



Have a Memorable, Healthy Spring Break

Spring break can be a fun escape from the daily grind. Say goodbye to winter blues by taking a family vacation – whether you go to the beach, visit a theme park, ski at a mountain resort, or take a “staycation” (a vacation spent at home). Here are some tips for a healthy and safe break.

• **Make time for your family.**

Families that play together, stay together. According to one study, both day-to-day activities – like playing or working in the yard together – and out-of-the ordinary events – like family vacations – help families build strong bonds. Play table games. Picnic in a neighborhood park. Go camping or skiing together.

• **Be active.** Much of the year, it’s easy to get stuck indoors. Use your vacation to do a variety of fun activities like walking, dancing, playing volleyball, and swimming.

• **Limit alcohol consumption.**

Alcohol can impair your judgment and actions. People who over-consume alcohol are more vulnerable to crisis situations, such as injury, rape, exposure to STDs,



and arrests. If you drink, stay within your limits (no more than 2 drinks a day for men; 1 per day for women). And don’t drink and drive a car, boat, or ATV.

• **Protect yourself.** The only 100% sure way to prevent sexually transmitted diseases (STDs) and unintended pregnancy is by not having sex. If you are sexually active, using latex condoms and being with a monogamous, uninfected partner will help lower your risk.

• **Be sun savvy.** Getting a little sun each day provides your body the vitamin D it needs. But excessive and unprotected sun exposure can result in premature aging, changes in skin texture, and skin cancer.

Wear sunscreen and wraparound sunglasses that provide 100% UV ray protection.

• **Eat healthfully.** Eat plenty of vegetables, fruits, and whole grains. (Yes, even on vacation!) Drink lots of water, and go easy on the salt, sugar, and saturated fat (found mainly in animal products).

• **Think twice.** Injuries (both unintentional and those caused by violence) are among the top 10 killers for Americans of all ages. Use appropriate safety gear such as seat belts and life vests. Keep your wallet or purse closed and with you at all times. Avoid people or situations that may place you at risk for harm.

• **Learn something new.** Visit local museums or historic sites.

• **Give back.** Consider participating in a service trip arranged by a school, church, synagogue, or a community or non-profit organization.

Centers for Disease Control and Prevention (CDC). 2011.

Family Relations. 50(3):281-289.

Beware of Foodborne Illnesses



About 48 million Americans (or 1 in 6) get sick each year from foodborne diseases, according to new estimates from the Centers for Disease Control and Prevention. Of those, 128,000 are hospitalized, and 3,000 die.

Salmonella was responsible for about 28% of deaths and 35% of hospitalizations. Nearly 60% of all illnesses were caused by *norovirus*.

“Foodborne illnesses and deaths are preventable, and as such, are unacceptable,” says Food and Drug Administration Commissioner Margaret A. Hamburg, MD.

Foodborne disease outbreaks due to norovirus occur most often when infected food handlers do not wash their hands well after using the toilet. Outbreaks due to

salmonella occur most often when foods are contaminated with animal feces. Contaminated foods are often of animal origin, such as beef, poultry, milk, or eggs. But any food, including vegetables, may become contaminated from animal fertilizers that are used. Thorough cooking kills Salmonella.

You can help prevent foodborne infection by following these safe food-handling and preparation tips:

- Separate meats from produce while preparing foods.
- Cook meat and poultry at the proper temperatures.
- Promptly chill leftovers.
- Avoid unpasteurized milk and cheese, and raw oysters.

CDC. 2011.

To learn more about how to prevent foodborne illness, visit www.foodsafety.gov

Government Urges Americans to Eat Less, Move More

It's not just your mother admonishing you to eat your vegetables and go play. The new dietary guidelines ask you to eat nutrient-dense foods and beverages – vegetables, fruits, whole grains, fat-free or low-fat milk and milk products, seafood, lean meats and poultry, eggs, beans and peas, and nuts and seeds. Furthermore, they encourage you to achieve and maintain a healthy weight by eating fewer calories overall and exercising more to use up the calories you do eat.

Because more than one-third of children and more than two-thirds of adults in the United States are overweight or obese, the 2010 edition of Dietary Guidelines for Americans, released January 31, 2011, places stronger emphasis on reducing calorie consumption and increasing physical activity.

