



Saline County Employee Newsletter

HAVE A HEART! THE MOST DANGEROUS FAT IS THE EASIEST TO LOSE

by Trinh Le, MPH, RD

It's every weight loss enthusiast's dream to zap belly fat but, far from pure vanity, there's actually a reason why having a lot of fat in the abdominal region can be dangerous. Fat is stored all over our body, but how does an expanding waistline grow your risk for chronic illness?

LOCATION, LOCATION, LOCATION

Your body's fat impacts your health differently depending on where it's stored. While most fat found on other parts of our bodies (think arms, legs, buttocks) are considered "subcutaneous fat," belly fat is more likely to be "visceral."

(Continued page #2...)



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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

LOSE THE DANGEROUS FAT *CONTINUED FROM FRONT PAGE...*

PINCHABLE VERSUS PRESSABLE

“Subcutaneous fat” is the pinchable, squishy fat right between your skin and muscle that helps keep you warm, cushions you against shock, and stores extra calories. “Visceral fat” stores calories too, but isn’t as pinchable because it is located in and around your organs. It’s hidden deep within the belly region, which is what makes it firm (rather than squishy) when you press it.

PROXIMITY

Fat doesn’t just store calories—it’s a living tissue capable of producing and releasing hormones that affect your other organs. Because visceral fat sits near our organs, its release of these chemicals is poorly situated. Having more visceral fat can raise your LDL (a.k.a. “bad” cholesterol) and blood pressure. Visceral fat can also make you less sensitive to insulin, which increases your risk for Type 2 Diabetes.

TELLING BAD BELLY FAT APART

Even if you’re thin, you can still have visceral fat around the abdominal region—being “skinny” doesn’t necessarily mean you’re healthy. There’s no sure-fire way to tell visceral from subcutaneous fat short of an expensive CT scan, but it’s important for you to get a rough idea of what your visceral stores are. Here are a few tricks to figure out where your belly stands:

APPLES AND PEARS

You’re probably wondering, “What does fruit have to do with it?” These two fruits give a quick visual of where most of your fat is stored on the body. Pears tend to store fat in

the lower extremities (hips, thighs, buttocks) as subcutaneous fat while apples tend to store fat in the upper region (belly, chest) as visceral fat. It takes a quick inspection, but this is an imperfect way to tell these two fats apart.

WAIST CIRCUMFERENCE (WC)

Feel for the top of your hip bone (it’s at the same level as the top of your belly button) and circle a tape measure around this point. Remember to relax and don’t suck in your gut (be honest!). Take 2-3 measurements and figure out the average. Men should have a WC of less than 40 inches (102 cm) and women should have a WC of less than 35 inches (89 cm).

WAIST-TO-HIP RATIO

The waist-to-hip ratio (WHR) takes the circumference of your waist (see above) and divides it by the circumference of your hips. To measure your hips, stand in front of a mirror then figure out the widest part of your butt and measure that circumference. Then use this formula:
$$\text{WHR} = (\text{Waist circumference}) / (\text{Hip circumference})$$

Men should have a WHR of less than 1 while women should have a WHR of less than 0.8.

KNOW FAMILY HEALTH HISTORY

If your parents or siblings have insulin resistance, heart disease or non-alcoholic fatty liver, you may be at a greater risk for storing visceral fat. Keeping an eye on your visceral fat may be beneficial, but know that the causes of these chronic diseases are complex. If you’re in doubt, it’s best to speak with your healthcare provider. *(Cont. on next page...)*

LOSE THE DANGEROUS FAT *CONTINUED FROM PAGE #2...*

BANISHING VISCERAL FAT

If you fall in the normal range for WC and WHR, that's great! Keep working at your weight goals as you see fit. If you're not there, don't despair. Because of its proximity to the liver, visceral fat is usually the easier fat to burn. It's the less risky subcutaneous fat that likes to stick around.

