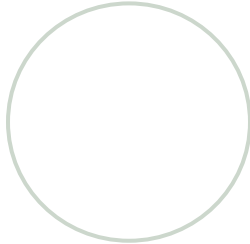


Employee Newsletter



December, 2020

Volume 7, Issue 12

Special points of interest:

- 2020 Wellness Program—
Return Booklets by Friday,
January 15, 2021 deadline.
- 2021 Wellness Program
Packets - Forthcoming
- Holiday Bingo Challenge
- 2021 Health Fair Update

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Christmas Calories - *Liz Neporent*

The average person eats more than 7,000 calories on Christmas day, research carried out by Associated British Foods recently found. That's more than three times the U.S. Department of Agriculture's recommended daily caloric intake.

Since that sounds like a lot of calories, Mary Hartley, the registered dietician in residence at Dietsinreview.com was asked to break down what a typical day of eating on Christmas might look like.

A hearty family breakfast consisting of two pancakes with butter, syrup and sausage links kicks the day off with a total of 600 calories, Hartley noted, mapping out a plausible holiday meal. Many people will add a glass of orange juice -- that's an extra 110 calories.

And because it is a seasonal treat, they might also add a few sips of eggnog at a whopping 394 calories per serving, bringing the breakfast total up to 1110.

While most people will skip lunch in favor of an early dinner, Hartley said they will typically spend the day noshing. If they nibble on a few cookies and sneak another glass of eggnog, that's an additional 775 calories, she said.

Just before dinner, the appetizers come out. Hartley said it's more likely most people will consume several handfuls of chips and nuts, some crudité with dip, and a couple of appetizers totaling 1190 calories.

Christmas dinner is often a feast that includes turkey, ham, mashed potatoes, stuffing, rolls, veggies, salad, rolls, butter and gravy. It usually includes several glasses of wine or beer, bringing the meal's calorie count to 1730. *(Continue on page #2...)*



"Let us keep Christmas beautiful without a thought of greed. Let us rather love our neighbor and find someone in need."—*Ann Garnett Schultz*



Christmas Calories— *cont. from page #1*

The calories continue to pile on with dessert. As Hartley pointed out, “who eats just one dessert?” Assuming two servings of sweets plus another small glass of eggnog, that’s an additional 1158 calories.

Those feeling a bit peckish later that night might put together a sandwich with some trimmings from the leftovers to end the day with an additional 600 calories.

Based on this scenario, the day totals up to 6,560 calories, according to Harley who used the U.S. Department of Agriculture nutritional database to estimate calorie counts.

Cedric Bryant, the chief science officer at the American Council on Exercise, said these estimates seem plausible except for perhaps the breakfast.

“Most people make the mistake of skipping breakfast thinking they’ll save up their calories for later,” he said, adding this is a strategy that often backfires, causing people to eat even more.

But even if you subtract the first calories of the day, that still leaves 5450 calories consumed on Christmas. Combining information about today’s eating habits with historical data, the British study estimated that this number is still nearly twice the number of holiday calories people ate on Christmas during World War II. —*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 for login information or give Continuum a call if experiencing difficulty.

***Next Wellness**

Committee Meeting:

Monday, December 14, 2020 in the Courthouse Assembly Room, or Virtually, 8:30 a.m.

***Next Safety Committee**

Meeting: Wednesday, February 10, 2021 in the Courthouse Assembly Room, 8:30 a.m.

What Happens to Your Body on Protein— *Kelly Hogan*

Of the three essential macronutrients the body needs to function (protein, fat and carbohydrates), protein is often thought of as the golden child. It is prominent in many diets and rarely forbidden or vilified like its counterparts.

Indeed protein is deserving of this reputation — it’s important to every cell in the body, used to build and repair tissues, and make enzymes and hormones that regulate metabolism. However, it’s also helpful to understand exactly what protein does in the body and how much you should regularly consume.

WHY WE NEED PROTEIN

In addition to helping every part of the body from brain health to supporting the immune system, protein also promotes satiety after meals and slows down digestion, making it an important appetite and blood sugar regulator.

Proteins consist of amino acids, which form long chains and have unique functions in the body. Although there are 20 amino acids in total, the body can only make 11. The other nine must be obtained by diet, and are called essential amino acids. Animal products, such as fish, chicken, eggs, dairy products and meat are considered “complete” proteins because they contain all nine essential amino acids.

Most plant foods, such as beans, whole grains, nuts and seeds, are “incomplete” proteins, meaning they only contain some of the nine essential amino acids. However, it’s possible for vegetarians and vegans to consume enough complete protein by eating a variety of plant-based proteins with foods that have complementary amino acids, like rice and beans or nuts and whole grains. Soy and quinoa are considered complete plant-based proteins.

