

MASTER OF PUBLIC HEALTH FIELD EXPERIENCE REPORT:  
TRIHEALTH CORPORATE HEALTH

by

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## **Abstract**

In the fall of 2009, I completed my field experience requirement for the degree of Master of Public Health with an internship experience with TriHealth Corporate Health in Cincinnati, Ohio. Worksite health promotion has many health benefits for the employee as well as economic benefit for their employer and public value for the community as a whole. By bringing together the knowledge and expertise of the public health sector and the resources of the workplace, great accomplishments can be made in improving overall wellness of employees as well as the community through this new and innovative partnership. TriHealth Corporate Health's core mission is to improve the health of the community they serve in the greater Cincinnati area. One avenue in which TriHealth works toward that goal is through worksite health promotion programs. These programs include health risk assessments, wellness screenings, health and wellness education, and health promotion programming. My experience working with TriHealth Corporate health was truly unique, exposed me to a realm of public health I had not yet experienced, and put the knowledge gained through my coursework into practical application.

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## **CHAPTER 1 - Worksite Health Promotion Programs Review**

With a large percentage of the population spending on average one-third of their day in the work place, it is fitting to see that the workplace is an appropriate and necessary avenue for public health interventions. Just as public health programs have targeted children in the school system, it is justified that public health programs target adults at their place of work. Worksite health promotion has many health benefits for the employee as well as economic benefit for their employer, and public value for the community as a whole. By bringing together the knowledge and expertise of the public health sector and the resources of the workplace, great accomplishments can be made in improving overall wellness of employees as well as the community through this new and innovative partnership.

Worksite health promotion programs often offer primary, secondary, and occasionally tertiary prevention efforts. Primary efforts are characterized by programs that encourage those who are healthy to remain healthy and those who may be at risk for disease to make changes to prevent disease. Examples of primary efforts include programming aimed at encouraging physical activity, increased consumption of fruits and vegetables, wearing of safety belts, safe heavy lifting techniques, and stress management techniques. Secondary efforts are characterized by focusing on individuals who are already at a high risk because of lifestyle choices such as smoking, being sedentary, or having poor nutritional practices and show abnormal biometric values such as elevated blood glucose and cholesterol levels or hypertension. Examples of secondary efforts include biometric screening with personalized feedback, weight loss programs, and smoking cessation programs. Tertiary efforts include disease management efforts for those with existing disease conditions such as diabetes, cardiovascular disease, depression, and alcoholism. Tertiary efforts often include programs designed to encourage compliance in taking medication and attending follow up visits with physicians and specialists, as well as providing support and education for family members (Goetzel 2008).

Worksite health promotion programs have been shown to be effective in reducing tobacco use among employees, reducing dietary fat consumption, improving blood pressure,

reducing total serum cholesterol levels, reducing absenteeism due to disease or disability, and improving worker productivity and morale. Other benefits associated with worksite health promotion programs include increased awareness of chronic diseases and the risk factors associated with their development, increased detection of diseases or risk factors for disease in earlier stages, referrals made for individuals needing medical assistance, and the creation of tailored and population-specific health promotion programs and educational materials (Goetzel 2008).

### **Characteristics of Effective Worksite Health Promotion Programs**

Benchmarked practices for effective worksite health promotion programs include the ability to: accurately assess the needs of the population, attract and retain participants, use multiple avenues of reaching participants, employ behavior change theory practices, and effectively measure program outcomes. Another important factor in successful programs is the presence of an upper level management “champion” for the program who believes in the impact that the program will make and will be an advocate for the changes within the worksite and the culture of the organization (Lang 2009). In order for employers to deliver a comprehensive worksite health promotion program, the program must include elements of employee health screenings and assessments with follow up procedures, health and wellness education, links to employee health services and resources, and a supportive culture and environment for healthy behavior changes (Goetzel 2008).

High participation rates are also a key element in successful worksite health promotion programs. The more employees who participate and complete the wellness programs, the greater overall effect they will have on the program’s success. Avenues that have been shown as successful in increasing participation rates include giving incentives for participation, allowing employees to take time during the work day to participate in programs, and offering programs onsite. Monetary incentives have been shown to be very effective and can often times be tied in with healthcare benefit costs (Goetzel 2008).

## **Worksite Health Promotion Programs and Behavior Change Theory**

One of the benchmarked indicators of a successful worksite health promotion program is having grounding in behavior change theory. The social-ecological model for behavior change is an effective model for many worksite health promotion programs. The social-ecological model describes behavior change as being influenced by different levels of an individual's social surroundings. Those levels include the individual, their relationships, their community, and the society (CDC.gov). In a worksite health promotion program, influences at the individual level can include simply receiving educational materials or participating in a wellness screening. The relationships at work are an important part of the behavior change model. Individuals who work closely together on a daily basis can have a significant influence on one another's success or failure in adhering to a healthy behavior change. The worksite itself can be seen as a community in this model. This community can embrace a very positive culture for change and healthy behaviors or it can be a very discouraging environment for making change. When developing an intervention for the workplace, it is very important to assess the community level and strive to make positive changes that will encourage a positive culture for healthy behavior changes. The workplace as whole can also be seen as the society level in this model. It is necessary for there to be policies in place that encourage healthy behavior changes such as having healthy meals available at the workplace or allowing employees to take time out of their work day to complete health screenings, participate in physical activity, or attend health education sessions.

