



# Saline County Employee Newsletter

## FIVE WAYS TO STAY ACTIVE AS TEMPS DROP

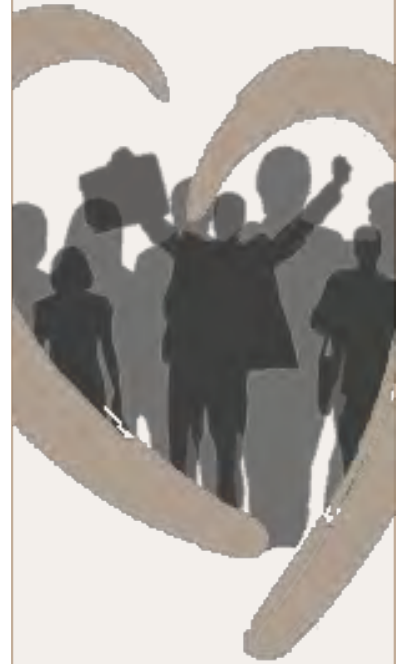
by *Seraine Page*

It may be cold outside, but that doesn't mean you have to quit enjoying the great outdoors — or exercise in general.

There's no need to hibernate like a bear. If you do, you'll end up packing on the pounds. And, you'll be grouchy by the time spring rolls around due to weight gain and lethargy.

Plus, research shows exercise reduces inflammation while also improving mood and stress levels. Try as you might, you can't argue with science that staying in bed instead of exercising is better for your health.

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*“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.” - Saline County Wellness Committee*

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## STAYING ACTIVE AS TEMPERATURES DROP

CONTINUED FROM FRONT PAGE...

*Here are five easy winter exercise ideas:*

### **1. Take the Stairs**

It sounds so easy, right? If you find yourself much less active in the winter, taking the stairs is a simple way to torch calories. You don't even have to go outside to do it! Anytime you find yourself in a multi-level building, skip the elevator and head straight for the built-in StairMaster.

Get started: If your workplace has elevators, take the stairs as much as you can. Set a morning reminder on your phone that alerts you while pulling into work.

### **2. Make Your Own Gym**

You don't need an expensive gym membership to stay in shape. You also don't need a ton of room at home, either. Simple workouts like marching, pushups, jumping jacks and sit-ups require no equipment. Add in light weights or resistance bands for strength training.

Get started: Need some structure? Try an exercise DVD or free YouTube fitness videos.

### **3. Have Fun with Tedious Chores**

Winter leaves plenty of windows of opportunity to do physical chores like chopping firewood, shoveling snow, cleaning chimneys...the list goes on. Add an extra burn by doing squats or lunges instead of taking a rest break.

Get started: Consider making a game out of shoveling snow. Race your family members to see who can clear their path the fastest.

### **4. Workout Outside**

Don't try working out if there's a blizzard, obviously. If it's lightly snowing out, bundle up and head outside. If you've got kids, making snow angels or snowmen is a great way to bond as a family while burning calories. Prefer to enjoy nature alone? Snowshoeing allows you to walk at your own pace while taking in the sights of a winter wonderland. More active folks may want to hit the slopes a little harder, though. Snowboarding and skiing top the list of outdoor snow day activities for everyday athletes.

Get started: Shop for new gear or equipment to get you excited about your new exercise plan. For challenging winter sports, sign up to meet with an instructor for lessons. It will give you something to look forward to as winter progresses.

### **5. Join a Sports Team**

Even if getting active outside isn't your cup of tea, indoor activities can keep you just as fit. Ask a friend, neighbor, or coworker to join you in your pursuit to keep off winter pounds. Roller derby, flag football, and basketball are all indoor sports that can be played in the winter months.

### *Winter Exercise Keeps You Healthier*

With the dreary days and cold temps, it's easy to stay inside under the covers. But by staying active during winter, it keeps your immune system strong and staves off pains from extended sedentary behavior.

(Continue on page #3...)

