



SALINE COUNTY EMPLOYEE HEALTH & WELLNESS MONTHLY INFORMATION NEWSLETTER

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

IMPACT SURVEY

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 15-minute survey (announced at a later date in April). Employees that complete the survey are eligible for **500 Wellness Points for the 2016 Program Year.**

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.

After you have completed the Impact survey, your "My Health Report" is immediately displayed. Please print and/or save the report in PDF format for your records. The last page of the report is a physician report available for you to provide to your doctor and/or wellness coach.

Please note: If you did not take part in the Saline County Health Fair held in February, you will need to access your own lab values during the survey, and you will be asked to input those lab values into your survey.

You will receive an email Monday, April 4th in regards to the IMPACT survey and when you can complete it. You will get an instruction sheet and the link to the survey. You are NOT to complete the survey until you have received instructions to do so.

MONTHLY EDUCATIONAL CLASS

There will be **NO MONTHLY EDUCATIONAL CLASS** for the month of April!

If you would be interested in an exercise & nutrition educational class hosted by Elly Reedy, please email Elly and let her know if this is something you are interested in. This is a potential idea for a monthly educational class offered to all employees in May! This class will be structured around proper nutrition, exercise tips, and answering any questions you may have in regards to health, wellness, nutrition and fitness.

BONUS: 25 WELLNESS POINTS

Answer to Last Months Question: **90%**

Diabetes is a chronic disease that occurs either when the _____ does not produce enough insulin or when the body cannot effectively use the _____ it produces.

- a) pancreas, blood sugar b) heart, glucose
c) blood vessels, insulin d) pancreas, insulin

To receive your 25 Wellness Points, please email your answer to Elly or any Wellness Committee member.

NIRMA ONLINE UNIVERSITY CLASSES

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

- Back Injury

CRAZY 8 CHALLENGE

Starting April 4, 2016, we will be offering the Crazy 8 Challenge! This 8-category, 8-week challenge will **start Monday, April 4, 2016 and will be ending on Sunday, May 29, 2016.** There are 8 categories in which you can receive points:

1. Water: 1 point for **every** 8 ounces of water drank during the day

2. Exercise: 5 points for every **15 minutes of continual exercise** per day. (For example, 30 minutes of exercise would be worth 10 points). There is a max of 20 points per day.

3. Sleep: 1 point for **every night** you sleep 7 hours or more.

4. Fruit/Vegetable: 1 point for every 1 cup serving of fruits or vegetables you eat each day.

5. Alcohol: 1 point for every day you **do not** consume alcohol. **Subtract 1 point** for every drink you have that one-day.

6. Tobacco Use: 1 point for every day you **do not** use a tobacco product.

7. Relaxation: 1 point for every day you do something to relax. (For example, massage, read a book, hot bath, yoga, stretching, etc.).

8. Fast Food/Process Foods: 1 point for every day you **do not** consume food from a fast food restaurant, or prepackaged foods and foods high in fat and sugar (chips, candy, cookies, pop, packaged snack cakes, etc.).

In order to receive 25 Wellness Points for participating in this challenge you must have at least 1,000 points at the end of the 8 weeks. You need to turn in your log sheet to any wellness committee member by June 1, 2016.

APRIL AWARENESS MONTH

April 7, 2016 is recognized as World Health Day, sponsored by the World Health Organization. This year, the World Health Organization's main focus is to, "Stay Super" "Halt The Rise" and Beat Diabetes by increasing awareness about the rise in the disease, and its staggering burden and consequences.

Diabetes is a chronic, metabolic disease characterized by elevated levels of blood glucose, which may over time lead to serious damage to the heart, blood vessels, eyes, kidneys and nerves. To put things into perspective, **1.5 million deaths** are directly attributed to diabetes each year, with **9% of adults** in the world having diabetes. The most popular type of diabetes is Type 2 diabetes, with **90% of people with diabetes having Type 2.**

Type 1 diabetes is characterized by deficient insulin production and requires daily administration of insulin. The cause of Type 1 diabetes is unknown, and is not preventable. Type 2 diabetes results from the body's ineffective use of insulin, and is the result of excess body weight and physical inactivity. Sadly, Type 2 diabetes, which was once only seen in older adults, is now occurring in children! To help prevent Type 2 diabetes people should achieve and maintain healthy body weight, get at least 30 minutes of physical activity most days, eat a healthy diet of 3-5 servings of fruit and vegetables a day, reduce sugar and saturated fats intake and lastly, avoid tobacco use!

For more information, and if you want to promote World Health Day please go to: <http://www.who.int/campaigns/world-health-day/2016/en/>

Crazy 8 Challenge!

