

# Saline County



April, 2017



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## Question of the Month

The April 'Question of the Month' is a bit of a puzzler and is found on the last page. The answer is found on store shelves this time of year.

BONUS: 25 WELLNESS POINTS for correct answer



\*Answer to the March Question of the Month:  
B) Cinnamon

Email your name and correct answer to:

[salinewellness@gmail.com](mailto:salinewellness@gmail.com)

"A healthy attitude is contagious but don't wait to catch it from others. Be a carrier." -Tom Stoppard

## Surprising Signs That You're Eating Too Many Chocolate Eggs

Robyn Whalen – Total Wellness

You know you're supposed to limit added sugar in your diet, but even if you steer clear of M&M's and donuts chances are you're eating more sugar than you think. The scariest part about sugar is that it's hidden in a lot of everyday foods. Even when we think we are eating healthy, we may be consuming way too much added sugar. According to the American Heart Association, the maximum amount of added sugars you should eat in a day is:

- Women: 100 calories per day (25 grams or 6 teaspoons) \*Based on a 2,000 calorie diet
- Men: 150 calories per day (37.5 grams or 9 teaspoons) \*Based on a 2,000 calorie diet

With most Americans tripling or even quadrupling this recommend intake of sugar, it's not uncommon to be addicted to sugar. Check out these warning signs o determine if you're eating too much sugar:

### You Have Intense Cravings

Eating sugar makes you crave sugar. It can also make you crave carbs too. If you find yourself constantly craving something sweet, you might be a sugar addict. Some researchers have suggested that sugar can have similar effects on the brain as addiction.

When you eat sugar, your brain releases dopamine which makes your body feel good. If you eat too much sugar regularly, your brain will become less

sensitive to sugar – which means that you will need more and more sugar for your body to feel a sugar high.

### Sweets Aren't So Sweet Anymore

Have you noticed that treats just don't taste as sweet as they once used to? That's because your taste buds have changed from an excessive intake of sugar. Just like your brain, your taste buds have grown accustomed to sugar and it will take higher amounts of sugar taste that sweetness you crave.

### You Feel Groggy Throughout the Day

We've all heard of a "sugar crash" before. Although sugar might initially boost your energy and give you a sugar high, it won't last long. The aftermath of a sugar high will leave you feeling sluggish and groggy throughout the day. Eating too many sugary foods also means that you're probably not getting enough fiber and protein, which are both key nutrients to sustain energy.

Even more surprising? A sugar high doesn't have to come from candy or sweets.

Your breakfast or lunch could contain sneaky amounts of sugar that will leave you crashing in no time. For example, a peanut butter and jelly sandwich on white bread is loaded with added sugars that could set you back for the rest of the day. (cont. on page #2)

*"The great gift of Easter is hope - hope of the newness of life which provides confidence in God, in His ultimate triumph, and in his goodness and love, which nothing can shake." —Basil Hume*

## NIRMA Online University

The following online class is the current dedicated offering to employees from now until June 30th. Complete this NIRMA Online University Class to receive 75 Wellness Points: "Understanding Behavior, Burnout and Depression". –end

## ...*Too much sugar* — *cont. from page 1*

### Your Skin Is Breaking Out

You can actually see this symptom of too much sugar. If your face is breaking out more than usual, excessive sugar may be to blame. According to Acne Einstein, frequent consumption of sugar increases hormones that stimulate sebum production and skin cell growth. Sugar also activates inflammation, which has been shown to increase the effects of both acne and rosacea.

### You Get Sick a Lot

Your immune system takes a nose-dive from a diet filled with sugar. Too much sugar has been shown to weaken your immune system, making you susceptible to any bug that is going around. Eating a diet high in sugar can also increase your risk of chronic diseases like diabetes, heart disease, or liver disease.

### You Have High Blood Pressure

Have you been diagnosed with hypertension (high blood pressure)? Studies have shown that there is a link between high blood pressure and excessive sugar intake. While most people think that sodium is always to blame for high blood pressure, you definitely want to watch your sugar intake as well.