## STAYING ACTIVE AS TEMPERATURES DROP

CONTINUED FROM PAGE #2...

Plus, with all the holiday treats around this time of year, you'll stay trim and burn the calories before the food even hits your lips.

One important reminder for outdoor activities: Bundle up. Add the proper amount of layers to peel off as you get warmer while working out. Protect your fingers, toes, and ears from frostbite with the right gear. Additionally, if hitting the slopes, bring chapstick

and sunscreen to keep chapped and dry skin away.

Whether you're sledding or shoveling snow, these winter exercise ideas will keep you looking more like a Rockette and less like jolly Saint Nick. *-end*

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## STUDY SHOWS 37% OF AMERICANS EAT FAST FOOD REGULARLY



Atlanta — Every day, more than 1 in 3 U.S. adults eat some type of restaurant fast food, according to a recent report from the National Center for Health Statistics.

Researchers reviewed 2013-2016 data from the National Health and Nutrition Examination Survey. They found that, overall, 36.6 percent of adults — about 85 million — consumed fast food, including pizza, on a given day. The percentage was higher for people between the ages of 20 and 39 (44.9 percent) and 40 and 59 (37.7 percent). Those 60 and older were least likely to consume fast food, at 24.1 percent.

Although fast-food consumption decreased with age, it rose along with family income. Among lower-income adults (equal to or less than 130 percent of the federal poverty level), 31.7 percent consumed fast food on a given day. As family earnings rose to middle income (130 percent to 350 percent of FPL), consumption jumped to 36.4 percent. Of those in the high-income range (more than 350 percent of FPL), 42 percent consumed fast food on a given day.

Other findings:

The most common fast-food meal purchased was lunch (43.7 percent), followed by dinner (42) and breakfast (22.7).

Time, financial resources, price and availability factored most in influencing fast-food purchases.

Men (48.3 percent) were more likely than women (39.1) to eat fast food for lunch.

Women (25.7 percent) were more likely than men (19.5) to consume fast food for a snack.

Fast-food consumption has been associated with increased intake of calories, fat and sodium, which can lead to obesity, diabetes and other health issues, according to the researchers.

The report was published in October. *-end*

ONLINE  
LEGAL RESOURCES

Continuum EAP's online resources includes a library of 100+ free fillable legal forms, including:

- Wills/Living Trusts
- Bill of Sale
- Rental Agreements
- Promissory Note

To get started, visit [4continuum.com](http://4continuum.com) and click "MEMBER LOGIN" at the top of the page. Use Saline County username and password. Contact HR or give Continuum a call if experiencing difficulty.

JANUARY WELLNESS  
QUESTION OF THE  
MONTH

Fast-food consumption, relative to income level, statistically decreases in order of the following income levels:

- A. No Comparative Difference
- B. Low-High-Medium
- C. Medium-Low-High
- D. High-Medium-Low

BONUS: 25 WELLNESS  
POINTS for correct answer

*\*Answer to the December  
Question: "B: 33%"*

Email your name and correct answer to: [salinewellness@gmail.com](mailto:salinewellness@gmail.com)

*\*All answers submitted for  
the Question of the Month  
must be received prior to the  
subsequent month's newsletter  
distribution.*

## WITHIN REACH? STUDY: SMARTPHONES CAN DRAIN YOUR BRAIN

Austin, TX — The presence of smartphones can significantly reduce users' cognitive capacity – even when the devices are turned off – according to researchers from the University of Texas at Austin.

For the study, 800 smartphone users participated in a pair of trials. In the first trial, participants took a series of computer-based tests that required their full concentration to score well. They were divided into three groups, with instructions to place the phones either face down on the desk, in a pocket or bag, or in another room. In all three scenarios, the phones were turned to silent mode.

Participants whose phones were in another room scored 11.2 percent better on the tests than those whose phones were on the desk nearby, and 2.3 percent better than those who placed their phones in a pocket or bag.

