



# Saline County Employee Newsletter

## FIVE SIGNS YOU'RE NOT EATING ENOUGH TURKEY

by Emily Abbate

Protein is a cornerstone of healthy eating and weight loss and is readily available in a lot of the foods you eat every day, including poultry (duh, Turkey), meat, dairy, fish, eggs, legumes, nuts, seeds, soy and even whole grains. Research shows higher-protein meals or snacks can also help reduce hunger and extend the feeling of satiety.

The recommended daily allowance (RDA) for men ages 19–50 is 56 grams per day, and it's 46 grams per day for women. To get a more specific recommendation for what you need, you can calculate it based on your body weight says Lindsey Kane, RD. "Generally speaking, you need .8 grams of protein per kilogram of body weight (which is about .4 grams per pound of body weight)." This translates to about 56 grams of protein for someone who weighs 154 pounds. *(Cont. on page #2...)*



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## SIGNS YOU'RE NOT EATING ENOUGH TURKEY—CONTINUED FROM

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You can track your protein intake with an app like MyFitnessPal and also pay attention to the following signs you might not be getting enough in your diet:

### 1 - YOU'RE LOSING MUSCLE MASS

Protein is made up of amino acids, which are essential for building muscle. This means that if you're not getting adequate protein, your muscle mass could suffer. "You might notice this as decreased strength, change in weight or even how your clothes are fitting," says Randy Evans, RD.

### 2 - YOU'VE BECOME PRONE TO STRESS FRACTURES

In addition to calcium, research shows a protein-rich diet is beneficial for overall adult bone health. "Without sufficient protein to provide energy to our organs and brain, the body will look for other sources, and one place it borrows from is skeletal muscle tissue," says Cheryl Mussatto, RD, author of "The Nourished Brain," and "The Prediabetes Action Plan and Cookbook." "If you are consistently running low on protein, over time, your bones will be susceptible to injuries such as stress fractures and breaks."

### 3 - YOU'RE ALWAYS IN A BAD MOOD

Have you snapped at your significant other or the guy at the coffee shop who wrote your name wrong? "Irritability is one of the signs of low protein," says Jamie Hickey, registered dietitian and personal trainer. "By mitigating the effect of carbohydrates [that can spike blood sugar], slow-digesting protein helps keep your mood stabilized."

### 4 - YOU'RE CONSTANTLY GETTING SICK

If you're always under the weather, a lack of dietary protein could be to blame. "Protein is a building block of antibodies that are produced by our immune system, helping us fight off bacteria and viruses," says Mussatto, who adds that now is a super important time to be mindful of protein consumption with cold and flu season lingering. "A diet deficient in protein also results in a reduction in T cells, which fight off germs and enhance our immune system."

### 5 - YOUR NAILS ARE BRITTLE AND HAIR GROWTH IS SLOW

When protein is lacking, nails can become brittle — breaking off easily — while your hair not only loses its luster, but also may stop growing, says Mussatto. Too little protein shifts the body's focus from growing strong nails and hair to conserving protein. —end

## ARE YOU ADDICTED TO YOUR SMARTPHONE?

Smartphone addiction is not a recognized mental disorder, but it gets a lot of attention in the news. One in three people can't get through a meal without looking at their phones, according to one study.

Signs of problematic phone use may include feeling anxious without your phone, constantly checking your phone without a reason, reaching for your phone when bored, losing track of time while using your phone, being distracted while with friends or watching TV because you are on your phone, and texting while driving — especially after attempts to stop the practice following a near accident or close call.

Compulsive behaviors are actions people engage in repeatedly even though they wish they could stop. Smartphone addiction can be one of them. Don't stay frustrated, feeling out of control. Schedule a time to talk with a Continuum EAP counselor. —end

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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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## **WHY FRUCTOSE IS WORSE THAN SUGAR**—ALAIN LACROIX, DREAMTIME.COM

Today’s The Atkins diet and a traditional Japanese diet may seem about as far apart as two diets can get: Atkins is low-carb/high-fat while Japanese is high-carb/low-fat. But they both work to promote weight loss and they do have one thing in common: They eliminate the simple sugar known as fructose. But is fructose bad for you?

You may think of fructose (and sugar in general) as empty calories. That’s how nutritionists have been vilifying it for years. But Dr. Robert Lustig from University of California at San Francisco is on a campaign, so to speak, to educate other health professionals and the public about why fructose is actually worse than just empty calories.