Another behavior change model that is important in worksite health promotion programs is the transtheoretical model for behavior change. The transtheoretical model stresses the importance of assessing an individual or organization's readiness for change and delivering information accordingly. The five stages of change include precontemplation, contemplation, preparation, action, maintenance and occasionally relapse. An individual or organization in the precontemplation stage will not be ready for or to benefit from the same type of intervention that an individual or organization in the preparation or action stage would. The "stages of change" framework is an essential step in the needs assessment process and reevaluation is necessary along the way to determine if the individual or organization has moved along the stages of change continuum. An individual participating in a health coaching program may approach the program in the contemplation stage where he or she knows a change is needed and are exploring

options for change. A few weeks later that individual may be in the preparation stage, taking steps to begin making a healthy behavior change. The same can be true for an organization. The organization may begin in the contemplation stage where management is aware of need to take action within the organization to promote healthy behavior change for their employees and are exploring the options of what a program of that nature might be like in their workplace. During the preparation stage committees may be formed to begin plans to implement a health promotion program within their place of work. Programs and materials tailored specifically to an individual or organizations current stage of change will be much more effective than those that are not (Prochaska 1983).

### **Benefit for Employers**

Most employers associate poor health in the workplace with reduced employee performance, reduced employee morale, increased absenteeism, and increased costs associated with healthcare. The costs of poor health in the workplace include high medical, disability and workers' compensation expenses, as well as increased employee absenteeism and employee turnover and reduced productivity across the board. Over the last few years the amount of money employers spend on healthcare for their employees annually has been increasing exponentially. A study conducted by the Kaiser Family Foundation and Health Research and Educational Trust (2006) estimated that employers spent, on average, \$3615 in medical premiums for each employee with single person medical coverage and \$8508 for those with family coverage. In 2006, healthcare costs in the United States totaled close to \$2.1 trillion dollars, which is about 16% of the gross domestic product (Poisal 2007). On average, studies conducted have shown that employers who spent money on implementing a worksite health promotion program have seen returns on their investment at around \$3.48 for every dollar spent, with much of the return coming from savings from medical expenses, reduced absenteeism, and increased productivity (Aldana 2001). The significant rise in healthcare spending is problematic for employers as well as the community as a whole. Worksite health promotion programs are one public health avenue helping to slow this spending trend and improve overall health in the community.



## **CHAPTER 2 - TriHealth Corporate Health**

TriHealth, in Cincinnati, Ohio, was created under a partnership between the healthcare organizations of Good Samaritan Hospital and Bethesda Hospital in 1995. TriHealth Corporate Health is a division under the TriHealth umbrella dedicated to ensuring the health of community members through their place of employment within the greater Cincinnati area. TriHealth Corporate Health is a not for profit organization divided into six specific programs of focus: Occupational Medicine, SHARE nursing, Concern Services, Executive Health, and Preventative Health Services. My internship was focused in Preventative Health Services. One of the premier goals TriHealth has set is to touch the lives of one out of every four individuals in the greater Cincinnati area. They have met and exceeded that goal in each of the last few years. Corporate health alone touches the lives of 250,000 to 300,000 individuals in the Cincinnati area every year (P. Shannon, personal communication, November 9, 2009).

### **TriHealth Corporate Health Mission, Vision, and Values**

TriHealth's mission and vision is to improve the health status of all of the people they serve and in the community, and in doing so continue to be recognized as a model for integrating health and wellness in the workplace with the purpose of keeping employees and their families healthy and productive.

TriHealth has six core values by which they operate. The first value is to be good stewards of their resources by serving the community with their time, resources, and talents. The second value is to be responsive to the needs of the community while also being respectful of the diversity in cultures and values. The third value is to create a nurturing environment where diversity is valued, differences are recognized and embraced, personal growth is encouraged, and each individual's self worth is enhanced. The fourth value is that all people will be respected and treated with the same level of compassion. The fifth value is ensuring excellence in the services that are delivered to customers and the community. The sixth and final value is that the organization will build upon its spiritual roots as part of the Catholic Health Initiatives and operate by the values in which it was founded.

