



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

APRIL/2015

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

**A 1 HOUR WORKOUT IS 4% OF YOUR
DAY...NO EXCUSES**

**APRIL WELLNESS CLASS-
CANCER PREVENTION**

In April, we will be setting up Cancer Prevention Educational "Lunch and Learns" with Public Health Solutions. We will be working with Public Health Solutions (PHS) to set up different times to present these 30 minute sessions to try to accommodate as many people as possible. Lunch, breakfast or a snack will be provided by PHS during the class so you will need to sign up for a class beforehand. PHS will be addressing the leading cancer risks for both men and women and FREE colon cancer screening kits will be provided. A separate class will be offered for men and for women as there are different leading cancer risks for each gender. We strongly suggest that all employees attend a class to receive valuable information regarding the leading cancer threats to men and women and possible ways to help minimize your risks. PHS has extended this invitation to your spouses, family members and guests as well. If a spouse, family member or guest would like to attend, they will need to be signed up in advance as well. Look for more information to come in the very near future.

**YOU WILL EARN 50 WELLNESS POINTS FOR
ATTENDING THIS CLASS OR WATCHING THE VIDEO**

SLASH THE SODIUM CHALLENGE CHANGES

Our next wellness challenge will start Wednesday, April 1. (See attached sheets for more information with a list of ways to reduce sodium and a worksheet to fill out and turn in.) The challenge will start on Wednesday, April 1, end on Tuesday, April 21 and must be turned in to Bruce/Bill, Jenn/Kory or Sharon/Brandi by Friday, April 24. **There has been a change in points you can earn on this challenge.** If you reach the goal of 25 points the first week, you will receive 25 wellness points. If you reach the goal of 30 points the second week, you will receive 30 wellness points and if you reach the goal of 35 points the final week, you receive 35 wellness points. You must reach the goal each week to receive that week's wellness points. Therefore, you can earn a total of 90 wellness points on this challenge. **In addition, no bonus points, as indicated on the challenge, will be given.** If you have any questions about this challenge, please contact Kerry at 402-821-7483 or yellowbrickroad0471@yahoo.com

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered for FREE from April 1 to June 30 (75 Wellness Points).

- Understanding Mental Illness*

*This is the **ONLY** class offered this quarter to earn wellness points.

INDIVIDUAL HEALTH ASSESSMENTS

Public Health Solutions (PHS) will be offering FREE onsite, individual health risk assessments, blood pressure checks and health coaching for interested employees. FREE pedometers will be available for employees interested in beginning or increasing their level of physical activity. Each session will last approximately 30 minutes per employees. You should bring your most recent blood test results and your IMPACT Survey report to the Assessment. All information will be kept confidential. This is a great opportunity to set up a plan with a professional Health Coach to begin leading a healthier lifestyle. Look for information to sign up in the near future.

RIVER RUN DATE SET

The River Run is set for Saturday, June 13, 2015 at Tuxedo Park in Crete, NE. Mark your calendars!!

EXERCISE, RECIPES, TRACK CALORIES

Looking for new Workouts? Recipes? Calorie Tracker? Online Apps? Check out the following online sites:

[Spark People](#)
[MyFitnessPal](#)
[Team Beach Body](#)

BONUS: 25 WELLNESS POINTS

Answer to Last Month's Question:
The stapes or stirrup bone

How long should you warm up before a workout and cool down after a workout?

Contact any wellness committee member with the answer by the end of April to receive 25 points.

IMPACT SURVEY

In December 2014, we offered everyone the opportunity to take an IMPACT Survey for 500 points. We are offering **EVERY EMPLOYEE** that same opportunity again in April 2015 for 500 points. The survey only takes about 10 minutes to complete and we encourage EVERYONE to participate, even if you took the survey in December. Everyone who takes the survey in April will receive 500 points (in addition to the 500 points you earned in December). All points earned in December 2014 and April 2015 will be included in your wellness point total for 2015.

If you participated in the 2015 Saline County Health Fair last month, pertinent information will be downloaded by Madonna Fit for Work into the survey. If you did NOT participate in the health fair, you will still be able to take the survey, but you will be asked critical health information regarding your cholesterol, blood pressure, glucose, etc so have your most current blood screening information handy. (See the attached sheet for instructions on how to take the IMPACT Survey.) You will be able to take the IMPACT Survey from April 1 – 24. This is the ONLY Time it will be offered this year. If you have any questions or concerns about the upcoming impact survey (or if you received points for the December survey), please contact Kerry at 402-821-7483 or yellowbrickroad0471@yahoo.com

APRIL WELLNESS CLASS

The March Wellness Education Class has been rescheduled for Thursday, April 16th at 5:30 pm at the extension office. This class is regarding asthma. If you did not sign up for this class when it was offered in March, but would like to attend, please contact Linda Kastanek to sign up by Monday, April 13, 2015.