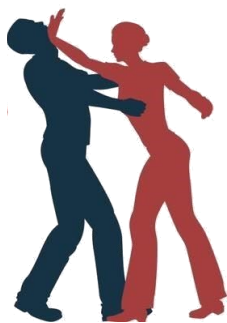
Unfortunately, you can't forcefully spot reduce fat around your belly no matter how many crunches you do. The next best thing is to live a healthy lifestyle:

- Go beyond weight tracking. You can track your waist, hip and even neck circumference in the app. Use this feature to see how your measurements change over time as you lose weight.
- Sweat for 30-60 minutes each day. Visceral fat responds well to regular endurance exercises, such as running, biking, rowing, swimming, that elevate

your heart rate. As your body uses fat to fuel exercise, it'll start using up your visceral stores.

- Eat a well-balanced diet. Eat a diet high in whole grains, fresh fruits and vegetables, and lean protein with calories set for gradual weight loss (e.g. about 1-2 pounds per week). Cut way back on added sugars and alcohol since these nutrients will more likely end up as visceral fat.
- Sleep more, stress less. It's easier said than done, but in order to take care of your physical body, you have to take care of your mental state. Sleep loss and stress can sabotage your health and fitness goals, so learn more about getting a quality night's rest and use meditation or yoga to calm your mind. Remember, it's not just about your health; it's about your happiness, too. *-end*

SELF DEFENSE CLASS



Law Enforcement Deputy Sheriff Kevin Vogel led an interested group of employees through an introduction to "Self-Defense" at the Extension Building in January. The class was well attended with much desire expressed to hold another. If you wish to

take part in another such class, or jump head-first into the fray for the first time, please let a committee member know. *-end*

NEW PHYSICAL ACTIVITY GUIDELINES

The U.S. Office of Disease Prevention has released its updated "Physical Activity Guidelines for Americans." Only 26 percent of men, 19 percent of women and 20 percent of adolescents meet these recommendations.

For adults, that's 150 minutes per week of vigorous-intensity aerobic physical activity and two days of muscle-strengthening activity. Will you have a New Year's resolution focused on wellness? If so, use a coach, gym resource, motivational videos, or even your EAP to keep yourself on track if motivation slips. Fact: Half of all American adults have one or more preventable chronic diseases, and 10% of all premature mortality is associated with failure to meet recommended levels of aerobic physical activity. *-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 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.

FEBRUARY WELLNESS QUESTION OF THE MONTH

Sam is being measured for a new suit. The tailor finds her measurements to be 36 (chest) x 33 (waist) x 41 (hips) x 32 (inseam). Does Sam fall within the "WHR" guidelines?

- A. Yes
- B. No

BONUS: 25 WELLNESS POINTS for correct answer

**Answer to the January Question: "D: High-Med-Low"*

Email your name and correct answer to: salinewellness@gmail.com

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

HEALTHY FOOD SWAPS THAT CAN BACKFIRE

Swapping cauliflower for mashed potatoes, zucchini "zoodles" for noodles and frozen bananas for a non-dairy "nice" cream has become so mainstream that even restaurants serve dishes with these alternatives. While there's nothing wrong with making these swaps from time to time, it's important to note that sometimes these good intentions may hinder, rather than help, gut health.

"Sometimes too drastic a cutback or too dramatic a switch can result in GI issues such as bloating, constipation or abdominal pain — or exacerbate pre-existing GI issues," says Leslie Bonci, MPH, RD, owner of Active Eating Advice.

Here, four common food swaps that could cause more discomfort compared to the originals:

CAULIFLOWER INSTEAD OF CARBS?

Once just a cruciferous vegetable, today cauliflower is a stuntman for potatoes, rice and wheat in things like pizza crust or stir-fries. But this may not be a smarter choice for everyone. "Cauliflower is a high FODMAP food," Bonci says. This acronym stands for fermentable oligosaccharides, disaccharides, monosaccharides and polyols. Foods high in any of these carbs can cause GI distress, particularly gas and bloating in those with IBS, Bonci says.

The smarter choice: Stick with classic potatoes, which "provide energy, soluble and insoluble fiber and are a low-FODMAP food," Bonci explains.

SUGAR ALCOHOLS INSTEAD OF SUGAR?

Food manufacturers often use sugar alcohols such as erythritol, sorbitol, mannitol and xylitol to make sugar-free or "no-sugar-added" foods and sweeteners. Since they have less impact on your blood glucose, such sweeteners might seem like a good choice for people trying to lose weight. However, consuming sugar alcohols can cause diarrhea, gas and bloating.