HOW WE DIGEST PROTEIN

Protein digestion begins in the stomach, where it is broken down by stomach acids and enzymes called proteases, and this continues in the small intestine, where additional enzymes break proteins into individual amino acids. These amino acids are absorbed through the intestinal wall and make their way into the bloodstream, going where they are needed throughout the body.

HOW MUCH PROTEIN DO YOU NEED?

A good rule of thumb is aiming to consume roughly 15–20% of your daily calories from protein, but it can vary depending on your individual lifestyles. For example, someone engaged in more vigorous activity, like heavy weightlifting, might need more than someone who primarily walks for exercise.

According to research, the body can absorb 25–35 grams of protein per meal. Thus, it’s more beneficial to spread out your protein intake throughout the day rather than trying to consume a majority at one meal. Moreover, it’s possible to have too much of a good thing, and more isn’t always better. (*Continued on page #4...*)



**October-December, 2020
Continuum EAP Online
Webinar Class**

The upcoming quarter offers the following Continuum EAP Webinar. Successful completion provides 75 Wellness points. The offering of points is limited to:

"Letting Your Emotions Interfere with Eating"
(Return Certificate by 1/8/21)

December, 2020 Question of the Month

How much more do Americans pay for healthcare in comparison to almost any other country in the world?

Answer:

- A. Half as much
- B. The same
- C. Three times as much
- D. Five times as much
- E. Ten times as much

Email your answer to: salinewellness@gmail.com

*25 Wellness Points for a correct answer received prior to the subsequent month's newsletter distribution.

Wellness Committee

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co.saline.ne.us/webpages/committees/wellness.html

Alcohol & Prescription Don't Mix

Do you take medication for a medical condition like high blood pressure, high cholesterol, diabetes, migraines, anxiety, arthritis, sleep problems or a heart condition? The Centers for Disease Control is growing more concerned about the risk associated with drinking alcohol while taking prescription medications. More people are aging, many are taking more medications, and thousands of the new drugs have adverse effects if you use them in combination with alcohol, even a little bit. Pay attention to warning labels. Over 22 medications for high cholesterol may cause liver damage if combined with alcohol. Discover whether the medication you are taking has a side effect with alcohol at www.niaaa.nih.gov. (Search "harmful interactions pdf") -end

Should You Lend Money to a Co-Worker?

Should you lend money to a co-worker? The question has many considerations, but the most cited axiom is, "Don't lend money to a friend unless you expect it not to be repaid."

A request may indicate a more serious personal problem. If so, loaning money then equates to enabling. Does your friend need other help?

- Show empathy.
- Don't be judgmental. Eliciting defensiveness will shut down willingness to accept help.
- Discuss concern for your friend. Use "I" statements: "I'd like to help, but I'm just not in a position to lend. Can we talk about the situation?"
- Have a source of help/number available, such as Continuum EAP, and offer it. While the EAP does not provide direct financial payments, they can assess your co-worker's situation and help connect them with appropriate resources for assistance.—end

Kick the Habit in 2021— www.cancer.org



You About 32.4 million American adults still smoke cigarettes, and smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths. And more than 16 million Americans live with a smoking-related disease. Not to mention other forms of cancers caused by smokeless varieties.

While the rates of cigarette smoking have declined over the past several decades, from 42% in 1965 to 13.7% in 2019, the gains have been inconsistent. Some groups use tobacco more heavily or at higher rates and suffer disproportionately from tobacco-related cancer and other diseases. These populations tend to be those who experience inequities in multiple areas of their lives, including those at lower socioeconomic levels, those without college degrees,

American Indians/Alaska natives, African American/Black communities, those in the military, those with behavioral health conditions, and others.

No matter your age or how long you've been using tobacco, quitting improves health both immediately and over the long term. Giving up a tobacco habit is a journey, and it can be hard, but you can increase your chances of success with a good plan and support. Getting help through counseling and medications doubles or even triples your chances of quitting successfully.

Need help to "kick-the-habit"? The Wellness Committee is offering, through June 30, 2021, to fund the \$150 cost of a program offered through Madonna Fit for Work. The Madonna "Fit to Quit" program is effective with all forms of tobacco use—from cigarettes to smokeless varieties. Contact [Caitlin Orth](#) at Madonna and let her know of your interest as a Saline County employee to participate. —end

Excess Belly Fat Deadly, But Easy to Lose—*Jodi Helmer*

When it comes to reducing your risk of cardiovascular disease, whittling your waistline could be more important than shifting the number on the scale.