### Why Is Fructose Bad for You?

Dr. Lustig, a neuroendocrinologist at UCSF’s Department of Pediatrics and the Philip R. Lee Institute for Health Policy Studies, wants you to know that fructose is very bad news. In published papers, speeches, and interviews over the past several years, he has been spreading the bad news about fructose and explaining how fructose is behind today’s worldwide epidemics of obesity, type 2 diabetes, heart disease, high blood pressure, and abnormal cholesterol.

Fructose is the simple sugar that makes up 50 percent of table sugar (sucrose) which is typically made from sugar cane or beets. The other half of table sugar is glucose. And fructose makes up 55 percent of high-fructose corn syrup (HFCS). Dr. Lustig’s latest paper, recently published in the medical journal *Advances in Nutrition*, explains why there is nothing empty about the calories in fructose and describes three ways in which fructose harms human health exclusive of its calories.



Even though fructose and glucose are both sugars that make up table sugar, they act very differently in the body. While glucose is so essential for life that your body will manufacture it if needed, there is not even one human biochemical reaction that requires fructose from the diet. The only place in the body that fructose is physiologically necessary is in semen, and the fructose there is made by the body out of glucose. (Cont. on page #4...)

## 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 for login information or give Continuum a call if experiencing difficulty.

\*Next **Wellness Committee** Meeting: Monday, November 18, 2019 in the Courthouse Conference Room, 8:30 a.m.

\*Next **Safety Committee** Meeting: Wednesday, November 20, 2019 in the Courthouse Conference Room, 8:30 a.m.



## IS FRUCTOSE BAD FOR YOU?

- CONTINUED FROM PAGE #3

### HOW IS FRUCTOSE BAD FOR YOU?

In many ways, says Dr. Lustig, fructose is much more like ethanol (grain alcohol) than glucose. In fact, fructose behaves so much like ethanol inside the body that he has nicknamed it "alcohol without the buzz." Although fructose does not slow the central nervous system like ethanol, the long-term toxic effects are the same.

By comparing fructose to both glucose and ethanol, Dr. Lustig points out the three different negative impacts fructose has on your metabolism: First, when you take in more calories than you immediately need, both fructose and ethanol overwhelm the liver and drive the transformation of excess energy into fat. Dr. Lustig illustrates how a can of soda and a can of beer both put a similar load on the liver.

Not only can you gain excess weight, this process also leads to high triglycerides along with small, dense LDL particles (the really dangerous type of cholesterol), and low HDL cholesterol (the "good" cholesterol). This combination of abnormal cholesterol is called dyslipidemia and causes heart disease and strokes. Excess fructose, like ethanol, also leads to fat accumulation in the liver (resulting in liver dysfunction) and insulin resistance, the precursor to diabetes.

Second, both fructose and ethanol generate excess reactive oxygen species (ROS), which, if not quenched by antioxidants because of nutrient deficiencies, increases the risk of fatty liver disease and liver damage and accelerates aging in general. Glucose does not generate the same load of damaging oxidative stress.

Last, Dr. Lustig explains how fructose affects cellular receptors in the brain's reward pathway. When the brain is exposed to fructose over and over, dopamine receptors are altered in a way that drives increased food intake and weight gain. You tend to want to take in more food even though you don't need it for energy. And, with both fructose and ethanol, chronic use causes you to become addicted. You experience symptoms of tolerance (you start to need more and more to feel satisfied) and withdrawal (you get symptoms if you go without it).

Now that you know the answer to the question "Why is fructose bad for you?" it's time to do something about it! Since common forms of sugar (sucrose) are half fructose, Dr. Lustig believes the key is to dramatically cut down on all common forms of sugar, not just fructose. In doing so, you'll be improving your metabolism, saving your cardiovascular and liver health, and putting the brakes on the aging process. -end



# Is Coffee Good For You? Discover the Health Perks

by Seraine Page

If you can't start your day without coffee, you're not alone. Last year, the National Coffee Association surveyed 3,000 Americans on their java drinking habits. The survey found that 64 percent of Americans drink at least one cup of coffee daily.

The amount of Americans downing this beverage is the highest it's been in years. Thanks to its ability to wake us up quickly, it's become the go-to beverage for working Americans for decades.

As a stimulant, coffee is known to:

- Improve memory
- Increase energy levels
- Shorten reaction times
- Boost productivity

As one of the best instant energizers, coffee is well-known for its stimulant effects, but it also has several surprising health benefits, too, like reducing pain.