Impact Survey Instructions

The Saline County Wellness Committee is excited to provide you with an opportunity to learn more about your health risks. We are asking all employees to complete a brief 10 minute survey. Employees that complete this survey are eligible for 500 wellness points.

All survey respondents will receive a personalized report, (My Health Report), to identify health risk factors to improve or maintain your health. **Your report is completely confidential. Results are compiled and stored securely by a third party provider. Saline County will not see your individual health data.**

The wellness committee will use an aggregate report (no individual data) to determine the wellness programs and service offerings for the year. **The deadline to complete this survey is April 24, 2015.** Thank you for caring about your health and wellbeing.

Additional things you should know

- The green apple will fill in as you progress through the survey to indicate your progress.
- If you quit the survey before it is finished, re-enter the website and it will resume where you left off.
- After your survey is completed, your My Health Report will appear. You can print the report which may be shared with your medical provider and/or health coach. **If you do not see the report, you have not finished the survey. Please be sure to reach your personal report.**
- If the biometric screening was completed prior to the survey, it will be included in the survey. (If you participated in the Saline County Health Fair, Madonna Fit For Work has downloaded your health data to this report. If you did not participate in the Saline County Health Fair, you should have your most recent blood test results handy before you take this test as you will be asked pertinent health information).

Getting Started

Access the Impact Survey at impactsurvey.net

The assessment can be taken during your normal scheduled work hours or on your own time. After you have completed the Impact Survey, your My Health Report is immediately displayed. You may print the report. The last page of the report is a physician report available for you to provide to your doctor and/or health coach.

Impact Survey Sign on Instructions:

Go to: impactsurvey.net

1st Screen:

This is the welcome screen – click on the grey arrow on the right to proceed.

2nd Screen:

Enter your password: **Saline**

3rd Screen:

Your unique I.D. number (provided by your employer): **Enter your Employee I.D. number here** (Your employee ID number is written on your wellness program sign in sheet and also is on your automatic paycheck stub)

Create your own password: **Enter a password that you can remember**

Enter your email (required for retrieval of password if lost): **Type in your email address (work or home)**

4th Screen:

Your name: **Type in your full name (first and last)**

Home address: **Type in your home street address (no zip code)**

State: **Use the drop down tab**

Zip code: **Type in your home zip code**

Division: **Use the drop down key to indicate your division** (The only division available is “Employee”)

You Are Ready To Start The Survey

If you have any problems, click the “Report a Problem” button on the screen and explain the problem.

If you have any questions or problems or if you have forgotten you Employee ID#, contact Kerry at 402-821-7483 or yellowbrickroad0471@yahoo.com

**You have until April 24th to complete this survey and earn 500 Wellness Points!!!
This survey will not be offered again this year.**

Slash the Sodium!

Reducing your sodium intake can help lower blood pressure in a matter of weeks. Read on to learn about sodium limits, sources and what you can do to cut back.

Sodium Recommendations

The Dietary Guidelines for Americans recommend people age 51 and older, African Americans and anyone with high blood pressure limit their sodium intake to no more than 1500 mg per day. People who do not fit this category should aim for less than 2300 mg per day. This is a far cry from what the average American takes in each day: between 3000-3600 mg of sodium!

Sources of Sodium

Many people point their finger at salty chips or pretzels and the salt shaker for extra sodium, but it can hide in many other foods. Here is the break down of sources of sodium in Americans' diets:

- Processed foods and restaurant meals make up about 75% of the average person's sodium intake.
- The salt shaker contributes to a little more than 10% of a person's daily sodium intake, whether used during the cooking process or at the table.
- The remaining 10-15% occurs naturally in foods.

Sodium Slashing Strategies

Be a Label Sleuth: Use the nutrition label to compare the sodium content in similar products. All nutrition stats are listed *per serving*, so if you eat more than one serving, be sure you calculate the total sodium accordingly.