Almost 40% of American adults are obese, which increases the odds of developing diseases such as stroke, heart disease, Type 2 diabetes and certain cancers, but your body mass index does not need to be greater than 30 for you to be at risk for obesity-related diseases.

WHERE FAT IS LOCATED MATTERS

Even in normal weight and overweight adults, a waistline greater than 35 inches in women and 40 inches in men is associated with an increased risk of high cholesterol, high blood pressure and cardiovascular disease.

“Where fat is located matters,” says Dr. Erin Michos, associate director of preventive cardiology at Johns Hopkins University School of Medicine. “Visceral fat [another word for belly fat] is more of a risk than total fat.”

THE HEALTH HAZARDS OF BELLY FAT

New research published in the journal *Menopause* adds to robust evidence that carrying weight around your waist can pose serious health hazards. In the study, women with so-called central obesity had significantly higher rates of coronary artery disease compared to women classified as obese based on their body mass indexes. It is the latest in an ever-increasing number of studies showing waist circumference is more predictive of heart disease than weight.

While the connection between waist circumference and cardiovascular disease is not well-understood, Michos suspects excess belly fat makes it harder to process blood sugar. Visceral fat might also trigger inflammation, which is another risk factor for cardiovascular disease.

The width of your waistline isn't just linked to heart disease. Based on data from more than 650,000 adults, researchers found men with a waist circumference greater than 43 inches had more than a 50% greater risk of death during a 14-year period than men whose waists measured 37 inches. For women, there was an 80% greater risk of death associated with a waist circumference of 37 inches compared with 27.5 inches.

LOSE THE BELLY FAT, REDUCE THE RISK

The solution: Lose the weight, says Dr. Jennifer Ellis, chief of cardiothoracic surgery at NYC Health + Hospitals/Bellevue in New York and adviser to the American Heart Association's EmPOWERED to Serve platform.

A total of 150 minutes of moderate-intensity physical activity each week is the gold standard but Ellis emphasizes that starting slow and working your way toward that goal is OK. Go for a walk around the block, sign up for aqua fitness classes or practice yoga. Eating a heart-healthy diet is also essential.

“Obesity puts a strain on your entire body,” she says. “If you lose the weight, you reduce the risk. It literally might be a life or death decision.” -
end

Your Body on Protein—continued from page #2

Unlike excess carbohydrates, which get stored away as glycogen in the liver and muscle cells for later use, excess protein is stored as fat. If the body has enough amino acids, the extras are converted to waste and flushed down the toilet.

To get a sense of how much protein you're consuming, you can track your intake with an app like MyFitnessPal. If you need more guidance, consider reaching out to a registered dietitian or healthcare professional who can help provide individualized recommendations.

WHAT ARE THE BEST SOURCES OF PROTEIN

Including a variety of quality animal products and plant foods in your diet is the best way to ensure your body is getting enough protein. Examples of top protein sources include fish, like salmon, eggs, chicken, Greek yogurt, nuts and seeds, beans, lentils, tofu and whole grains.

THE BOTTOM LINE

Protein has many crucial jobs throughout the body, which is why you should include a variety of whole-food sources in your diet. It's also important to consume enough carbohydrates and fat so that protein is free to focus on its primary function. With too little fat or carbohydrates, the protein could be called on to supply the body with energy. Not only does this take away from its important jobs, but it can result in loss of lean muscle tissue. Aim for well-balanced meals that include all three macros. For example, a piece of salmon with roasted potatoes and broccoli, tofu stir-fry with brown rice and vegetables, or a Greek yogurt bowl with granola and berries are all delicious, nutrient-dense combinations. -
end



2020 Wellness Program Concludes

NOTICE: After the close of this year, in order to claim your Wellness incentives earned in 2020, all staff members will need to return their program booklets, and sealed medical verification forms in the envelope provided, to the Wellness Committee via Jamie Houser in the Assessor's office by end of day, Friday, January 15 2021.

- Please ensure that all medical forms are placed inside the smaller, medical envelope ONLY.
- Please ensure that your tobacco affidavit form is provided in the main document envelope ONLY.
- The Committee will review and tabulate final points after the 2021 Health Fair to take place in February. You will then be asked to denote the anticipated choice of incentive, if a choice exists, in connection with a notification of the total incentive points earned once they are tabulated.

An announced 'protest period' will be opened in order to insure proper calculation of points—Protests are intended to correct miscalculations of points. —end

2021 Wellness Program Begins

The Wellness Committee has now begun preparations for the 2021 Program year. Notices were provided to all County staff members regarding the return of sign-up sheets for the 2021 Program year by November 15th. If you are one of those individuals who've overlooked this date please provide those to either Jamie or Tim ASAP. We need these in order to place orders for wearables, to print/package/distribute Wellness program materials and to create a signup list for eligible participants on the Wellness portal through Workwells' MyVia portal. If the return of your sign-up sheet is not received, you will assumed to be a non-participant.