Need another reason to keep up your daily coffee habit? Read on to learn about all the positive benefits hiding in your favorite brew.

## THE POSITIVE EFFECTS OF COFFEE

Due to its antioxidants and nutrients, coffee does more than stimulate the brain. In fact, it improves mental function and can aid the body in fighting off chronic health issues.

It's also a powerhouse beverage for staving off other health concerns that impact body functions of the brain, liver, and heart. Backed by science, here's why it's definitely okay to have that cup of coffee every morning:

### WORKS AS A PAIN REDUCER

Love to workout but hate the muscle soreness that follows? A published Journal of Pain study by the University of Georgia found that downing about two cups of brewed coffee could minimize exercise-induced muscle pain.

### REDUCES DEPRESSION AND SUICIDE RISK

A 10-year study found women who drink coffee are less likely to commit suicide and are less depressed. The study was conducted on 86,000 female nurses. Another study by Harvard School of Public Health discovered women who drink four or more cups of java a day were 20% less likely to have depression.

### IMPROVES LIVER HEALTH

Worried about the health of your liver? Aside from cutting out alcohol use, upping your coffee intake may protect against cirrhosis of the liver. Ingesting both caffeinated and/or decaf coffee lowers enzymes of the liver, according to a Hepatology Journal published study.

### STAVES OFF PARKINSON'S & ALZHEIMER'S

Downing dark-roasted coffee (caffeinated or decaf) can be quite good for brain health. Since this type of coffee has compounds called phenylindanes, it may protect the human brain from developing Parkinson's and Alzheimer's. In some studies, coffee lovers had up to a 60% lower risk of developing such neurodegenerative disorders.

### DECREASES CHANCE OF TYPE 2 DIABETES

This chronic disease which impacts millions of people worldwide is often largely preventable by making healthier lifestyle choices. Aside from eating healthier and exercising more, studies have shown that each daily cup of coffee can translate to a 7% decrease in type 2 diabetes. *(Cont. on page #6...)*

## Is Coffee Good for You? -Continued from page #5

### MAY REDUCE CARDIOVASCULAR DISEASE

Studies have shown that coffee doesn't raise the risk for heart disease and actually reduces the chance for strokes. Researchers have also discovered that people who were drinking 2+ cups of coffee daily after a heart attack had the least risk of dying from one.

### PROTECTS AGAINST CANCER

With each cup of java, coffee drinkers may be building protection against liver and colorectal cancers, the third and fourth leading causes of cancer death worldwide. A University of Southern California (USC) study found that the more coffee consumed, the lower the risk of colorectal cancer development.

### DECREASES MULTIPLE SCLEROSIS RISK

A study published in the Journal of Neurology, Neurosurgery & Psychiatry found that high consumption of coffee has been linked to a decreased multiple sclerosis risk, possibly due to its neuroprotective properties like reducing neural inflammation. The study showed that drinking at least four cups a day could be helpful.

### FULL OF ANTIOXIDANTS AND VITAMINS

Coffee is high in antioxidants and contains vitamins like B2, B5, manganese, potassium, magnesium, and niacin — all vital for the body to function properly. While the vitamins aren't in large amounts per cup, if you drink several cups a day, it can add up.

### BOOSTS FIBER INTAKE

Wonder why you feel so full after drinking a cup of coffee? If you consider the actual coffee plus any additional creamers you add, it's got some fiber content you might not think about. A cup of coffee counts as almost two grams of the daily recommended amount of 20-38 grams.

### HELPS PREVENT GOUT

If you suffer from gout, some research supports that drinking regular coffee in moderation can potentially reduce gout risk.

### HOW MUCH DO I NEED TO FEEL THE POSITIVE EFFECTS?

About 400 milligrams of caffeine per day is viewed as a "safe" daily amount for most adults. To put that into perspective, the average cup of coffee has 95 milligrams. That's about three to five cups, depending on the strength of your brew. Espresso, on the other hand, has much more caffeine if you consume multiple shots.

### HOW LONG DO COFFEE EFFECTS LAST?

It's important to note that some people are highly sensitive to caffeine and should limit intake accordingly since coffee's caffeine contents can linger in the body for quite some time.

If you're planning on getting a good night's sleep, it may be wise to reduce or eliminate your intake by early afternoon since caffeine effects can last up to five hours.