The smarter choice: If you want to cut back on your sugar consumption at home, use a little real sugar and then add spices such as ginger, cinnamon or pumpkin pie, which don't upset your stomach, Bonci suggests.

HIGH-FAT FOODS INSTEAD OF CARBS?

The popularity of the low-carb, high-fat ketogenic diet has many people piling on the fat. While we know healthy fats are good for us and add fabulous flavor, "too much fat is definitely not going to do any favors for gut comfort," Bonci says. A high-fat diet can cause either diarrhea or, because it tends to be low in fiber, constipation.

The smarter choice: Be mindful of how much fat you add. "Try roasting veggies with a little oil, adding a few slices of avocado rather than the whole thing to your plate. Or add a small pinch of shredded coconut to a smoothie rather than a few tablespoons of coconut oil," Bonci recommends.

PLANT-BASED MILKS INSTEAD OF TRADITIONAL DAIRY?

Plant-based milks, like almond and oat, have become trendy, but even if you're lactose-intolerant, Bonci recommends giving some dairy a chance.

The smarter choice: "Plant-based milks do not contain probiotics, which can be helpful to the gut. Instead, opt for cultured dairy foods such as yogurt or kefir," Bonci says. "These contain live active cultures that split the lactose, so you may experience less GI distress." -end

IS IT TOO LATE TO EAT AFTER 8:00 P.M.? - BY TRINH LE, MPH, RD

It's common to hear the phrase "don't eat after 8 p.m." when you're trying to lose weight. But when you think about it in terms of calories, the math doesn't work out. As long as you stick to your goal and eat fewer calories than you burn, you should lose weight.

Here's what you should know about eating late at night:

THE PROBLEM WITH EATING LATE AT NIGHT

Eating most of your calories during the day rather than at night is helpful because we tend to overeat in the evening. Sadly, your eating choices are not logical, calculated moves solely aimed at getting you to your goal weight. Every decision is guided by emotions and bodily states. Despite good intentions, a crazy commute, hectic schedule, sleep deprivation or other stressor can make it hard to follow through with a healthy diet.

Picture this scenario: During the day you were disciplined with what you ate, but you came home stressed and voracious. Before fixing a meal, you wolf down a handful of chips, cookies, nuts or whatever's convenient. Tired and sleep-starved, you polish off dinner in front of the TV or computer screen.

Sound familiar? Your evening meal evaporates in a blur because:

1. Willpower, a limited psychological resource, gets exhausted throughout the day, which can make it difficult to resist an extra dessert at dinnertime.
2. Negative emotions can drive emotional eating. It's not uncommon to use food as a mood regulator, specifically to relieve feelings of stress, anxiety or loneliness. Even if that's not the case, you may decide to use food as a reward for a hard day's work.
3. Sleep-deprived from your busy work schedule, you find yourself craving sugary, high-fat foods.

This example paints a dramatic exaggeration of reality, but it makes a point. If you're eating excess calories in the evening, it adds up over time and prevents you from reaching your goals.

4 TIPS FOR EATING AFTER 8 P.M.

Nighttime may not be the best time to load up on calories, but if you have no other choice, you can still make it work.

1. Keep evening portions small. Instead, plan bigger meals for breakfast and lunch. Eating more calories during the day helps you stay satiated so you aren't ravenous when dinner rolls around. This also helps if you suffer from heartburn and indigestion; large dinners are not your friend, especially if sleep comes soon after.
2. Avoid trigger foods in the evening. These are the foods that hook you after one bite, and they're different for everyone. Common trigger foods include potato chips, cookies, ice cream, popcorn or nuts. It doesn't mean you have to eliminate them from your diet completely, but it's best to avoid consuming them at night when you are more likely to overeat.
3. Don't eat in front of screens. This includes TV, computers, phones and video games. Entertainment puts your brain on autopilot so you don't pay attention to your body's cues that you are full and satisfied. As a result, you are more likely to consume excess calories.
4. Make sure to prioritize a good night's rest. When in doubt, go to bed and get some shut-eye. Time and again, research shows sleep deprivation is linked to weight gain because it increases appetite. Not only will sleep help you manage your weight — your heart, brain and immune system will thank you, too.