“This is a crisis that we can no longer ignore,” says Agriculture Secretary Tom Vilsack. “The bottom line is that most Americans need to trim our waistlines to



Agriculture Secretary Tom Vilsack at “National Get Outdoors Day”
- USDA.gov

Read all the recommendations of the Dietary Guidelines for Americans 2010:
www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/ExecSumm.pdf

reduce the risk of developing diet-related chronic disease. These new and improved dietary recommendations give individuals the information to make thoughtful choices of healthier foods in the right portions and to complement those choices with physical activity. Improving our eating habits is not only good for every individual and family, but also for our country.”

Here are the basic recommendations of the Dietary Guidelines for Americans 2010:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Fill up half your plate with fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

U.S. Department of Health and Human Services, 2011.

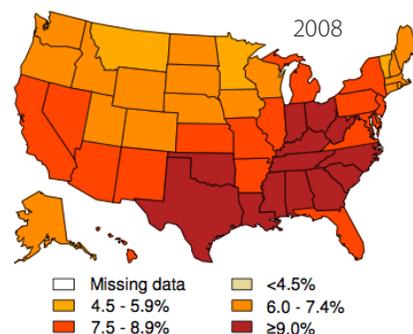
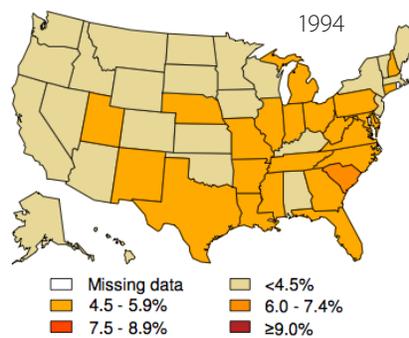
What Can You Do to Prevent Diabetes?

One in 10 U.S. adults has diabetes now. This number is expected to rise sharply over the next 40 years, with 1 in 3 U.S. adults projected to have diabetes by 2050. Experts also predict a growth in the disease internationally. An estimated 285 million people worldwide had diabetes in 2010, according to the International Diabetes Federation. The Federation predicts as many as 438 million will have diabetes by 2030.

Achieving and maintaining a healthy weight, following a proper diet, not smoking, and getting regular physical activity can reduce your risk of developing diabetes and help control the condition in people who already have diabetes. In the Diabetes Reduction Study, just 30 minutes a day of moderate physical activity, combined with a 5-10% reduction in body weight, produced a 58% reduction in diabetes.

CDC, 2011.

Trends in Diagnosed Diabetes



Read 5 ways you can reduce your diabetes risk: www.wellsource.info/wn/5-Ways-to-Prevent-Diabetes.pdf

ASK THE WELLNESS DOCTOR

Q: I've been having trouble sleeping for several months now. Is there a link between getting enough sleep and staying healthy?

A: Go to <http://www.wellsource.info/wn/ask-sleep.pdf> to read the answer from Don Hall, DrPH, CHES.

To ask your question, email: paulaw@wellsource.com, subject line: Ask the Wellness Doctor. Emails with any other subject line will be directed to the spam folder.

Health Challenge: “Avoid All Snack Foods” available at: www.wellsource.info/wn/hc-snackfoods.pdf.

Snack foods can contribute to obesity, diabetes, heart disease, and more. One of the best ways to avoid snack foods is to fill up on highly nutritious, unrefined, high-fiber foods, balanced with healthy fats and protein foods.



Q. I've been having trouble sleeping for several months now. Is there a link between getting enough sleep and staying healthy?

A. Getting enough sleep will certainly help you feel better. But research also shows that getting enough sleep helps promote a long, healthy life. A 10-year study of more than 6,000 people found that those who got 7-8 hours of sleep every day lived significantly longer than those who got less sleep. In the Cancer Prevention Study II, people who got at least 7 hours of sleep daily had the greatest longevity. Taking a short nap midday can also boost your energy, productivity, and longevity. (The study also showed that people who got too much sleep – 9 or more hours a night – actually had a higher mortality rate. Too much sleep might be an indication of depression or another health problem.)