Aside from being a pep-you-up beverage, coffee is a wonderful source of antioxidants and offers a myriad of health benefits for anyone who drinks it.

However, if you have other medical conditions that need to be considered, it's important to talk to your doctor to make sure that caffeine intake won't adversely impact your health. Anxiety and GERD are two conditions that might be negatively impacted by too much coffee, including decaf or regular.

Don't like coffee? Tea also has many antioxidants and health benefits, some similar to coffee. Tea generally has less caffeine, too, which can keep the jitters away.

For the best positive effects of coffee (or tea) limit the amount of sugar you add to your beverage. Sugar can minimize a lot of the perks of java if you add too much! -end

## Saline County Honored as 2019 Governor’s Wellness Award Recipient

FOR IMMEDIATE RELEASE, 10/18/19—Saline County was recognized by Governor Pete Ricketts and the Nebraska Department of Health and Human Services (DHHS) as a recipient of the 2019 Governor’s Wellness Awards. Saline County is one of 42 Nebraska employers honored for offering evidence-based worksite wellness programs to its employees. Saline County has been offering worksite wellness programs for employees for 10 years. It is the second such time Saline County has been recognized.

“The businesses recognized today are putting people first and are making the workplace a healthy environment,” Governor Ricketts said. “Worksite wellness provides an opportunity for Nebraskans to live healthy lives, improve quality of life, and help grow a healthier Nebraska for the next generation.”

“In the past year, award recipients increased the percentage of people meeting Surgeon General Guidelines for Physical Activity by more than 11 percent, reduced tobacco use by 19 percent, and increased those meeting fruit and vegetable consumption guidelines by four percent. Great work also continues to manage stress and improve culture within these organizations.”

This year marks the 12th year recognizing businesses that dedicate leadership, resources, and time to wellness efforts in the workplace. The application process is designed to recognize businesses that have planted and nurtured the seed for wellness within their organization. Each applicant must provide information in the areas of leadership, data collection, intervention strategies, policy/environment support, and evaluation of outcomes.

The Governor’s Wellness Award has three categories. The Sower Award recognizes workplaces that have established quality wellness programs; the Grower Award honors businesses and organizations demonstrating significant improvement in employee health behaviors; and the Harvester award recognizes businesses that are experiencing documented value and return on investment. Including this year’s winners, 466 total awards have been distributed across the state.

The award program is a partnership between the Governor’s Office, DHHS, and the Nebraska Safety Council/WorkWell.



**Heather Vanover, Lisa Henning, Marvin Kohout, Jamie Houser, Tim McDermott and Gary Anthonie M.D.**

# Thanksgiving BINGO Challenge



Join your pie-eating cohorts for this year's Thanksgiving Bingo Challenge! The rules are stuffed with simplicity. Using the provided game card on the following page in this newsletter, note the tasks needing to be completed in order to place your mark onto that square. For each "Bingo" you gobble up, (across, down, diagonal) you will have garnished five (5) feathers (*points*)! There are no additional incentives for dropping the entire game card into a vat of fry oil! "Blackouts" of this sort are dangerous—and rare indeed. Yet, there IS the potential to harvest up to 60 Wellness Points otherwise.

Remember: the Challenge is on the honor system. No pilgrim will want to add tar to their feathers! Deadline for return of cards: 12/6. *—end*

## November Wellness Class—"Mindfulness"

All employees, and others if you wish to invite them, are encouraged to join each other in a presentation provided by Allison Leonard, Beatrice YMCA CEO on the topic of "Mindfulness". Allison had presented a class previously and has graciously offered to visit with all of us again.

This topic may cover a variety of areas, but is most likely associated in our dealings with Holiday stress. The class will be held on **Wednesday, November 20th at 5:30 p.m.** in the Courthouse Assembly Room. *—end*



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## Want a Snack That Doesn't Put on the Pounds? Grab These

Feeling famished? Skip the cookies and pop a handful of healthy nuts in your mouth instead. A study published in the online BMJ Nutrition, Prevention & Health journal found eating a handful of nuts can help you from gaining weight as you age. Eating nuts regularly was associated with a lower risk of obesity and less long-term weight gain. Researchers noted that as people were eating nuts more often, they ate less unhealthy foods like pastries, pies, and doughnuts. *—end*

## You're Never too Old to Sweat

No matter how old you get, it's never too late to start working out. A University of Birmingham study found older adults who had never participated in exercise programs can build muscle mass as much as a highly-trained master athlete of the same age. The lead researcher went on to report that anyone can benefit from exercise no matter what phase of life they're in. *—end*