In addition, please know that regardless of your choice for using either of the below listed three (3) options, **ALL participants**, with the exception of Option #3, **will be provided access to and must use the MyVia online portal.** This portal will be used to receive submitted data from either a wearable device, or via a scanned, readable calendar-document provided in the Wellness booklet through 2021.

Budgeted funds have been set aside to purchase addition wearable devices for distribution in 2021 and made available to those choosing to make that move for the upcoming year. The use of your own device is equally acceptable. 2021 Wellness materials will be distributed in December.

In short, each option will work similarly, with variation in data collection due to each participant needing to use the online portal.

Option #1 & Option #2

- Option #1—Document exercise/activity using the standard large calendar provided in the Wellness booklet; or,
- Option #2—Provide data exported from your Fitbit/Wearable device for exercise/activity using 'steps' to obtain the stated goal count each day earning a set point value of 20 Points.
 - Use the www.startmyvia.org portal to upload the following information throughout 2021:
 - Option #1—Exercise/Activity using similar measurements as previous years; minus double-points for Holidays and Birthdays via PDF scan or legible photo. Points capped per-day are the same, but final points at the end of month will be rounded down to the nearest total divisible by 20.
 - Option #2—Exercise/Activity via Step Count minus double-points for Holidays and Birthdays via exported Excel or PDF spreadsheet.
 - Medical Data; doctors physical, dentist, eye doctor, flu shot outside the SC Clinic, etc.
 - All other data, such as collected by the Wellness Committee, will be uploaded for you; i.e. Webinars, Classes, Challenges, Impact Survey, SC Flu Shot Clinic, non-Tobacco Affidavit, etc.

Option #3

- Non-participation —end



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

**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.*

Not so fun fact..

The US spends almost three times more on healthcare than any other country in the world, but ranks last in life expectancy among the 12 wealthiest industrialized countries.

Holiday Bingo Continues



It's not too late to join your celebrating cohorts for this year's Healthy Holiday Bingo Challenge! The rules are flavored with standard-bingo simplicity. Use the provided game card, found on page #4 in last month's newsletter, note the tasks needing to be completed so to place your mark onto any square. For each "Bingo" you will wrap up five (5) points! There are no additional incentives for discoloring your entire game card. Yet, there IS the potential to stuff up to 60 Wellness Points into your sock.

Remember: the Challenge is on the honor system. No elf wishes to be placed on the naughty list, or see Mr. Scrooge drop a piece of coal into their stocking. The deadline for the return of BINGO cards will be January 8, 2021. *-end*

2021 County Employee Health Fair

The Wellness Committee Meeting has begun discussions on the 2021 Health Fair (Screenings) to the degree in which a predictable schedule for the following will occur:

Screenings will again be held on two (2) separate days at two (2) separate locations.

1. **Tuesday, February 23, 2021 at the LEC from 5:00 a.m. to 9:00 a.m. for LEC Staff only**
2. **Wednesday, February 24, 2021 at the Courthouse Assembly Room from 5:00 a.m. to 9:00 a.m. for all other staff members**

Unlike previous years, we've added an extra hour onto each of those dates in order to advance-schedule with added spacing between people coming and going during what is predicted to be a continuation of the Pandemic. We will further limit the number of people per wider time-slot. We are currently working on the deployment of the online scheduler. We plan to use the scheduling site as done in the years past.

Place this event on your calendar. Scheduling will open in January, and demographic sheets will begin circulation at that time also. *-end*

Healthier Version of Holiday Favs—*Seraine Page*

There's no need to skip your favorite holiday staples this season. You'll just want to be mindful of high-calorie options and how to make them a bit healthier. There are always ways to make healthier versions of your favorites if you're open to trying them!

Some swaps as a healthier option:

- **If you love:** Sweet potato casserole
⇒ **Try:** Baked sweet potatoes with coconut oil and cinnamon
- **If you love:** Eggnog
⇒ **Try:** A low-fat or low-sugar option
- **If you love:** Turkey
⇒ **Try:** Skipping the fried turkey and skin; go for white meat
- **If you love:** Mashed potatoes
⇒ **Try:** Sweet mashed potatoes with skim milk

- **If you love:** Baked spaghetti or pasta
⇒ **Try:** Spiralized zucchini or spaghetti squash
- **If you love:** Creamy dips and chips
⇒ **Try:** Swapping the mayo in a recipe with mashed avocado or Greek yogurt
- **If you love:** Mac and cheese
⇒ **Try:** Butternut squash mac and cheese *-end*