## **The TriHealth Corporate Health Model**

The TriHealth corporate health model aims to reach all organizations regardless of what stage of change they may be in and where their organization is on the health continuum. The model starts with culture and vision, setting clear expectations for both themselves and the company that is being contracted with. It is important at this point that strong leadership support for the program is established and that all members of the leadership team are in full and positive participation. A needs assessment is conducted using data analysis of employee health insurance claims, workers' compensation claims, absenteeism data, and program specific data. From the results of the data analysis, the needs of that specific population are determined. The population may be relatively healthy, so it would be appropriate to encourage general nutrition, fitness, stress management, and safety education programs. The population may be at risk for developing chronic diseases, and it would be appropriate to encourage behavior modification programs and health coaching. The population may have a high prevalence of chronic illness, and it would be appropriate to initiate disease management and medical compliance programs. Finally, the population may have a large number of individuals who are disabled due to injury or illness, and it would be appropriate to begin disability management programs and prevention of escalating disability programs. The outputs for all companies, regardless of their needs, include reporting program outcomes, data on the estimated return on their investment in the health promotion program, and program satisfaction. A key component throughout the entire process is effective communication not only between TriHealth and the company, but also within the company itself.

## **Occupational Medicine**

Occupational Medicine aids employers in the Cincinnati area in delivering necessary work related medical services to their employees. Services provided include drug screening, workers' compensation-related medical care, worker rehabilitation services, and worker safety assessment and training. The occupational medicine centers are located at both the Good Samaritan and Bethesda hospitals, several work capacity centers located throughout the greater Cincinnati area, and a mobile unit. Occupational Medicine's medical staff is available on call for evening and night shift needs and is able to deliver services on site when needed.

## **Share Nursing**

SHARE Nursing exists to provide the expertise of a medical professional on the work site who has the resources of the entire TriHealth system at his or her fingertips. SHARE nurses spend as little as a few hours a week at the client's place of business to as much as having several full time nurses on staff during all business hours, depending on the needs of the client.

## **Concern Services**

Concern Services exists to provide employees with the assistance and support they need to deal with life's issues while remaining productive members at their place of employment. Concern offers services including family and marriage counseling, disability management, alcohol and drug counseling, financial counseling, and smoking cessation programs.

## **Executive Health**

Executive Health offers top level preventative health services to those who hold upper level management positions within their business. The goal of this program is to ensure that the individual has a concise and thorough total health examination in a relaxing and enjoyable atmosphere. The belief behind this program is that for an organization to be healthy, it is necessary that the leaders within the company themselves be healthy.

## **TriHealth Analytics**

TriHealth Analytics takes information gathered from employee insurance claims, health risk assessments, wellness screenings, and worker absenteeism and runs statistical reports to inform employers of the overall health of their employees. This information helps employers and the TriHealth team decide what the health needs of that business's employees are and what interventions may be appropriate and needed. It also gives baseline information and feedback on where the company's health has been and what benefits have resulted from any health interventions that have been offered. As an impartial third party TriHealth Analytics has access to information that employers would not have under current HIPPA regulations. TriHealth Analytics is able to provide employers with valuable information while still protecting the privacy of the employees.

## **Preventative Health Services**

Preventative Health Services provides medically-based health and wellness programming to employers and the community in the greater Cincinnati area. The two major areas through which Preventative Health Services offers their services are employee health and community wellness. Through employee health services, TriHealth partners with local employers to offer health and wellness services to their workers. These services range from running onsite fitness centers, administering health risk assessments and health screenings, administering wellness education and incentive programs, offering health coaching sessions to individuals, to helping develop and administer insurance benefit programs.

### ***Corporate Contracts***

TriHealth Corporate Health has contracts with a very wide range of companies. Companies range in size from very large with eight to ten thousand employees such as Procter & Gamble, GE, and the City of Cincinnati, to smaller companies with fewer than 200 employees. Companies also vary greatly in the amount and depth of programming they desire for their employees. The Archdiocese of Cincinnati is in its first year of partnership with TriHealth and is currently only offering health risk assessments and wellness screenings for their employees. On the opposite end of the spectrum, the City of Cincinnati currently offers their employees a wide array of health programming with the incentive of cash benefits that can be earned by participating in wellness programs, engaging in regular physical activity, keeping current with preventative health screenings and so on. Employees of the City of Cincinnati can earn up to \$500 every year and the money earned can be used for personal medical expenses including prescription and over the counter medication, medical and dental co-pays, or toward their health insurance deductible. Each company is offered a program that is tailored specifically to their individual desires and needs. All companies are encouraged to offer health risk assessments and wellness screenings to their employees as resource for baseline measurements and needs assessment. Most companies will pay for each employee's health risk assessment and wellness screening, and particularly if the individual is enrolled in the company's health insurance program. Health risk assessments and wellness screenings are often times also offered to spouses of employees who are covered under the employee's health insurance plan.

### ***Health Risk Assessment and Wellness Screening***

Health risk assessments and wellness screenings are an integral part of each company's health promotion program. The health risk assessment is completed using the Wellsource Population Health Management Systems software. Assessments can be completed either online or on a scantron form. The health risk assessment uses questions targeted at identifying certain behaviors that indicate a presence or absence of certain health risks. Number values from wellness screenings are also inputted into the data base for each participant and are then assessed along with the answers to the lifestyle questions. The Wellsource Health Risk Assessment also measures the participants' readiness for change level and indicates which stage of change (from the Transtheoretical model) each participant is in. The Wellsource Health Risk Assessment tool also gives information pertaining to the total group of individuals who took the assessment from a certain population.