### You Feel Depressed

If you've been feeling a bit down lately, excessive intake of sugar may be the culprit. As previously mentioned, sugar raises levels of inflammation in the body. This can affect more than just your skin. In fact, brain inflammation is linked to depression. Eating too much sugar can increase your risk of depression, whereas a nutritious diet of whole grains, protein, and produce is linked to a lower risk of depression.

### You Never Feel Satisfied After a Meal

Do you find it easy to keep snacking even after you've just had a meal? Foods that are high in sugar also tend to be low in protein and fiber. This means that you aren't getting the nutrients you need to give you that full and satisfied feeling.

Excessive sugar intake can wreak havoc on your brain and body. If you are noticing some of these warning signs, it's time to make some dietary changes and cut back on your daily sugar intake.

Eating less sugar has more benefits than just helping with weight loss, it will lower your blood pressure, decrease your risk of a heart attack, and keep your mind sharp. So, say "buh-bye" to those sugar cravings, and hello to a healthier you. —*end*

# IMPACTsurvey

## ANNOUNCEMENT



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. Employees that complete this survey are eligible for **500 Wellness Points for the 2017 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.**

The wellness committee will use an aggregate report (no individual data) to determine our wellness programs and service offerings for the year. **The deadline to complete this survey is Friday, April 21, 2017 at 5:00 p.m.** 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 participated in the 2017 County Health Fair, your lab values and biometrics will be included in the survey.
- NOTE! *If you did not take part in the 2017 County Health Fair, you will need to have ready access to your own lab values during this survey. (See Instructions on page #3...)*

## IMPACT SURVEY INSTRUCTIONS—Getting Started

The assessment can be taken anywhere you have access to the internet, at home or during work hours – providing supervisory approval. After you have completed the Impact Survey, your My Health Report is immediately displayed. You may print and/or save the report in PDF format. The last page is a physician report that is available for you to provide to your doctor and/or wellness coach.

Impact Survey Signing on:

Log onto: [www.impactsurvey.net](http://www.impactsurvey.net)

### 1<sup>st</sup> Screen:

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

### 2<sup>nd</sup> Screen:

Company password: saline

### 3<sup>rd</sup> Screen:

- If you have taken the survey in the past AND remember your password, you can click on the label, “[Sign In Here](#)”

Your unique I.D. number (*as found on your pay stub*): Enter your I.D. number here

Create your own password: Enter your password

- For those of you who took the survey in previous years and DON’T remember your password:

Your unique I.D. number (*as found on your pay stub*): Enter your I.D. number here

Create your own password: Enter a password

Click on retrieve password

You will receive a token (this is not your password)—please note you only get one try or we will need to reset your password again.

Put your token in the top field

Put in your new password in the next two fields

Now your password has been reset

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

### 4<sup>th</sup> Screen:

- Continued for new users to the Impact Survey
  - Your name: Type in your full name (first and last)
  - Home address: Type in your home street address (no zip code)
  - State: Use drop down tab
  - Zip code: Type in your home zip code
  - Division: Use the drop down key to indicate your division

**You’re ready to start the survey** – Allow 15-20 minutes to complete/print/save resulting PDF –*end*



Question



Persuade



Refer

### QPR Training—“Question, Persuade, Refer” - Safety Committee Training Event—April, 11, 2017, 7:30-9:00a, 10:00-11:30a and 3:00-4:30p

As announced during the previous month, the Saline County Safety Committee will be introducing a 90-minute presentation event anticipated to save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training. It is believed that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know. Staff members from Public Health Solutions will present the material during three sessions on April 11th at the Extension Room. (*25 Wellness Points for Participating—NO VIDEO will be available.*)

### Different Crises, Different Warning Signs

In CPR the general public is educated about the classic signs of a heart attack: pressure, fullness, squeezing and pain in the center of the chest, sweating, and other symptoms, and then taught how to respond.

In QPR the general public is educated about the known warning signs of a suicide crisis: expressions of hopelessness, depression, giving away prized possessions, talking of suicide, securing lethal means, and then taught how to respond. –*end*