Make Sense of Food Label Claims: It can be tough to decipher one label claim from the other. Here's a cheat sheet to help you better understand them:

- **Sodium-Free:** Less than 5 milligrams of sodium per serving
- **Very Low-Sodium:** 35 milligrams or less per serving
- **Low-Sodium:** Less than 140 milligrams per serving
- **Reduced Sodium:** The product contains at least 25% less sodium than the original product.
- **Unsalted/No Salt Added/Without Salt:** Made without adding salt during processing, but still contains the sodium that's a natural part of the food itself

Think Fresh: Swap processed foods for fresh, minimally processed foods, like fresh or frozen fruits and vegetables, basic whole grains, fresh meats and low-fat milk or yogurt. When you do buy processed foods, use the following tips to make smarter choices.

- **Frozen Entrees:** Stick with light varieties (i.e., Healthy Choice, Lean Cuisine, Smart Ones), which tend to be lower in sodium; aim for no more than 600 mg and then balance out your meal with low sodium foods, such as fruit, veggies or yogurt.
- **Frozen or Canned Vegetables:** Keep the sodium in your veggies to a minimum by sticking with fresh, plain frozen veggies or "no-salt-added" canned varieties.
- **Processed Meats.** You can't completely cut out the sodium in processed meats (i.e., lunch meat, hot dogs, etc.), but you can cut back. Reach for reduced sodium varieties when you can, but when that's not an option, be a label reader; different brands and different types of meat have varying amounts of sodium, so opt for one of the lowest sodium options.
- **Condiments.** If you think those little extras you add to your food don't count, think again. Condiments can have anywhere from 140 to over 1000 mg of sodium in a single tablespoon! Keep in mind, most people use several tablespoons, not just one, so the sodium count will go up quickly! Even lower sodium condiments can pack a lot of sodium, so moderation is key.
- **Pre-Packaged Flavored Rice or Pasta:** Skip the pre-seasoned stuff, which can have over 800 mg of sodium per cup, and choose plain varieties of rice or pasta, which have minuscule amounts, then add your own seasonings to help boost the flavor.
- **Soup:** Look for reduced-sodium versions of your favorites, but watch your portions—since soup is typically high in sodium, even the "reduced" versions can still pack quite a bit of sodium.

Eat Out Less: Even restaurant meals that are low in fat or calories can have a day's worth of sodium in them. Blame it on the super-sized portions and use of processed foods. Splitting a meal or boxing half of it can help reduce your sodium intake, but also try to eat out less often and cook at home more. When you prepare the food, you are in control of how much sodium you do—or don't—use.

Give It Time: Gradually reduce your intake over a period of weeks to give your taste buds a chance to adapt. They will learn to become more salt-sensitive so you will be satisfied with less of the stuff.

Check Your Meds: Certain medications for headaches, colds and heart burn can be made with sodium carbonate or bicarbonate. Look for meds that are calcium based, instead.



Slash the Sodium!

Another Sodium Slashing Strategy: Season Sensibly!

Put Down the Salt Shaker

One teaspoon of salt has over 2300 mg of sodium, so if you are someone who uses a lot of salt either while cooking or at the table, you could be adding hundreds of milligrams of sodium to your daily intake. Ease your grip on that shaker with these tips:

Taste It First: At meals, taste food before salting it. You may find that it tastes just fine without it.

Be Smart with Your Salts: Many people believe that kosher and sea salt are nutritionally superior to table salt. But, if you take a closer look, you'll see that while sea and kosher salt are lower in sodium, it's only slightly: **1/4 tsp. table salt = 590 mg sodium, 1/4 tsp. kosher salt = 500-590 mg and 1/4 tsp. sea salt = 400-590 mg.** Clearly kosher and sea salt are far from being low in sodium, so when it comes to health, what's most important is the amount of salt you are adding, not the type. And that's where kosher and sea salt might be beneficial. The larger grains of these salts offer a more intense flavor than table salt, so you can cut back on the amount that you use without sacrificing flavor.