Company wellness screenings are usually conducted on site. Participants are asked to fill out a waiver before beginning the screening. The health risk biometric screening begins with a blood lipid panel and glucose measurement using a blood sample from a finger-stick that is then analyzed using a Cholestech machine. The participant is then weighed and has his or her height and waist circumference measured. The height and weight measurements are used to determine the individual's body mass index. The participant's height and weight is also used for a body fat measurement using a hand-held bioelectrical impedance device. The participant's blood pressure is then measured using either an automatic or manual blood pressure cuff. Once all measurements are gathered and recorded, usually about ten minutes after the participant begins the process, a member of the wellness staff sits with the participant to provide feedback on the results of their measurements. Feedback is usually done verbally and takes about two to five minutes depending on the participant's level of engagement and number of health risks.

### ***Health and Wellness Education***

Health and wellness education programming is offered to any company that desires a more comprehensive program. Health education programming and materials are often designed specifically for individual companies based on their needs assessment. Typical health education materials and programming include monthly or weekly newsletters, lunch and learn

presentations, health fairs, informational brochures, and other handouts. Health promotion incentive programs are also often offered to employees as well. Examples of incentive programs include walking programs utilizing pedometers, physical activity logs, fruit and vegetable consumption incentive programs, and breast cancer awareness programs. Health promotion incentive programs are also designed or tailored to the specific needs of each company and the population that will be participating.

### ***Insurance Benefits Incentive Programs***

A new trend that TriHealth Corporate Health has been seeing is companies desiring insurance benefits programs tied in with their wellness programming. There are several different models that have been used to offer insurance benefits as an incentive for participating in health promotion programs. As described before, the City of Cincinnati offers an incentive program to their employees where individuals can earn money that may be used toward health expenses by participating in wellness activities and staying current with their preventative screenings. USI Midwest of Cincinnati, a financial services company, now offers a tiered insurance plan for their employees. The plan consists of three tiers with the top tier being the least expensive with the next two tiers being progressively more expensive. Employees can qualify for the top tier by having biometric values being within healthy or normal ranges. Individuals with biometric values that are in the health risk ranges are placed in one of the lower two, more expensive tiers. Those individuals in the bottom two tiers can earn points by participating in health promotion programs, completing preventative health screenings, and completing physical activity logs. A certain amount of points earned will give the participant access to the top tier and less expensive insurance premium. Spouses of employees who are enrolled in the employee's insurance plan are often also encouraged to participate in these programs. Insurance benefits incentive programs are designed to encourage healthy behaviors that will hopefully in turn help to reduce medical costs for both the employer and the employee.

### ***ASPIRE! Health Coaching***

Aspire Health Coaching is a service offered to corporate contracts seeking a more comprehensive program for their at risk employees. The Aspire program is a twelve week, one-on-one health coaching program designed to assist individuals who are at risk for developing chronic diseases, or already have chronic disease conditions, in making healthy lifestyle changes.

Health coaches are trained in motivational interviewing strategies and use the stages of change model in helping individuals decide what lifestyle changes need to be made, what avenues for change will be most beneficial for that individual based on their current stage of change, and assist in the maintenance process once the healthy behavior has been adopted. After the twelve week program is completed, follow up meetings are conducted at the three month, six month, and twelve month time periods after the end of the initial twelve weeks.

## **Community Initiatives**

TriHealth corporate health has a strong commitment to utilizing their talents and resources to help those in the community. Several community initiatives have been taken on to fulfill this commitment.

### ***TriHealth Community Health Pavilion***

The TriHealth Health Pavilion is a medical health fitness facility that is open to the community for membership. The Pavilion staff is made up of credentialed fitness professionals, physical and occupational therapists, registered dietitians, and is monitored by physicians to ensure safety and quality for its members. Along with fitness programming, the Pavilion also offers preventative health risk reduction and therapeutic lifestyle change programming. These programs include weight management and nutrition classes, children's programs, prenatal exercise classes and warm-water therapy classes for those with arthritis. The Pavilion also offers medical rehabilitation services for members of the community through cardiac, pulmonary, and physical rehabilitation services, as well as orthopedic and sports physical therapy programs.

### ***City of Mason, Ohio***

TriHealth has a special partnership with the City of Mason. As well as offering worksite health promotion programming to the City of Mason employees, TriHealth Corporate Health also partners with the City of Mason to offer community wellness programs to the entire community in Mason and the surrounding areas. Through this partnership the City of Mason and TriHealth have sponsored health and safety fairs at the Mason Community Center, a cardiovascular health risk screening and health fair, a Live Well healthy lifestyles ten week health behavior change program, as well as many other health promotion programs.