"We see a linear trend that suggests that as a smartphone becomes more noticeable, participants' available cognitive capacity decreases," Adrian Ward, study co-author and assistant professor at UT Austin, said in a June 26 press release.

In the second trial, Ward and his colleagues tested cognitive capacity among people who said they are smartphone-dependent, defined by the researchers as "how strongly a person feels he or she needs to have a smartphone in order to get through a typical day." Participants performed the same computer-based tests and were randomly assigned one of the three same places to keep their phones. Some were instructed to turn off their phones.

The participants who were most dependent on their smartphones performed the worst, but only when their phones were on the desk or in their pocket or bag. The researchers also found that it didn't matter whether the phones were on or off, or if they were face down or face up on the desk – having them within sight or easy reach reduced the participants' focus and ability to perform the tasks because part of their attention was focused on not picking up or using the phones.

"The mere presence of their smartphone was enough to reduce their cognitive capacity," Ward said.

The study was published online April 3 in the Journal of the Association for Consumer Research. –end

## SELF DEFENSE CLASS



Law Enforcement Deputy Sheriff Kevin Vogel will be leading all those interested in an introduction to “Self-Defense” on Wednesday, January 9, 2019 from 5:30 p.m. to 6:30 p.m. at the Extension Building in Wilber. Attendance at this class will garner 50 Wellness Points. There will be no video recording of this class—participation is key.

-end

## LACK OF SLEEP—RISK OF CRASH

### SAFETY & HEALTH

Washington — Drivers who don’t get the recommended minimum of seven hours of sleep a night are at higher risk of being involved in a motor vehicle crash – and that risk increases among drivers who get the least amount of sleep, according to new research from the AAA Foundation for Traffic Safety.

Researchers analyzed data from previous Department of Transportation research that involved in-depth investigations of 5,470 crashes, including interviews with the drivers.

Results showed that the more sleep drivers missed, the more likely they were to make a miscalculation behind the wheel.

“We found that drivers who missed an hour or two of sleep relative to the expert-recommended minimum of seven hours generally made a lot of the same mistakes that well-rested drivers make, like not doing a good enough job of checking traffic before entering an intersection, misjudging another vehicle’s speed or allowing themselves to become distracted,” study co-author Brian Tefft told *Safety+Health*. “The difference was that the drivers who didn’t get enough sleep made these mistakes more often.”

Tefft said drivers who missed more than two hours of sleep also were much more likely to

fall asleep at the wheel.

Drivers who had slept less than four hours in the previous 24 hours had the greatest risk of being involved in a crash. Nearly one-third of the drivers studied who were operating on less than four hours of sleep over the previous 24 hours fell asleep at the wheel, while another third made errors such as overcorrecting or driving off the road, Tefft said.

According to the researchers, those drivers had a comparable crash risk to those who drive with a blood-alcohol concentration of 1.5 times the legal limit.

For drivers who know they are sleep-deprived, Tefft suggests they get more sleep – “even just a quick nap” – before getting on the road.

“If you find yourself struggling to keep your eyes open or not remembering the last few miles that you drove,” Tefft said, “these are warning signs that you should find a safe place to pull over and take a quick power nap before you continue on your way.”

AAA recommends that drivers travel during times they normally are awake, avoid heavy foods, and do not take medications that cause drowsiness or impairment. For longer trips, drivers should schedule a break every two hours or 100 miles, and travel with an alert passenger who can take turns driving.