Not getting enough sleep is also linked with a greater risk of obesity, memory loss, accidents, increased insulin resistance, a depressed immune system, diabetes, high blood pressure, heart disease, depression, and other mood disorders.

How to Sleep



Like a Baby

For your overall health, follow these tips on how to get a good night's sleep:

- Keep to a regular sleep schedule 7 days a week.
- Exercise daily. Aim for at least 30 minutes of physical activity. Being physically tired at the end of the day helps people go to sleep sooner, and they sleep longer.
- Relax or take a hot bath before bedtime.
- Create a comfortable sleep environment.
- Don't eat a large meal or drink a lot of liquids late at night.
- Don't exercise or nap late in the evening.
- Don't drink alcohol right before bedtime.
- Avoid caffeine and nicotine for 8 hours before going to sleep.
- See your doctor if sleeplessness continues to be a problem.





Avoid Snack Foods



CHALLENGE
Avoid unhealthy snack foods this month.

Requirements to Complete this HEALTH CHALLENGE™

1. On your monthly Health Challenge™ Calendar, record the number of days you don't eat snack foods.
2. Read "Want a snack?" and "Are you really hungry?" below.
3. To complete the Challenge, you must avoid unhealthy snack foods on at least 22 days this month.
4. Keep records of your completed Challenge in case your organization requires documentation.

Want a snack?

What do you typically have for breakfast? If your answer is coffee and pastry, a bowl of sugary cereal, or sweetened yogurt and a bagel with cream cheese, you are probably hungry again at 10 a.m. You are then faced with a dilemma. Do you grab a bag of chips or a piece of candy to tide you over until lunch or "tough it out" until mealtime?



Most experts agree that it is best to fill up on nutritious, unrefined, high-fiber foods balanced with healthy fats and protein foods. Foods that convert to glucose (blood sugar) more slowly keep you satisfied longer. If you fill up on a bowl of oatmeal, a handful of nuts, and a piece of fruit for breakfast you might not need a mid-morning snack. But if you do, reach for a healthy snack, such as a whole-grain cracker spread with almond butter or hummus.

There's good data to show that healthy snacks can help in weight loss and control. When you go for several hours without food your blood sugar levels can drop, which often means you will overindulge at meal time. Eating nutritious foods when you are hungry and stopping when you are full keeps blood sugar levels more constant and can keep you from overeating. Just make sure you stay within your recommended calories for the day. That's easy to do when you focus on eating according to the most recent dietary guidelines, which recommend you "limit

the consumption of foods that contain refined grains, especially refined grain foods that contain solid fats, added sugars, and sodium."

Loosely translated, that means to eat less candy, cake, cookies, soft drinks, flavored coffee drinks, deep-fried foods, and salty snacks. These snack foods can lead to obesity, diabetes, heart disease, and more. Avoiding them will help you cut calories and keep from being hungry. Research shows that people get full by the volume of food they eat, not just the number of calories they take in.

Are you really hungry?

Before you reach for a snack, make sure you're really hungry. To help you determine whether you snack because you are truly hungry or out of habit, keep a log for a few days to help you identify when you snack, what foods you snack on, and any emotion or situation that triggers snacking. Do you snack late at night, while stuck in traffic jams, or when you hang out with snacking friends? Are you tired, stressed, or feeling lonely?

Snacking Log				
TIME	PLACE (work, car, bed, kitchen)	FOOD (chips, soft drink, apple, coffee drink)	CALORIES	CIRCUMSTANCE (angry, habit, tired, lonely, bored, social)
8:00 am	bus	M&Ms, 1 pkg.	250	hungry, skipped lunch

Use the log on page 3 to track your snacking habits

Do you find a particular candy or snack food irresistible? Do you feel shaky and light-headed?

Pay attention to your body's clues. Sometimes people misread thirst as hunger. When you first feel the need to munch, grab a tall glass of water or cup of tea. Stay away from soft drinks and sweet drinks. Researchers studied 548 school children for 2 school years, looking at various factors linked to the development of obesity. They found a strong link between intake of sugar-sweetened drinks and development of obesity.

Included in the study were soft drinks (primary source of sugar drinks), fruit punch, Kool-Aid, lemonade, and sweetened iced tea, but not 100% fruit juices. A 12-ounce can of soda contains 10 to 13 teaspoons of sugar and about 150 calories.