### ***Inner-City Church Program with the Center for Closing the Health Gap***

TriHealth Corporate Health had a unique opportunity to work with the Center for Closing the Gap in Cincinnati in the fall of 2009. The Center for Closing the Gap is a non-profit organization dedicated to help eliminate health disparities in minority populations through advocacy, community outreach, and education. Through this partnership TriHealth was able to develop and run a twelve week wellness education program in five inner-city churches in Cincinnati. The churches chosen for the program served primarily African American populations. The twelve week program consisted of eighteen members from each congregation participating in two educational sessions each week. The first weekly meeting included at least thirty minutes of low-impact physical activity followed by a thirty minute physical activity educational session. The second meeting each week consisted of nutrition education delivered by a registered dietitian on the odd number weeks, and spiritual wellness classes on the even number weeks. Each church congregation team accumulated points for their team member's participation which was used as a competition between the five churches to encourage participation. The outcomes of this program have not been evaluated at this time.



## **CHAPTER 3 - My TriHealth Experience**

Through my internship with TriHealth Corporate Health I have gained a very unique and valuable experience. Previously I had only briefly been exposed to corporate health models through course work and journal articles. Having an internship that focused on worksite health promotion programs introduced me to a new target population and the challenges and rewards that are associated with working with these populations in a workplace setting. The employee populations that are touched by TriHealth's corporate health services range from the highly educated researchers and engineers at Procter & Gamble and GE Aviation to the less educated "blue collar" workers at Emery Oleochemicals and GE manufacturing.

Program planning and evaluation are key elements in delivering effective worksite health promotion programs. TriHealth prides itself in its willingness and ability to tailor its programs to the specific populations at each contract site. It is important to recognize that the same educational materials and programs will not work across the board with every worksite population. Most educational materials and programs are created or reformatted for each worksite that they are administered to. Part of my responsibility as an intern was to help create new educational materials and programs as they were needed. On average, I created at least one educational handout every week.

For the City of Cincinnati, I was in charge of creating six weekly e-mail newsletters highlighting the importance of incorporating a variety of fruits and vegetables into one's diet. Information presented in those newsletters included tips for incorporating fruits and vegetables into the diet, health benefits, and recipes featuring fruits or vegetables of that week's color.

I also worked on an informational brochure series for KDM, a printing company in Cincinnati. The informational brochure series provided information on nutrition, physical activity, sleep, measuring one's health status, and smoking cessation. The brochures will be used as part of the beginning programming for KDM's worksite wellness program.

Another very unique project I began working on towards the end of my internship experience was an educational program on cooking healthy meals. This project came about as a request from one of the shift employees at Emery Oleochemicals. As a working single parent of three children, he was having difficulties figuring out how to provide healthy meals for his family. He explained that he did not have very much experience grocery shopping or cooking and wanted ideas and direction on ways to provide pleasing and healthy meals for him and his children. Knowing that this individual's situation was probably not a unique one and that many other employees at the plant were more than likely facing similar dilemmas, we decided this was a great opportunity for an educational program that could make a significant impact. I began designing a tool kit that included a booklet of recipes that were healthy, "kid friendly", and easy to prepare, a basic kitchen tools checklist of all the basic materials needed to prepare meals at home, and grocery shopping information checklist. This project was not completed by the end of my internship experience, but I plan to complete it and help present the information for TriHealth this spring.

Other smaller educational information and programming projects I worked on included breast cancer awareness information, physical activity educational materials, health education presentations, and various monthly newsletters. Along with creating educational materials I was very involved in the inner workings of many of the worksite wellness programs. These responsibilities included tracking program participation data, organizing program materials, developing end reports, and sending out communication materials to participants.

Another very large part of my field experience included assisting with the onsite programming for the various contracts. At the beginning of my internship I was trained in how to collect a blood sample by a finger-stick procedure for the purpose of blood lipid and glucose measurement for wellness screenings. I was also refreshed on how to take an accurate blood pressure, measure body composition using a bioelectrical impedance device, and accurately measure waist circumference. I was also trained in TriHealth's procedures for giving oral feedback of wellness screening results. Depending on the size of the wellness screening event I could assess anywhere from twenty to three hundred individuals in the course of the screening. While I enjoyed taking part in all aspects of the wellness screenings, I especially enjoyed the

opportunity to give feedback. As a registered dietitian I enjoy getting to sit down with individuals and talk with them about their health and lifestyle behaviors. I also helped organize and deliver nutrition related information for different health fairs. It was very rewarding to get to work with the community in this type of setting.

Another very unique and rewarding aspect of my field experience was the opportunity to participate in the ASPIRE! Health Coaching training program. Through this program I was able to refresh my counseling strategies and motivational interviewing skills and put the behavior change models that I had learned through my coursework into practical application. Following my internship experience, I will be working as a health coach for the TriHealth organization.