Add Flavor, Not Salt: There are several ways to add flavor to food without adding sodium (or calories and fat for that matter). Here are a few ideas:

- **Season food with herbs, spices.** These flavor enhancers can be a little intimidating to use, so if you don't have much experience with them, check out the tips in the **Herb and Spice Guide** below.
- **Be careful with seasoning blends and packets,** which can have a lot of hidden sodium (example: 1 teaspoon of lemon pepper seasoning contains over 800 mg of sodium). Read the ingredients list to see if salt is one of the main ingredients; if so, put it back on the shelf.
- **Try salt-free seasoning blends,** such as Mrs. Dash, Frontier Salt-Free Blends, McCormick's Perfect Pinch Line (select varieties), or try one of the **Homemade Seasoning Blends** below.
- **Opt for powders over salts** (i.e., onion powder instead of onion salt), as the salt varieties are much higher in sodium—1 teaspoon of garlic salt has 1960 mg of sodium!
- **Use citrus fruits and flavored vinegars** to add a tangy flavor to food. Grate citrus peel or squeeze the juice into dishes; for vinegars, try red or white wine, cider, sherry, balsamic or rice.
- **Use aromatic foods when cooking.** These ingredients add pizzazz to any dish. Try onions, garlic, celery, carrots, parsnips, leeks, ginger, shallots and green onions.

Herb & Spice Guide:

Beef: Basil, bay leaf, chili powder, curry, cumin, garlic, marjoram, onion, oregano, pepper, sage, thyme

Pork: Garlic, onion, sage, pepper, oregano

Poultry: Basil, curry, dill, garlic, marjoram, mustard, oregano, paprika, rosemary, sage, tarragon, thyme

Fish: Basil, cayenne, curry, dill, garlic, marjoram, mustard, oregano, paprika, pepper, rosemary

Eggs: Chili powder, chives, curry, dill, oregano, paprika, parsley, pepper, sage, tarragon, thyme

Beans: cumin, cayenne, chili powder, parsley, pepper, sage, thyme

Corn: chile, cumin, curry, dill, marjoram, onion, paprika, parsley, thyme

Potatoes: Celery seed, chives, dill, garlic, onion, oregano, paprika, rosemary, sage, tarragon, thyme

Carrots: Cinnamon, cloves, dill, ginger, marjoram, nutmeg, rosemary, sage

Green Beans: Dill, curry powder, marjoram, oregano, tarragon, thyme

Summer Squash: Cloves, curry, marjoram, nutmeg, rosemary, sage

Winter Squash: Cinnamon, ginger, nutmeg, onion

Tomatoes: Basil, bay leaf, dill, garlic, marjoram, onion, oregano, parsley, pepper, rosemary

Fruit: Allspice, anise, cardamom, cinnamon, cloves, coriander, ginger, mint

Soups: Bay leaf, chili powder, cumin, dill, garlic, marjoram, parsley, pepper, rosemary, sage, thyme

Seasoning By Cuisine:

Italian Cooking: Basil, garlic, marjoram, oregano, parsley, rosemary, thyme

Mexican Cooking: Chili powder, cilantro, coriander, cumin

Asian Cooking: Coriander, curry, garlic, ginger, turmeric; flavored vinegars are also popular options

Homemade Seasoning Blends:

All-Purpose Seasoning: 5 teaspoon (tsp.) onion powder, 1 Tablespoon (Tbsp.) garlic powder, 1 Tbsp. paprika, 1 Tbsp. dry mustard, 1 tsp. thyme, ½ tsp. black pepper, ½ tsp. celery seed. *Makes 16 tsp.*

Taco Seasoning: 6 tsp. chili powder, 5 tsp. paprika, 4½ tsp. cumin, 2½ tsp. onion powder, 2½ tsp. garlic powder, 2½ tsp. cornstarch, pinch of cayenne pepper. *Makes 21 tsp.*



Slash Your Sodium Challenge

Did you know that 97% of Americans take in too much sodium? About 3000-3600 mg per day on average. That's a big problem, since consuming too much sodium can contribute to high blood pressure and an increased risk of heart attack and stroke. So how much should you strive for? The Dietary Guidelines for Americans recommend that people age 51 and older, African Americans and anyone with high blood pressure limit their sodium intake to no more than 1500 mg per day. People who do not fit into any of these categories should aim for less than 2300 mg per day.

If you are one of the millions of Americans who consume too much sodium, then take the challenge to slash your intake! This 3-week challenge will help you learn more about your sodium habits, identify the biggest sources of sodium in your diet and take steps to slash your intake.

Here's how the Slash Your Sodium Challenge works:

- Each week, you will be challenged to complete a variety of sodium slashing strategies. Every time you complete a strategy, you earn a point; there will also be a weekly challenge, which will give you the opportunity to earn extra points.
- Every week, you will have a goal point level that you will try to hit. Aim to meet this point goal at least two out of the three weeks.

Turn your completed challenge into
Jenn, Kory or Sharon by Friday, April 24th.

