

Live Well, Work Well



Quarterly Newsletter

1st Quarter 2019

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In the News

Catch up on the latest developments of the biggest health care news that happened in the past three months.



The First Flu-related Deaths Have Occurred: Have You Been Vaccinated Yet?

According to the most recent data available from the Centers for Disease Control and Prevention (CDC), two children have died from the seasonal flu already this season. Flu season typically runs from October to May. However, most flu cases occur between December and February. What does that mean for you? It means that the time is now to protect yourself, your loved ones and your co-workers.

Is the seasonal flu that big of a deal?

Most people wrongly assume that the flu won't affect them because they're healthy adults. The seasonal flu can make even the healthiest of people sick and can even result in hospitalization. Over 700,000 people were estimated to have been admitted to the hospital during the 2017-18 flu season, according to the CDC's Influenza Hospitalization Surveillance Network.

What's even more alarming is the fact that epidemic levels of influenza or pneumonia persisted for 16 consecutive weeks. Through their analysis of last year's historic flu season, the CDC found that the vast majority of those who were hospitalized for the seasonal influenza last season weren't vaccinated. That's why the CDC is strongly recommending that you get vaccinated as early as possible.

What is the flu vaccine?

The flu vaccine is the most effective way to protect yourself against the flu. The CDC recommends that everyone older than 6 months should get the flu vaccine. Each year, the Food and Drug Administration



works with the World Health Organization to create a vaccination that contains three or four different strains of the flu. Most of the shots available this year provide protection against four different flu strains. For the 2018-19 season, the nasal vaccination, FluMist, will be available again after not being recommended for use for the previous two flu seasons.

Where can you get vaccinated?

You can get vaccinated against the flu at your doctor's office, in a clinic or pharmacy, and sometimes, at your employer. Some urgent care clinics or local health departments will provide flu vaccines as well. Visit the [HealthMap Vaccine Finder](#) to locate where you can get a flu vaccine.



Your Pharmacy Visits Could Become Cheaper

Recently, President Donald Trump signed two bills—the Know the Lowest Price Act and the Patient Right to Know Drug Prices Act—that ban the “gag clauses” that can result in consumers overpaying for their prescriptions. Prior to these bills, insurance companies included these clauses in their contracts with pharmacies, which prevented pharmacists from disclosing if you’d save money on your prescription by not using your insurance.

The Trump administration believes this will help promote drug pricing transparency and result in lower drug prices for all. Being a wise health care consumer involves asking the right questions to ensure you’re getting the most affordable price for your prescribed treatments. Don’t be afraid to ask your pharmacist if you would save money by not using your health insurance next time you fill or refill a prescription.

Your Update on the Massive Nationwide Recall

In late October 2018, nearly 4 million pounds of salads, wraps and other products from stores across the nation were recalled due to fears of salmonella and listeria contamination. The recall has been classified as a Class I recall, meaning there is a “reasonable probability that the use of the product will cause serious, adverse health consequences or death.” This means that if you’ve purchased any of the contaminated products, you should throw them away immediately and not consume them. Affected products were sold at major stores across the country, including Trader Joe’s, Whole Foods and Walmart.

Should I still be worried about if my products are contaminated?

Health officials were able to trace the contaminated foods to one supplier: McCain Foods. The Canadian-based company revealed in a statement that the fire-roasted, caramelized and sautéed frozen vegetables and fruits from their Colton, Canada, plant may have been contaminated. Since the recall, all [products in question](#) should have been removed from the shelves. As a result, the products being sold currently should not be contaminated, which means you should be safe eating these products.

What are salmonella and listeria?

Salmonella is a bacteria that causes intestinal illness. If you experience the following symptoms, seek medical attention for possible salmonella infection:

- Diarrhea, fever and abdominal cramps
- Symptoms beginning 12 to 72 hours after suspected ingestion
- Symptoms lasting four to seven days

Listeria is a bacteria that causes listeriosis, a serious bacterial infection that primarily affects older adults, pregnant women, newborns and those with weakened immune systems. The most common symptoms of listeriosis are fever, muscle aches, diarrhea and other gastrointestinal symptoms. If you experience flu-like symptoms within two months of eating contaminated food, contact your doctor right away so you can be properly treated.





NHO

Learn more about national health observances (NHOs) from the past three months in this section.



October—Breast Cancer Awareness Month

Breast cancer is the second most common type of cancer and the second-leading cause of cancer deaths for women in the United States. Top risk factors include getting older, race and family history of breast cancer, which are things you cannot change.

Regardless of your personal risk factors, you can use these prevention strategies to reduce your risk of breast cancer:

- Maintain a healthy weight.
- Exercise regularly.
- Avoid exposure to carcinogens and radiation.
- Abstain from drinking alcohol or limit intake to one drink per day.