In the study, children who drank sugar-sweetened drinks consumed about 200 extra calories daily compared to children who didn't drink sugar-sweetened drinks. For every additional can or glass of sugar-sweetened drink consumed, the risk for obesity increased by 60% even after adjusting for other dietary habits and level of physical activity.

In the last 50 years, the intake of soft drinks has increased by over 500% and appears to be a major cause of obesity in children (and adults as well).

Calories that come from a drink are added so easily and quickly, the body just doesn't seem to monitor them properly.



Mindless eating

Have you ever noticed that you eat more when eating in front of the TV or computer screen? Now we have research that documents this phenomenon. Researchers fed a group of 41 women a meal under 4 different conditions and then watched to see if their surroundings affected how much they ate:

- Eating alone in silence
- Eating alone listening to a recording about the meal's taste and texture
- Eating alone listening to a recorded detective story
- Eating together in groups of 4

When the women ate alone listening to the detective drama they ate 300 calories more than during the other 3 settings. If you always eat in front of the TV, your mind becomes conditioned so that anytime you watch TV you think you need to eat. Interestingly, eating in a group did not increase food intake. If you are having a hard time keeping your weight under control, you may want to avoid eating alone in front of the TV and try to make mealtime more social. Eating with the family or friends can provide quality contact time that provides additional health benefits.

Get healthy snack ideas:
www.fruitsandveggiesmatter.gov/tips/snacks.html

Stressed or tired

When you feel stressed or fatigued, lace up your walking shoes and head outdoors instead of reaching for a candy bar. A brisk 15-minute walk invigorates your mind and helps relax tense muscles and calm the body's stress response (which can stimulate appetite).

"Because it's there"

Keeping a supply of snack foods in the kitchen pantry, your desk drawer, or the glove box of your car makes snacking easy. Consider cleaning out your stash of unhealthy snack foods. If you can't stand the idea of throwing them away, perhaps you can donate unopened packages to the local food bank or give them to neighbors. Another strategy is to immediately clear the table and put away leftovers. If you find yourself raiding the refrigerator for a midnight snack of leftovers, cook less food to eliminate leftovers.

Boredom binging

Sometimes people eat because they're bored. "There's nothing to do – what's there to eat?" Keeping your body and mind active is a great anti-snacking strategy. Instead of snacking:

- Walk around the block
- Drink a glass of water
- Put a puzzle together
- Call a friend
- Bathe the dog
- Pet the cat
- Garden
- Lift weights
- Scrapbook
- Brush your teeth



Bedtime snacking habit

Many people were raised with a bedtime snack – a little something to tide them over until morning. But the habit can contribute to acid reflux (heartburn) and weight gain. Before reaching for cookies or a bowl of ice cream, think first about why you want to eat. If you're really hungry, think about how many calories you have eaten that day. It is what and how much you eat and how much physical activity you do during the whole day that determines whether you gain, lose, or maintain your weight. If you are hungry, have a light snack, such as a piece of fruit or whole-grain toast.

Healthy snacks

Eating 3 meals a day might not be enough for some people such as people who have blood sugar problems or are especially thin. Active children and teens – who are burning a lot of energy just because they're growing – might also need to eat more frequently.

If you find you really are hungry between meals, plan to eat 1 or 2 nutritious snacks between your 3 nutritious meals. Aim for snacks that are 100 calories or less. If they contain a bit of protein, fiber, and fat, along with some unrefined carbohydrate (e.g., a raw carrot), you'll be satisfied longer.

Some people find that eating small, healthy meals – spaced 3 or 4 hours apart – gives a more steady supply of calories and can keep energy and blood sugar at more consistent levels. Just be sure the foods you snack on are unrefined, high fiber, healthy fats, or high in protein and do not exceed 200 to 250 calories.



Get healthy recipes:
apps.nccdc.gov/dnparecipe/recipesearch.aspx





Avoid Snack Foods

CHALLENGE
Avoid unhealthy snack foods this month.