Other unique and rewarding experiences I was able to take part in during my field experience included participating in the Nutrition Council's Worksite Wellness Roundtable discussion on implementing nutrition labeling practices at the worksite. The wellness team from the University of Northern Kentucky presented their "Healthy U" nutrition program that encourages and supports students, faculty, and staff at the University in making healthy choices in their campus dining centers. Another unique opportunity I was able to take part in was the inner-city church program with the Center for Closing the Health Gap in Cincinnati. I attended one of the weekly fitness sessions with a member of the TriHealth team and got to experience first hand what the program was all about and connect with the people this program was impacting. I was truly amazed at the enthusiasm and level of commitment of the participants. I look forward to learning what the outcomes of that program are after it is completed and hopefully seeing the program continue in the coming years. Finally, the experience of seeing several different models for health insurance benefit incentive wellness programs and how they work from both the employer and employee perspective was very enlightening, especially at this period in time where healthcare reform is at the forefront of many national discussions.

I am very thankful for the experiences and knowledge that I have gained through this field experience project. It has definitely helped me to broaden my view of public health and how wellness programming and education can be administered to the community, and the benefits and challenges that are associated with it.

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## APPENDIX – Field Experience Products

### Emery Oleochemicals physical activity handout and quiz

#### Staying Physically Active Can Have a Significant Positive Impact on Your Health

**Cholesterol:** Regular exercise can positively impact your cholesterol levels by:

- Lowering blood triglyceride levels, which are the free floating fat within the blood. High blood triglyceride levels are linked with an increased risk for heart disease.
- Increasing High Density Lipoprotein (HDL), the good cholesterol within the blood.
- Studies have shown that participating in regular physical activity can decrease triglyceride levels by 30-40% and increase HDL by 5-8 mg/dL.

**Blood Pressure:** Regular physical activity can help to lower your blood pressure by:

- Improving circulation and helping your body distribute oxygen to all your muscles and organs.
- Strengthening your heart and blood vessels.
- Reducing stress, which is also linked to increased blood pressure. Reducing stress will also help to improve your concentration and overall mood.

**Blood Glucose:** Regular physical activity can help improve your blood glucose levels by:

- Increasing insulin sensitivity so your body can effectively store the glucose that is in your blood.
- Using the glucose that is floating in your blood stream and stored in your body for energy.
- The benefits gained in lowering your cholesterol and blood pressure will also help to combat the negative health effects of Type 2 Diabetes.

**What type of exercise is best?**

There are three main types of physical activity:

- Strength training, such as lifting weights, which builds up muscles.
- Aerobic, such as walking or jogging, which increases your heart rate.
- Flexibility, such as stretching, which keeps you limber and prevents injury.

Studies have found that all three types of exercise can have a positive impact on your health. The most important factors are **how often** you are physically active and for **how long** each time. The more often you are physically active and the longer you stay active each time, the **greater** benefits you will see. To see the greatest benefits in your heart health, try to be active for at least **20 to 30 minutes** a day, **5 or 6 days** every week.

Pick a few activities that you enjoy doing and fit well into your lifestyle. Whether you are walking or jogging, swimming or biking, playing with your kids or working out in the yard, the most important thing is that you are staying active.



Internet Sources: WebMD, Mayo Clinic

## Benefits of Physical Activity Quiz

Fax to: Katie – 891-7286

NAME: \_\_\_\_\_

- 1.) True/False : Physical activity can help to raise your HDL, or good cholesterol, levels.
- 2.) True/False : Physical activity can help to lower your blood triglyceride levels.
- 3.) True/False : Physical activity helps to decrease insulin sensitivity which improves blood glucose levels.
- 4.) Regular physical activity can help to lower your blood pressure by:
  - a. Improving circulation
  - b. Strengthening your heart and blood vessels
  - c. Reducing stress
  - d. All of the above
- 5.) Which of these are one of the three types of physical activity?
  - a. Aerobic
  - b. Strength Training
  - c. Flexibility
  - d. All of the above
- 6.) Which type of physical activity can have a positive impact on your health?
  - a. Aerobic
  - b. Strength Training
  - c. Flexibility
  - d. All of the above
- 7.) True/False : The most important factors for getting benefits from physical activity are how often you are physically active and for how long each time.
- 8.) True/False : The benefits gained in lowering your cholesterol and blood pressure will also help to combat the negative health effects of Type 2 Diabetes
- 9.) To see the greatest benefits in your heart health, how much should you exercise ?
  - a. 2 hours, every day
  - b. 15 minutes, 3 days a week
  - c. 20 to 30 minutes a day, 5 or 6 days every week
  - d. Exercise has no health benefits.
- 10.) The most important factor in picking what type of physical activity you will do is:
  - a. That it is hard
  - b. That you are sore afterwards
  - c. That it is done at the gym
  - d. That it is an activity you enjoy and fits into your lifestyle and you are able to stay active.



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Internet Sources: WebMD, Mayo Clinic

## **How Breast Cancer Affects a Family handout**

A diagnosis of breast cancer can be a very difficult and traumatic experience for an individual, but many people do not realize that the effects have a far greater reach than just the patient. Family members of the patient are greatly affected as well.

Children can sense when there is a problem within the family, even if they are not told. Because children have had very different life experiences than adults they cope with the stress and anxiety in a very different way. Children often fear the worst when they know that something is wrong. It is important that the lines of communication are open and understanding with the child when a parent or loved one is diagnosed with breast cancer. Explaining why their loved one is sick and what they are going through can help the child deal with the fear and anxiety in a constructive way.