In general, living a healthy lifestyle can help lower your risk of developing cancer and increase your chances of surviving cancer. If you are concerned about your personal risk of developing breast cancer, call or visit your doctor. For more information on risk factors, prevention tips and breast cancer screening, [visit www.cdc.gov/cancer/breast/](https://www.cdc.gov/cancer/breast/).



November—American Diabetes Month

American Diabetes Month is designed to raise awareness of and communicate the urgency about the growing public health crisis of diabetes. More than 30 million people in the United States have diabetes. Of these 30 million people, 95 percent have Type 2 diabetes, while the remaining 5 percent have Type 1 diabetes. Both types of diabetes center around the inability to control one's blood sugar.

While you can't prevent Type 1 diabetes, you can prevent Type 2 diabetes. Making the following six lifestyle changes can greatly increase your chances of preventing the disease.

1. Manage your weight.
2. Increase your activity level.
3. Talk with your doctor about your risks.
4. Monitor your carbohydrate intake.
5. Maintain a healthy diet.
6. Choose whole grains.



December—Safe Toys and Celebrations Month

You should always consider the age of whomever you are giving a present. For instance, you should avoid toys with small parts when buying for a toddler, and ensure the subject matter of the gift is age-appropriate. However, some toys may still be harmful despite being marketed as appropriate for the recipient's age.

The American Academy of Ophthalmology stresses that projectile toys, especially, have the potential for scraping eyes and even causing cataracts, despite typically being sold as gifts for children age 15 and younger. The organization acknowledges other dangers inherent with seasonal gift giving and recommends the following precautions:

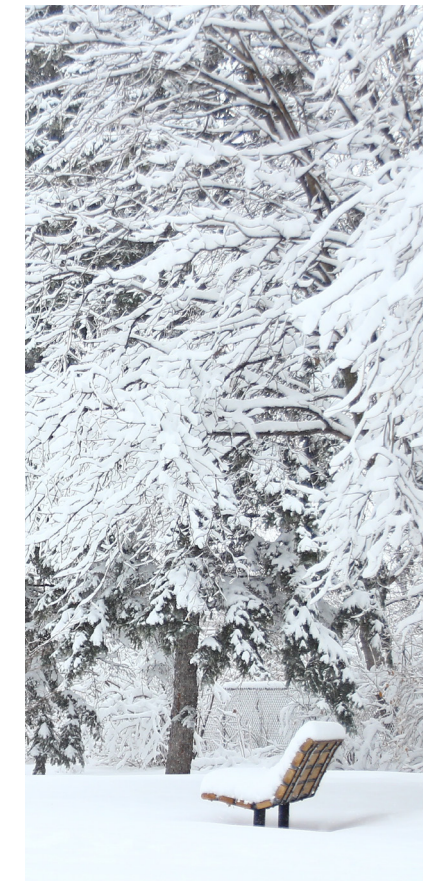
- Avoid toys with sharp or protruding parts.
- Keep toys for older children away from younger siblings.
- Check toy labels for age and play recommendations.
- Make sure children are supervised when playing.

Looking Ahead...

January – National Radon Awareness Month

February – American Heart Month

March – National Nutrition Month





Health and Wellness

Remain on top of the latest trends in health and wellness with the three articles in this section.



Don't Fall into this New Year's Resolution Trap

Historically, one of the top New Year's resolutions is to lose weight. Unfortunately, many people fall into the trap of using fad diets and weight-loss products to achieve their weight-loss goals quickly. While fad diets may prove effective initially, research shows that many people don't find long-term success with these types of diets.

Instead of setting a goal to lose weight fast this New Year's, set a goal to lead a healthier lifestyle. Common lifestyle New Year's resolutions include the following:

- **Exercise regularly**—Aim to get at least 150 minutes of moderate or 75 minutes of vigorous aerobic activity a week and to do strength training exercises of major muscle groups at least twice a week.

- **Maintain a well-balanced, healthy diet**—Try to eat a variety of fruits, vegetables, whole grains, protein-rich foods and healthy fats. Make it a goal to incorporate more fruits and veggies into your diet.
- **Increase the amount of sleep you get**—One of the best ways to become healthier is to get enough sleep. Try to get at least seven hours of sleep, the expert-recommended amount, per night.

Regardless of what you choose to make your New Year's resolution, make sure it is a "SMART" goal—one that is specific, measurable, attainable, realistic and timely—to increase the odds that you will stick to it.

Manage Holiday Party Temptations

With so many social gatherings during this time, it can be difficult to avoid treating yourself when you're offered good food and drinks. Whether you're dieting or just trying to maintain your healthy lifestyle, fear not—you can survive the holidays and wake up on Jan. 1 without feeling remorse or guilt. Consider the following tips:

- Eat before attending a party so you don't arrive on an empty stomach and devour everything in sight.
- Pace yourself when drinking. Alcohol can be dangerous at holiday parties, as overindulgence cannot only cause embarrassment, but also pack on the pounds.
- Eat slowly. Be mindful of every chew. It takes your body 20 minutes to realize when it is full.