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, etc.).
2. Use this calendar to record the days you avoided unhealthy snack foods, your exercise program (min/day as well as type of exercise), weekly weight, and any other items you may want to track.
3. At the end of the month, total the number of days you avoided snack foods. To meet this challenge, you must avoid snack foods on at least 22 days this month. Then keep up this health practice for a lifetime of best health!
4. Keep this record for evidence of completion.

MONTH:							HC = Health Challenge	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC <input type="checkbox"/> ex. min. _____								
HC <input type="checkbox"/> ex. min. _____								
HC <input type="checkbox"/> ex. min. _____								
HC <input type="checkbox"/> ex. min. _____								
HC <input type="checkbox"/> ex. min. _____								

_____ Number of days this month I avoided unhealthy snacks

_____ Number of days this month I got 30+ minutes of physical activity such as brisk walking

Other wellness projects completed this month:

Name _____ Date _____





26 MILLION AMERICAN PEOPLE
285 MILLION PEOPLE WORLDWIDE
438 MILLION WORLDWIDE BY 2030

Nearly 26 million Americans (8% of the population) have diabetes, according to the Centers for Disease Control and Prevention. An additional 79 million have prediabetes – a condition where blood sugar levels are higher than normal but not yet high enough to be diagnosed as diabetes. Prediabetes increases the risk of type 2 diabetes, heart disease, and stroke. An estimated 285 million people worldwide have diabetes, according to the International Diabetes Federation. The federation predicts as many as 438 million will have diabetes by 2030.

Diabetes has serious complications:

- Adults with diabetes have **heart disease** death rates about 2–4 times higher than adults without diabetes.
- The risk for **stroke** is 2–4 times higher among people with diabetes.
- More than two-thirds of adults with diabetes have **high blood pressure**.
- Diabetes is the leading cause of new cases of **blindness** among adults aged 20–74 years.
- Diabetes is the leading cause of **kidney failure**.
- About 60–70% of people with diabetes have mild to severe forms of **nervous system damage**.
- More than 60% of non-traumatic lower-limb **amputations** occur in people with diabetes.

Diabetes is increasing rapidly and is now the sixth leading cause of death in America. It is projected that 1 out of 3 people born today will develop diabetes in their lifetime.

Read about diabetes symptoms:

www.cdc.gov/diabetes/consumer/learn.htm



5 Ways to Prevent DIABETES

You Can Lower Your Risk of Diabetes

According to the Harvard School of Public Health, you can take these simple steps to lower your risk of developing type 2 diabetes.

1 Achieve and maintain a healthy weight. Excess body weight is the major cause of type 2 diabetes. It increases the body's resistance to insulin. If you lose excess weight, even 10-15 pounds, you can significantly cut your risk of diabetes. The Diabetes Prevention Program showed that losing only 5-7% of excess body weight significantly dropped the risk of type 2 diabetes.

2 Get regular physical activity. Exercise helps the body use insulin more effectively. Thus exercise lowers insulin resistance and your risk of type 2 diabetes. Aim for 30-60 minutes of moderate activity such as brisk walking most days of the week, preferably daily.

3 Avoid smoking. Smoking increases the risk of developing type 2 diabetes. In Harvard's Health Professional Follow-up Study, men who smoked were 92% more likely to develop diabetes.

4 Choose healthy fats. Eating saturated (i.e., animal) fats and trans fats increases the risk for diabetes. Instead, choose healthy fats such as vegetable oils (e.g., canola, olive, and soy), trans fat-free margarines, nuts, and trans fat-free baked goods. (Read food labels.)



Get meal planning tips and recipes from the American Diabetes Association:

www.diabetes.org/food-and-fitness

5 Choose unrefined carbohydrates that are high in fiber and have a low glycemic index (GI).

Low GI foods are carbohydrates that are absorbed slowly, and therefore help keep blood sugar levels low. Examples of low GI foods include whole grains, most vegetables (except potatoes), most whole fruits, legumes, nuts, and milk or soymilk.

Everyone over the age of 40 should have their blood sugar level checked regularly; sooner if you are at high risk for diabetes or are experiencing symptoms. If you don't know your blood sugar level, ask your doctor to check it.

Sources:

2011 National Diabetes Database Fact Sheet. Centers for Disease Control and Prevention.

Diabetes: Simple steps to preventing diabetes. Harvard School of Public Health.

