



Well Worth It

C is for...

The building blocks of wellness are as simple as ABC. In 2010, *The Well Worth It* newsletter will be a shorter, biweekly feature and focus on aspects of wellness centering around each letter of the alphabet.

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Wellness, it's as simple as A B C...

Your company can easily become involved in the American Heart Association's Go Red for women campaign. Visit the website and sign up to get free, downloadable tools for a successful Wear Red day at your worksite.
<http://www.goredforwomen.org/wearredday/companyinvolvement/index.html>



Coronary Heart Disease

Coronary artery disease (CAD) involves plaque building up inside the coronary arteries (which supplies the heart muscle with oxygen-rich blood). The arteries narrow with plaque building and decreases blood flow to the heart muscle. The diagram at the right demonstrates blood flow through a normal artery and an artery with plaque buildup. Blood clots can form. Angina (pain in the chest) or a heart attack can occur. Symptoms vary from person to person. Coronary artery disease is the leading cause of death for men and women in America. Lifestyle changes, medicines and medical procedures can help prevent and treat this problem in most people.

www.mayoclinic.org

Atherosclerosis

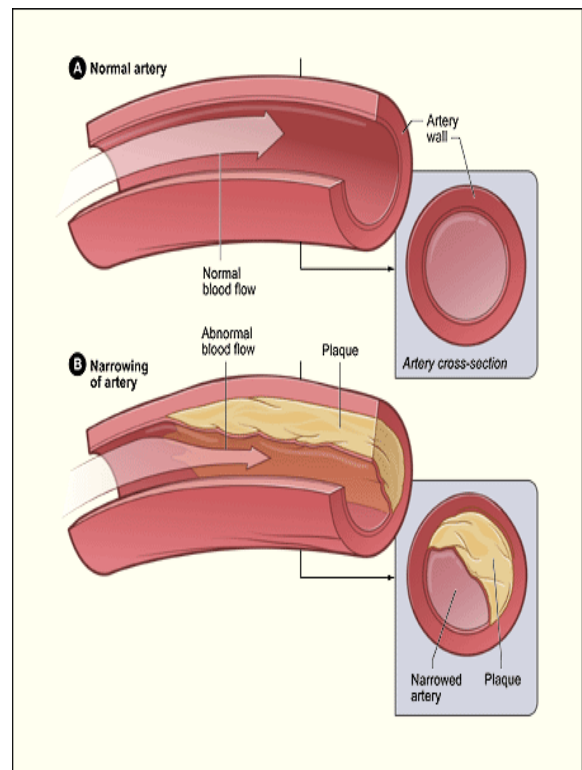
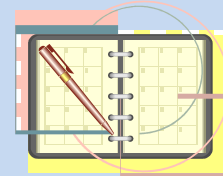


Figure A shows a normal artery with normal blood flow. Figure B shows an artery with plaque buildup.
<http://www.nhlbi.nih.gov>

Upcoming Events

February 2: Wellness2Go Conference Call Training — call to register
February 9: Worksite Wellness 101; **Charleston**
April 22: Spring Conference; **Bridgeport Conference Center**
May 13- 16, 2010: Greenbrier Bike Trek

Visit www.wcgv.org for registration information and forms!



Electronic Cigarette Regulations

The use and availability of electronic cigarettes is on the rise. In West Virginia, many county clean indoor air regulations were written before electronic cigarettes were available and therefore do not prohibit their use. County health boards can amend their clean indoor air regulations to cover electronic cigarettes. Urge your county board of health to adopt the following model definition of smoking:

"Smoking" means inhaling, exhaling, burning, or carrying any lighted or heated cigar, cigarette, or pipe, or any other lighted or heated tobacco or plant product intended for inhalation, in any manner or in any form. "Smoking" also includes the use of an e-cigarette which creates a vapor, in any manner or in any form, or the use of any oral smoking device for the purpose of circumventing the prohibition of smoking in this regulation.

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Why are E -Cigarettes so dangerous?

A 2009 FDA analysis of electronic cigarette samples resulted in the following findings:

- contain carcinogens and toxic chemicals including diethylene glycol (also used in antifreeze)
- include nicotine and other chemicals which are HIGHLY addictive
- marketed to young people and sold online and in malls
- available in different flavors, including chocolate and mint
- do not contain health warnings
- have not been submitted to FDA for evaluation or regulation.

www.fda.gov

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

**We cannot always build the
future for our youth, but
we can build our youth for
the future.**

Franklin D. Roosevelt

Childhood Obesity

When a child is significantly over the normal weight for his or her age and height, the child is considered obese. Many children and adolescents are affected by excess weight and the health problems carry over into adulthood. Diabetes, high blood pressure and high cholesterol are common health problems for adults who experienced childhood obesity. There is hope to for families to combat excess weight. A family approach to improving diet and increasing exercise has the best effect on children's weight. The health of your child is worth the effort!

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