Week 1: April 1 – April 7

POINT GOAL = 25

Directions: Put a tally mark in the “Number of Times I Did This” box each time you complete a strategy. Tally your points at the end of the week. If you meet the point goal, check the goal box.

Name: _____

Sodium Slashing Strategy (Earn 1 Point Every Time You Complete a Strategy)	Number of Times I Did This
Cut your usual portion of a high sodium in half (i.e., instead of 1 cup, have 1/2 cup)	
Eat out no more than 3 times this week.	
Season food with herbs, spices, salt-free seasonings, or other low-sodium flavorings.	
Taste food before salting it.	
Choose fresh, frozen or no-salt-added canned veggies.	
Use the “reduced” sodium version instead of regular.	
Choose fresh meat instead of processed.	
Choose snacks with <140 mg of sodium per serving.	

Weekly Challenge: Earn 10 points for completing this challenge!

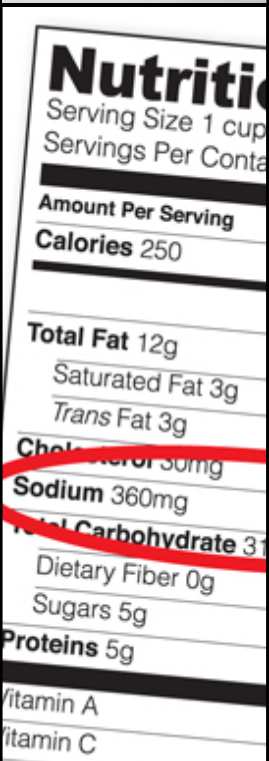
Find 3 high sodium foods in your kitchen (cupboards, pantry, refrigerator, freezer) and list how to make a smarter sodium choice.

Example: Canned green beans (1/2 cup = 310 mg); use frozen (1/2 cup = 10 mg)

1. _____
2. _____
3. _____

Points for
the Week

Met Goal



Slash Your Sodium Challenge

Directions: Put a tally mark in the “Times I Did This” box each time you complete a strategy. Tally your points at the end of the week. If you meet the point goal, check the goal box.

Week 2: 8 – April 14

POINT GOAL = 30

Sodium Slashing Strategy (1 Point for Every Strategy Completed)	Times I Did This
Cut your usual portion of a high sodium in half (i.e., instead of 1 cup, have 1/2 cup).	
Cut out a high sodium food that you commonly eat (for the day).	
Eat out no more than 2 times this week.	
Season food with herbs, spices, salt-free seasonings, or low-sodium flavorings.	
Choose fresh, frozen or no-salt-added canned veggies.	
Use the “reduced” sodium version instead of regular.	
Choose fresh meat instead of processed.	
Eat a meal made of fresh, minimally processed foods.	
Choose snacks with <140 mg of sodium per serving.	

Weekly Challenge: Earn 10 points for completing this challenge!

Look up the nutrition facts of one of your favorite fast food meals (use the restaurant website, www.calorieking.com or www.fastfoodnutrition.org)

Meal: _____ = _____ mg sodium

Points for the Week

Met Goal

Week 3: April 15 – April 21

POINT GOAL = 35

Sodium Slashing Strategy (1 Point for Every Strategy Completed)	Times I Did This
Cut your usual portion of a high sodium in half (i.e., instead of 1 cup, have 1/2 cup).	
Cut out a high sodium food that you commonly eat (for the day).	
Eat out no more than 2 times this week.	
Season food with herbs, spices, salt-free seasonings, or low-sodium flavorings.	
Choose fresh, frozen or no-salt-added canned veggies.	
Use the “reduced” sodium version instead of regular.	
Choose fresh meat instead of processed.	
Eat a meal made of fresh, minimally processed foods.	
Choose snacks with <140 mg of sodium per serving.	
Forgo pre-packaged snacks for an entire day.	

Weekly Challenge: Earn 10 points for completing this challenge!

Use the nutrition facts label to compare the sodium in two similar products (at the grocery store, gas station, etc); opt for the lower sodium option.

1: _____ = _____ mg **2:** _____ = _____ mg

Points for the Week

Met Goal

WE WANT YOUR FEEDBACK!

On a scale of 1 to 5, rate the following statements, with “1” = Strongly Disagree and “5” = Strongly Agree.

- This encouraged me to be more aware of the sodium in foods. 1 2 3 4 5
- This helped me apply strategies to reduce my sodium intake. 1 2 3 4 5

Comments: _____