Name: _____

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- 1. Water:** 1 point for **every** 8 ounces of water drank during the day
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- 3. Sleep:** 1 point for **every night** you sleep 7 hours or more.
- 4. Fruit/Vegetable:** 1 point for every 1 cup serving of fruits or vegetables you eat each day.
- 5. Alcohol:** 1 point for every day you **do not** consume alcohol. **Subtract 1 point** for every drink you have that one-day.
- 6. Tobacco Use:** 1 point for every day you **do not** use a tobacco product.
- 7. Relaxation:** 1 point for every day you do something to relax. (For example, massage, read a book, hot bath, yoga, stretching, etc.).
- 8. Fast Food/Process Foods:** 1 point for every day you **do not** consume food from a fast food restaurant, or prepackaged foods and foods high in fat and sugar (chips, candy, cookies, pop, packaged snack cakes, etc.).

In order to receive **25 Wellness Points** for participating in this challenge you must have at least **1,000 points at the end of the 8 weeks**. You need to turn in your log sheet to any wellness committee member by **June 1, 2016**.

For this challenge please keep in mind the following,

- **1 serving of vegetables** is equivalent to **1 cup** of raw leafy vegetables, or **½ cup** for other vegetables that are not raw leafy vegetables.
- **1 serving of fruit** is equivalent to **1 medium piece** of fruit; **½ cup** chopped or canned fruit.
- 1 cup is approximately the size of a small fist, and a medium piece of fruit is approximately the size of a baseball.

This is the perfect time to start the Crazy 8 Challenge, especially after completing the Health Screening in February, with the IMPACT survey being available to take, and the World Health Organization promoting diabetes awareness! To help lower your risk of developing Type 2 diabetes it is suggested to get at least 30 minutes of exercise most days, eating at least 3-5 servings of fruits and vegetables, avoiding fast food, processed foods and foods high in sugar and fat, and not use tobacco! All of these preventative measures are outlined in the Crazy 8 Challenge, and the wellness committee is encouraging everyone to participate in this challenge and follow the World Health Organization and put a halt to diabetes! If you have any questions regarding the challenge please email Elly Reedy!

<u>Day</u>	<u>Date</u>	<u>Water</u>	<u>Exercise</u>	<u>Sleep</u>	<u>Fruit OR Vegetables</u>	<u>No Alcohol</u>	<u>No Tobacco Use</u>	<u>Stress Relief</u>	<u>No Fast Food/ Processed Foods</u>	<u>Totals</u>
Mon	April 4									
Tues	April 5									
Wed	April 6									
Thurs	April 7									
Fri	April 8									
Sat	April 9									
Sun	April 10									
TOTAL WEEK 1										
Mon	April 11									
Tues	April 12									
Wed	April 13									
Thurs	April 14									
Fri	April 15									
Sat	April 16									
Sun	April 17									
TOTAL WEEK 2										
Mon	April 18									
Tues	April 19									
Wed	April 20									
Thurs	April 21									
Fri	April 22									
Sat	April 23									
Sun	April 24									
TOTAL WEEK 3										

<u>Day</u>	<u>Date</u>	<u>Water</u>	<u>Exercise</u>	<u>Sleep</u>	<u>Fruit OR Vegetables</u>	<u>No Alcohol</u>	<u>No Tobacco Use</u>	<u>Stress Relief</u>	<u>No Fast Food/ Processed Foods</u>	<u>Totals</u>
Mon	April 25									
Tues	April 26									
Wed	April 27									
Thurs	April 28									
Fri	April 29									
Sat	April 30									
Sun	May 1									
TOTAL WEEK 4										
Mon	May 2									
Tues	May 3									
Wed	May 4									
Thurs	May 5									
Fri	May 6									
Sat	May 7									
Sun	May 8									
TOTAL WEEK 5										
Mon	May 9									
Tues	May 10									
Wed	May 11									
Thurs	May 12									
Fri	May 13									
Sat	May 14									
Sun	May 15									
TOTAL WEEK 6										

<u>Day</u>	<u>Date</u>	<u>Water</u>	<u>Exercise</u>	<u>Sleep</u>	<u>Fruit OR Vegetables</u>	<u>No Alcohol</u>	<u>No Tobacco Use</u>	<u>Stress Relief</u>	<u>No Fast Food/ Processed Foods</u>	<u>Totals</u>
Mon	May 16									
Tues	May 17									
Wed	May 18									
Thurs	May 19									
Fri	May 20									
Sat	May 21									
Sun	May 22									

TOTAL WEEK 7

Mon	May 23									
Tues	May 24									
Wed	May 25									
Thurs	May 26									
Fri	May 27									
Sat	May 28									
Sun	May 29									

TOTAL WEEK 8