The study was published Oct. 1 in the journal *SLEEP*. -end





# **Saline County Health Screening**

## ***Taking Action For A Healthier 2019!***

### **What's In It for Me?**

**Savings:** Free on-site health screening saves you time and money. PLUS you receive **500 WELLNESS POINTS!**

**Support:** Education and goal-setting opportunities give you the superpowers to become your own health crusader.

## **Saline County Health Screening**

**Tuesday, February 12, 2019 (5:00 a.m.-8:00 a.m.)**

*Law Enforcement Center: 911 S. Main Street*

**OR**

**Wednesday, February 13, 2019 (5:00 a.m.-8:00 a.m.)**

*Saline County Courthouse– Assembly Room*

### **Health Screen Includes:**

- Key Lab Measures for Heart Risk, Diabetes & Metabolic Syndrome (Cholesterol, Triglycerides, LDL, HDL, Glucose & more)
- Biometric Measures: Weight, Waist, Blood Pressure, Body Fat % & BMI
- Hemoglobin (A1c) and Thyroid Stimulating Hormone (TSH) tests available to you at no cost if you are on the Saline County insurance plan. *If you are not on the Saline County insurance plan you would pay \$10 for the TSH test and \$25 for the A1c test.*
- Optional tests include; Prostate (PSA \$20), Vitamin D (\$40), Cortisol-stress hormone (\$40).

### **Additional Details:**

- Avoid eating or drinking anything other than water for 8-10 hours before your appointment.
- You can take medications (with water) the morning of your health screening.
- **Remember to drink plenty of water the day before the screening so you are well hydrated.**
- Avoid caffeinated coffee, tea, pop, energy drinks and nicotine before your appointment.

### **To Sign-Up:**

Saline County employees can sign up using a new on-line option. You will be receiving an email from Tim McDermott with a link to the scheduling system. Click on the link, create an account by entering your name and a password, select a time, answer questions and identify if you want an electronic reminder.

### **Questions?**

Call Tim at 402-821-3900 if you have questions or if you are not able to attend the health screening events.



# Saline County 2019 Health Screening Frequently Asked Questions

Tuesday, February 12th - Law Enforcement Center (5:00 a.m.-8:00 a.m.)

OR

Wednesday, February 13th - Saline County Courthouse (5:00 a.m.-8:00 a.m.)

## Why should I participate in the health screening?

The health screening process provides an opportunity for you to know your personal health numbers, what the healthy ranges are, and ways to maintain or improve your health. **You save valuable time and money since the screens are offered in the workplace and paid for by Saline County - and you receive 500 wellness points!**

## What is involved in the health screening process?

- The health screening includes lab draws and biometric measures. Lab results include: cholesterol, triglycerides, LDL, HDL, and glucose and other key lab values. Biometric measures include: blood pressure, weight, body mass index, % body fat, and waist measure.
- The Thyroid Stimulating Hormone (TSH) and Hemoglobin A1c tests are available at no cost to you if you are on the Saline County insurance plan. *If you are not on the Saline County insurance plan you would pay \$10 for the TSH test and \$25 for the A1c test.*
- Prostate for men only costs \$20, Vitamin D is \$40 and Cortisol—the stress hormone is \$40. Payment is due at the time of your health screening appointment. Checks can be made out to Saline County.
- Allow approximately 15 minutes to complete the screening.

## How do I schedule my health screening appointment?

Saline County employees can sign up using a new on-line option. You will be receiving an email from Tim McDermott with a link to the scheduling system. Click on the link, create an account by entering your name and a password, select an appointment time, answer the questions and decide if you want an appointment reminder.

## **Deadline to Sign Up: Friday, February 1st!**

## Why do I need to fast?

- The blood profile requires fasting so that your screening results provide you with the most accurate picture of your current health status. **Avoid eating or drinking anything other than water for 8-10 hours before your appointment.**
- **Drink plenty of water the day before the screening so you are well hydrated and it will make it easier to give a blood sample.** You can drink water and take medications (with water) the morning of your health screening.  
Please - no coffee, tea, pop, energy drinks or nicotine before your screening appointment.

## How much does it cost?

The screening is **FREE** for all Saline County employees. The health screening is also free for spouses on the County's **BCBS health insurance plan**. Madonna will file an electronic medical claim for the lab work for participants who are on the plan. The lab work is covered as a routine preventative service through our plan. You will receive an EOB (Explanation of Benefits) from BCBS listing the lab services provided and associated costs. Dr. Stalder from Madonna, will be listed as the physician. Please know that the EOB is not a bill and the lab cost is covered 100% through our preventative services benefit. You do not need to do anything with the EOB - it is a standard procedure when a medical claim is submitted.

