices can contribute to fatigue, greater susceptibility to illness and a general feeling of poor health.

Setting limits—Saying no to some tasks can help make you more productive and successful with the tasks you choose to take on.

Find a friend—Whether listening to you vent your frustrations or offering words of encouragement, friends can provide needed social support. If your friend can make you laugh, all the better, since laughter has been shown to reduce stress and tension.

Pleasant distractions—A good book or a movie can help redirect your thoughts from unproductive WORRY.

Relaxing—True relaxation involves a feeling of peace of mind. You may find a hobby or certain exercises particularly relaxing. Meditation, prayer or deep, slow breathing are other ways of feeling calm.

Positive thinking—Throughout the day, stop and evaluate the endless stream of thoughts that run through your mind. If they're negative, try to reframe those thoughts in a positive way.

Getting help if needed—If stress is affecting your ability to work or find pleasure in life, seek help from your doctor or mental health provider. Getting outside help isn't a sign of weakness. It takes strength to admit that you may need help—and getting help shows good judgment.

Alzheimer's Disease Facts

Alzheimer's Disease is the most common form of dementia among older adults. As many as 5 million Americans suffer from Alzheimer's disease - usually age 60 or older. The causes of the disease are difficult to pinpoint, but researchers are finding evidence to suggest that high cholesterol, high blood pressure and low levels of the vitamin folate may increase the risk of Alzheimer's disease.

This disease affects many families and workplaces across America. The number of Americans with Alzheimer's disease has doubled since 1980 and in 2005 alone, Medicare spending for the disease was approximately \$91 billion. To learn more about Alzheimer's disease visit the following resources:

The National Institutes of Health
<http://www.health.nih.gov/result.asp/28/3>

The Alzheimer's Disease Educational and Referral Center
<http://www.nia.nih.gov/Alzheimer's/>

Alzheimer's Association
<http://www.alz.org>

Walk to Ward off Weight Gain

As February begins - how are you doing with your New Year's Resolutions? Many Americans resolve to lose weight and be physically active. Did you know walking is a simple way to achieve your goals? Walking is an affordable exercise that requires little equipment and can be done anywhere! New studies show that walking may help prevent weight gain as you age. There are numerous benefits to walking - so get moving!

**Seek the lofty by
reading, hearing
and seeing great
work at some
moment every day.**
Thornton Wilder

When a Loved One has an Addiction

Take these simple steps to help yourself and someone you love who is experiencing an addiction.

Speak up - express concerns about the problem in a caring way

Take care of yourself - you need support to be strong and help your loved one

Don't blame yourself - your loved one must take responsibility for their actions

Be safe - do not put yourself in a dangerous situation

Be positive - addictions are treatable and there are options available

Take action - consider a family meeting or intervention

www.health.harvard.edu

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P.O. Box 710 * Institute, WV 25112

Phone: 304-766-2686

Fax: 304-766-2696

E-mail: info@wcwv.org