## Garlic Does the Body Good

A recent University of Louisville study found that eating garlic can potentially minimize age-related memory problems. The compound "allyl sulfide" found in garlic works in the gut microbiome, which may be responsible for creating a protective result on older people's memory. Add it to soups, mix it with roasted vegetables, and rub it on poultry to easily get your daily dose. *—end*

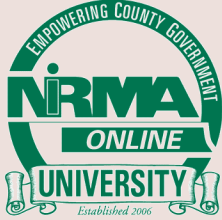


# Happy Thanksgiving

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Replied with the correct answer to the November "Question of the Month"	Relax and do something you enjoy for an hour 3 times each November week	Stretch for 5 minutes after waking up 3 consecutive each week in November	Do strength training for 15-minutes on 6 separate days in November	Count your total calorie intake each day for one week in November
Incorporate 20 squats or 20 push-ups into your routine for 5 days in November	Avoid tobacco every day in November	Maintain your weight (or lose weight) during the month of November	Drink at least eight 8oz glasses of water 3 days each week in November	No carbonated beverages for seven consecutive days in November
Do cardio for at least 30 minutes on 6 separate days in November	Perform a kind deed for someone in need this Thanksgiving Holiday		Avoid alcohol five consecutive days during one week in November	Find a "healthy" recipe that you've yet to try and prepare it for dinner this month
Avoid ALL refined, sugary snacks for one solid week in November	Make a concerted effort to monitor Fiber intake for one full week	Volunteer your time with a church, civic organization or fundraiser in November	Eat 4 cups of fruits and/or veggies for five consecutive days in November	Walk, Run, or Bike 30 minutes on 3 days each week during the month of November
Avoid fast food for one full week in November	Avoid sitting between each quarter & during the entire half of at least one football game	Try a form of exercise you have never done before for at least 3 times in November	Eat fresh fruit for a mid-day snack at least one day every week in November	Get at least 7 or more hours of sleep for 5 days every week in November

Name: \_\_\_\_\_





**OCTOBER- DECEMBER, 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:

- ◆ "Eating Right for Health & Fitness"

**NOVEMBER QUESTION OF THE MONTH**

It has been shown that after consuming each cup of a hot drink, taken from ground & roasted seeds from its associated tropical shrub, equates to a seven percent reduced risk in what type of disease?

“ \_\_\_\_\_ ”

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

*\*Accepted answers must be received prior to the subsequent month's newsletter distribution.*

**WELLNESS COMMITTEE**

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**“WALK ACROSS NEBRASKA RESULTS”**

The “Walk Across Nebraska” mini-challenge concluded with a neck-n-neck race to the finish line. Squeaking through with a final tally of 459.5 total miles was Team Reetz, Zurcher, Stehlik & Kohout. They ended the challenge besting the 2nd place team by less than eight (8) miles. Congratulations to all travelers! -end

**2020 “WELLNESS PORTAL”**

The 2020 year will become the testing ground for the future of the Wellness Program. The thirty (30) staff members who gave indication of a commitment to use their own “Fitbit” device, or those offered/loaned by Saline County, will use the Portal next year. This will allow ongoing tracking of information, activity, medical visits and other such wellness incentive items, and be easily updated on the portal by the participant or the WC; activity dependent. Communication will be extended to those individuals soon. Others still interested in using the portal must contact the Wellness Committee at [salinewellness@gmail.com](mailto:salinewellness@gmail.com) soon. -end

**DAYLIGHT SAVINGS TIME**

The Daylight saving time is almost over for another year. We know that for most of the country, clocks will “fall back” on November 3. Here are some facts you might not know about daylight saving time:

1. Germany started the trend during World War I when they turned the clocks ahead in an attempt to save fuel.
2. The U.S. adopted daily saving time during both world wars, but it wasn't actually put into law until 1966 with the passage of the Uniform Time Act.
3. Not all U.S. states participate, including Hawaii and most of Arizona.
4. Daylight saving time technically begins at 2 A.M. EST in the U.S.
5. Currently, only 40% of countries use daylight saving time and many do not begin and end on the same dates.
6. Countries near the equator experience almost the same amount of daylight hours no matter what the season, so they don't need daylight saving time.
7. Following Hawaii and Arizona, more U.S. states are asking to do away with daylight saving time. -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.*