## Who will see my results?

Your results are for your eyes only. Madonna Fit for Work will ensure that your personal health information is kept confidential. You will receive your own personal Health Risk ScoreCard that is based on your lab results and biometric measures. The Health Risk ScoreCard is scientifically linked to how likely you are to develop diabetes, metabolic syndrome or heart disease in the next 10 years.

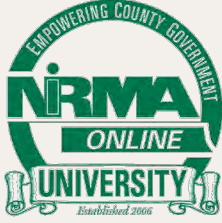
## Will my health screening results be sent to my physician?

Madonna Fit for Work will fax a copy of your screening results to your physician, please bring the name of your physician and a fax number to your screening appointment.

## When will I get my results?

You will receive your results **during the Know Your Numbers presentation on Wednesday, March 6th at 10:00 a.m.**

**The presentation will be held in the County Court Room.** If you are unable to attend, your wellness packet will be distributed to you after the meeting by a committee member.



JANUARY—MARCH, 2019  
— NIRMA ONLINE  
UNIVERSITY CLASS

The upcoming quarter offers the following NIRMA Online University course. Successful completion provides 75 Wellness incentive points by completing the following offering:

- ◆ Sleep and Your Health

\*Next **Wellness Committee**  
Meeting: Thursday, January  
10, 2019 in the Courthouse  
Conference Room, 8:30 a.m.

\*Next **Safety Committee**  
Meeting: Wednesday, February  
13, 2019 in the Courthouse  
Conference Room, 8:30 a.m.

WELLNESS COMMITTEE

204 S High, Wilber, NE 68465  
Phone: 402-821-2588  
Fax: 402-821-3319 E-mail:  
salinewellness@gmail.com  
co.saline.ne.us/webpages/  
committees/wellness.html

Log onto the Wellness webpage  
online to review meeting  
minutes, Wellness newsletters,  
annual Program document and  
Fitness Center information.



## 2019 HEALTH FAIR

**NOTICE:**

The Wellness Committee has scheduled February 12th and 13th, 2019 at both the LEC and the Courthouse respectively for the upcoming Annual Health Fair;

- Tuesday, February 12, 2019 at the Law Enforcement Center from 5:00 am – 8:00 am
- Wednesday, February 13, 2019 in the Courthouse from 5:00 am – 8:00 am.

There will again be an online registration process allowing employees to opt for a suitable time and location in which to participate. Personnel having no access to the internet in which to sign-up should consult their supervisor for assistance. Refer to the documentation in this newsletter for additional information. Access information to the online scheduler will be provided via email outside this newsletter.  
-end

## 2018 WELLNESS PROGRAM ENDED

**NOTICE:**

1. In order to claim your Wellness incentives earned in 2018, all personnel will need to **return their 2018 program booklets, and sealed medical verification forms** in the envelop provided, to the Wellness Committee via Jamie Houser at the Assessor's office **on or before Friday, January 11, 2019.**
  - Please ensure that all **medical data forms** are placed in your sealed medical envelop **ONLY. Tobacco affidavit forms** for 2018 should be included along with your program booklet in the larger envelope.
2. Please note your choice of incentive with the points anticipated. The Committee will review and tabulate final points after the 2019 Health Fair and extend notification of total incentive points earned.
3. An announced 'protest period' will then be opened in order to insure proper calculation of points—*Protests are intended to report miscalculations of points* –end

## 2019 WELLNESS PROGRAM BEGINS

**NOTICE:**

2019 Wellness Program packets were distributed to each county department during the third week of December. Speak to your supervisor if you have not received yours. Call 821-3900 with any questions. –end

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*NOTE: Articles found in this newsletter are for informational purposes only and are not intended as medical advice. For further information, please consult a medical or legal professional.*