- Don't feel pressure to eat leftovers. If you have an abundance of leftovers after hosting a party, don't feel like you have to eat them just because you don't want them to go to waste.
- Practice self-control. For example, allow yourself one plate of food at a party, and promise yourself that you won't go back for seconds.





The One Type of Food That's Really Raising Your Cholesterol

You've probably been told to stay away from certain high-cholesterol foods so that you can keep your cholesterol in check. While eating things like eggs or cheese can raise the cholesterol levels in your blood, it's a relatively modest raise. What does raise blood cholesterol levels, though, are saturated fats.

What are saturated fats?

In short, saturated fats are a type of fat that contain a high proportion of fatty acids without double bonds. While they're not the worst type of fats you can consume, they're not the best either. Saturated fats raise total blood cholesterol levels more than dietary cholesterol because they tend to boost both good HDL and bad LDL cholesterol. The net effect is negative, meaning it's important to limit saturated fats. Limiting saturated fats in your diet is key to maintaining a healthy weight and good cholesterol levels and avoiding chronic conditions.

What should I do?

Limit fat in your diet, but don't cut it out completely. Focus on reducing foods high in saturated fat, trans fat and cholesterol, and select foods made with unsaturated fats. Consider these tips when making your choices:

- Sauté with olive oil instead of butter.
- Use olive oil instead of vegetable oil in salad dressings and marinades.
- Sprinkle nuts or sunflower seeds on salads instead of bacon bits.



- Snack on a small handful of nuts rather than potato chips or processed crackers, or try nut-butter spreads (non-hydrogenated) on celery, bananas or rice cakes.
- Add slices of avocado, rather than cheese, to your sandwich.
- Prepare fish such as salmon and mackerel, which contain good monounsaturated and omega-3 fats.

Tuscan Smoked Turkey and Bean Soup

Makes: 6 Servings

DIRECTIONS

- 1 Place onions, celery, carrots, kale, tomato paste and garlic in a large pot coated with nonstick cooking spray. Cook over medium-high heat. Stir frequently. Cook until vegetables are softened and onions are translucent.
- 2 Add chicken stock, beans, salt and pepper.
- 3 Reduce temperature to low heat. Cover and simmer for 20 minutes. Stir occasionally.
- 4 Add turkey, thyme, basil and parsley. Stir well. Simmer a minimum of 10 minutes.
- 5 Serve hot.

INGREDIENTS

- 1/3 cup onions (diced into ½-inch cubes)
- 1/3 cup celery (diced)
- 1/3 cup carrots (diced)
- 1 ½ cups stemless kale (chopped)
- 2 ¼ tsp. low-sodium tomato paste
- 1 Tbsp. garlic (minced)
- 4 ¼ cups low-sodium chicken stock
- 1 ¾ cups canned low-sodium Navy beans (drained, rinsed)
- ½ tsp. salt
- 2 dashes ground black pepper
- 5 ounces smoked turkey breast (diced into ¼-inch pieces)
- 2 tsp. thyme (chopped)
- 2 tsp. basil (chopped)
- 2 tsp. parsley (chopped)

NUTRITIONAL INFORMATION FOR 1 SERVING

Calories—135	Total Carbohydrates—14 g
Total Fat—3 g	Dietary Fiber—4 g
Saturated Fat—1 g	Total Sugars—2 g
Cholesterol—21 mg	Added Sugars Included—N/A
Sodium—525 mg	Protein—15 g

Vitamin D—1 IU
Calcium—62 mg
Iron—2 mg
Potassium—462 mg

Quesadilla con Huevos

Makes: 4 Servings

DIRECTIONS

- 1 Put 2 Tbsp. cheese and one-quarter of the scrambled eggs on each tortilla.
- 2 Heat two quesadillas at a time in microwave on high for 30 to 45 seconds or until cheese melts.
- 3 Top with salsa and fold tortilla in half to serve.

INGREDIENTS

½ cup cheddar cheese (grated)
2 eggs (scrambled)
4 6- or 8-inch flour tortillas
4 Tbsp. salsa (optional)

NUTRITIONAL INFORMATION FOR 1 SERVING

Calories—252	Total Sugars—1 g
Total Fat—11 g	Added Sugars Included—0 g
Saturated Fat—5 g	Protein—11 g
Cholesterol—108 mg	Vitamin D—1 mcg
Sodium—448 mg	Calcium—182 mg
Total Carbohydrates—27 g	Iron—2 mg
Dietary Fiber—2 g	Potassium—127 mg