Spouses are often called upon as the first line of support for the patient dealing with breast cancer. Their supportive role for the patient is very important, but they are also often struggling emotionally themselves. Life changes when your spouse is diagnosed with breast cancer. Spouses often have to take on new roles for the family, maybe taking care of preparing meals when they have never been the one who cooked or taking care of children with a lot less help from their sick spouse. Spouses of breast cancer patients are often dealing with many new responsibilities, all while coping with the fears and anxiety a breast cancer diagnosis can bring. It is important that spouses take care of their physical and emotional health so they can continue to be a source of support for the patient.

It is important to remember that having a yearly mammogram and doing monthly self breast exams is not only for your well being, but also the well being of your family. Early detection and prevention are key factors in fight against breast cancer. Don't just do it for yourself, do it for your family.



# Emery Oleochemicals October newsletter

TriHealth

October 2009

## EMERY OLEOCHEMICALS WELLNESS AT WORK



### Healthy Tip:

Learning to incorporate vegetables into foods you are already making can help you get the amount of veggies you need daily and make your meals more filling without adding calories. Try adding some fresh or frozen vegetables to canned soups or mixing in with pasta sauces and rice dishes. There is always room to mix in vegetables when making a casserole.



## HALLOWEEN SAFETY

Halloween is a fun time of the year for children and adults. Help keep this holiday fun with these common sense safety tips.

Plan to go trick-or-treating along with any children under the age of 12 and encourage older children to trick-or-treat in a group or with their siblings. For children who will not be trick-or-treating with you, it is wise to establish a route they will be taking and set a curfew when they need to be home. It is also a good idea to stay in your neighborhood and avoid unfamiliar places.

Before you set out for the evening, go over the ground rules with your children. Let them know they need to stay with the group and never go inside a home. While trick-or-treating, encourage everyone to stay on the sidewalk and avoid cutting through yards or alleys.

When planning your child's costume, try to avoid costumes that are long enough



for your child to trip on. Also, instead of a mask that might obstruct the child's view, use face paint or makeup to complete the costume. Keep props simple and safe. Avoid using fake weapons such as guns, knives or swords. If you do decide to use them, make sure they do not appear to be authentic.

If you plan to pass out treats

at your house, take time to clean up and make sure all hoses, lawn decorations, and toys are out of the way where no one will trip over them. Replace any burnt out bulbs to ensure that your walkways are well lit. Also, be mindful of your pets when trick-or-treaters are coming to the door. Do not take any chances that your pet will chase or bite a child.

## A HEALTHIER HALLOWEEN

If you are looking for a way to make Halloween a little healthier, try passing out one of these non-food alternatives. Studies have shown that given the choice between a treat or toy, kids will choose the toy. Plus, there will be no temptation to eat the leftover candy for you.

### Treat Alternatives

Halloween Socks  
Festive Pencils  
Plastic spider rings  
Temporary tattoos  
Noise makers  
Plastic Fangs

Bubbles  
Colored shoelaces  
Party favors  
Yo-yos  
Coloring books  
Plastic animals or bugs

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## PREVENTING THE FLU

With flu season coming up and the current H1N1 (Swine) flu pandemic it is more important than ever to know the steps needed to protect your health. A vaccine for the H1N1 virus will be released in October. You can contact your physician to see if you are a candidate for this vaccination. If you have had a regular seasonal flu vaccination, it is important to take the everyday steps to help prevent the spread of the germs that cause the flu.



### Everyday Steps to Protect Your Health:

- Cover your nose and mouth when you sneeze or cough
- Wash your hands often, including after you sneeze or cough. Alcohol-based hand sanitizers are also effective.
- Try not to touch your eyes, nose, or mouth.
- Avoid contact with sick individuals if you can.

If you do become sick with flu-like symptoms, it is recommended that you stay home until your fever has been gone for 24 hours without the help of fever reducing medications. If you or someone in your family is sick, avoid close

contact with that individual as much as possible until their fever is gone for 24 hours. Frequent hand washing will also greatly help to stop the spread of disease within the house. It may also be helpful to clean common surfaces such as remote controls, telephones, and bathrooms with a disinfecting cleanser. All individuals in the household should use paper towels or have their own designated towel for drying their hands after washing. Any bedding or towels used by the sick individual should be washed as usual in warm water and tumble dried on high heat before anyone else in the household uses them.

*"Life is not merely  
to be alive, but to  
be well."*

*-Marcus Valerius Martialis*

## FUN FALL PHYSICAL ACTIVITIES

With the fall months comes cooler weather and many opportunities for physical activity. Take advantage of the cooler temperatures and enjoy a walk outside. If the decreasing daylight hours are an issue, invest in some bright or reflective clothing and carry a flashlight so you can safely walk in the eve-

nings. Get some physical activity for the entire family by having a healthy picnic near a park with play equipment or a sports field. Now is the perfect time to enjoy outdoor activities such as Frisbee, skating, bike riding, tennis, touch football, and soccer. Now is also the time to plan a weekend outing to a local

corn maze or pumpkin patch to walk around in or check out a hiking trail in your area. While it may just seem like work, raking leaves is a great source of exercise.