THE BOTTOM LINE

In a perfect world, you can eat your calories whenever you like with zero consequences. In practice, it's complicated. With today's fast-paced world, it can be hard to strike a balance between your career, social obligations and health goals. So, if you find yourself eating late at night, practice the tips mentioned above. —end

Saline County Aging Services is hosting:
Shamrock Shuffle

5K (3.1m) or 1 Mile Fun Run/Walk

Saturday, March 16th, 2019



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Registration from 9:00 AM – 9:45 AM

Start time: 10:00AM SHARP

Location: Legion Park, Wilber, NE

Pre-Registration NOW at:

*Saline County Aging Services, First State Bank or
Wilber Physical Therapy*

Or: Mail registration with check to SCAS, P.O. Box 812, Wilber, NE 68465

Pre-registration DUE by Friday, March 1st, 2019

****Proceeds will benefit Saline County Aging Services and Wilber-Clatonia Public Schools TCBY Program****

**Gratefully Sponsored by: First State Bank Nebraska, WM&E Spa×Boutique, Downtown Family Vision,
Foxhole Tavern, Madison+Barrett, 202 Hairdo, Food Mesto & Wilber Physical Therapy**

Entry Fees: 5K \$20 Pre-registered; \$25 after & day of race

1 mile \$15 Pre-registered; \$20 after and day of race

Students 12 & under \$10 Pre-registered, \$15 after & day of race

(Entry Fee Includes: T-Shirt, Water, After Race Snack, and One Free Drink Card at the Foxhole)

****ONLY PRE-REGISTRANTS ARE GUARENTEED A T-SHIRT.**

Early Packet Pick-Up: Thursday, March 14th or Friday, March 15th or Race Day

Prizes will be awarded to 1st & 2nd places in the age categories of:

4-11, 12-18, 19-30, 31-50, 51 & up

2019 Registration Form

Name _____ **Phone #** _____

Address _____ **City/State** _____ **Zip** _____

Age _____ **Male or Female** **Circle one: 5K or 1 Mile**

YOUTH T-Shirt Size: S M L Female/Male ADULT T-Shirt Size: S M L XL

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release Saline County Aging Services, all race volunteers and all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the person's name in the waiver. Further, I grant to all the foregoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

Signature (if under 18-parent/guardian)

Date



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.

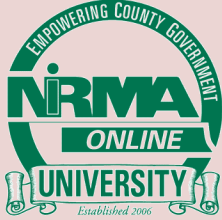
Will my health screening results be sent to my physician?

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: TBD, 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

REMINDER:

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.

Hopefully all those wishing to participate have already met the registration deadline of February 1st. The FAQ document is again included in this newsletter for review as you prepare for the blood draw.

Contact Tim McDermott at 402.821.3900 if you have outstanding questions. -end

WELLNESS COMMITTEE NOTICE

The Wellness Committee has undergone the 2018 booklet review. It is seen and well understood that many have developed a pattern of documentation—especially with exercise, that is comfortable, fits within the guidelines provided and understandable by the Committee.

However, there is the occasion where it becomes difficult to decipher. Yet the committee is certain these irregularities can be corrected easily with your help, a bit of patience and patterned, regular entry throughout the year. In light of this, this friendliest of reminders announces the following to be at risk as uncountable next year when reviewing the 2019 Program booklets:

1. Participants **MUST** use the calendars provided. All other spreadsheets or slips of paper will not be calculated.
2. Exercise documented on the provided calendars **MUST** contain the following pieces of information:
 - Type of exercise performed
 - Time devoted to that exercise
 - Points associated with the type & time of exercise each day
2. Submitted exercise calendars viewed as ‘last-minute’, ‘unrealistic’ and/or noting evidence of ‘fiction’ will **NOT** be calculated.

As always, the announced ‘protest period’ is available to be used in order to correct and/or speak to a conflicting calculation of points.

Please note that it is the responsibility of the Wellness Committee to be fair, to everyone! This includes those who are committed to an abidance of the rules.

If you are interested in being a part of the Wellness Committee, please let us know. You are welcomed. Call 821-3900 with any questions. -end

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.