## LEAN & MEAN TURKEY ENCHILADA WRAP

### What you'll need:

- 8 oz. Cooked Deli Turkey
- 1/2 Cup Celery, chopped
- 1/2 Cup Green Pepper, diced
- 1/4 Cup Red Onion, diced
- 1/3 Cup Barbeque Sauce
- 1 teaspoon Ground Cumin
- 4 Whole Wheat Tortillas, Fat Free (Medium size)

### What to do:

Combine all ingredients in a medium sized mixing bowl. Lay tortillas out flat and spoon 1 Cup of the filling mixture in a line down the center of the tortilla. Roll up the tortilla and refrigerate until ready to eat. Repeat with the remaining filling and tortillas.

Recipe makes 4 servings/wraps.

Weight Watchers = 3 points per wrap

(Recipe from WeightWatchers.com)

## City of Cincinnati Rainbow to Healthy Living electronic newsletters

TriHealth

### A Rainbow to Healthy Living

## True Blue & Purple



#### A Few Tips to Help You Incorporate More Blues and Purples Into Your Diet

- Try adding blueberries or blackberries as a topping for cereal, oatmeal, or yogurt.
- Try substituting eggplant in place of chicken in recipes such as chicken parmesan.
- Try a plum or some deep purple grapes for dessert in your lunch.
- Get a little more color in your salad by adding a little shredded purple cabbage.
- Branch out and try the blue and purple varieties of vegetables you already enjoy such as purple peppers, purple asparagus, and purple carrots.
- Try raisins in place of chocolate chips in granola and cookies.
- Add deep blue and purple fruits to your next fruit salad.

#### Week 1



#### Nutrient Rich

Blue and purple contain nutrients and antioxidants that help lower the risk of some cancers, support urinary tract health, improve memory function, and support healthy aging.



#### A Recipe for Good Health: Blueberry & Bran Pancakes

3/4 Cup Bran Flakes Cereal  
2 Egg Whites  
1 1/4 Cup Skim Milk  
2 tsp Canola Oil  
1 Cup Flour  
1 Tbsp Sugar  
1 tsp Baking Powder  
1/2 tsp Baking Soda  
1/2 Cup Blueberries



Coat a nonstick skillet with cooking spray; heat over medium-high heat. Crush cereal in a food processor or blender, or place in a zip-close plastic bag and crush with a rolling pin; set aside. Stir egg whites, buttermilk, oil and cereal together in a medium bowl; allow to stand 5 minutes. Beat in flour, sugar, baking powder and baking soda with a wire whisk until well blended. To make pancakes, place 3 tablespoons of batter onto skillet; repeat to make 4 pancakes at a time. Gently press 5 to 6 blueberries into each pancake. Cook until puffed, about 2 minutes; flip and cook until golden brown, about 2 minutes more. Repeat to make 12 pancakes.



## A Rainbow to Healthy Living

## Lean Mean Green!



Follow these tips to incorporate more **GREEN** into your diet:

- Enjoy an all-green salad made from lettuce, cucumber, green bell pepper, green onion with a little avocado or an herbal dressing.
- Include honeydew melon, kiwi, green grapes, pears and apples in your fruit salad.
- Have green apples and pears handy for a portable and easy snack.
- Toss steamed green beans with toasted sliced almonds and a little olive oil for a delicious vegetable side dish.
- Don't forget that herbs are also nutritious greens and packed with antioxidants.
- Green up your favorite recipes. Add diced green pepper to tomato sauces, broccoli and green beans to casseroles and stir fries, and spinach to sauces or as a pizza topping.
- Try guacamole in place of sour cream on Mexican dishes and in place of mayo on sandwiches.

## Week 2



## Nutrient Rich

Dark-green vegetables are rich with nutrients, such as vitamin C, folate, calcium and vitamin K. They also contain lutein and indoles that have antioxidant potential and may help promote healthy vision and reduce cancer risks.

## “Lettuce” Introduce You to Leafy Greens



Leafy green vegetables such as romaine lettuce, spinach, and turnip greens are packed with nutrients and very few calories. When it comes to leafy green vegetables darker is always better since the darker the green it is, the more nutrients it has in it. For example, romaine lettuce contains six times more vitamins A and C than iceberg lettuce.

Next time you make a salad, try adding some romaine lettuce or fresh spinach. Try arugula or watercress for an added peppery flavor or for a more mild flavor try boston or bibb lettuce. Also, try swapping out iceberg lettuce in sandwiches and wraps with nutrient rich romaine lettuce or spinach. Leafy greens like chopped spinach are also great when cooked and tossed in with soups and sauces.

## A Rainbow to Healthy Living

## Radical Red!



Follow these tips to incorporate more **RED** into your diet:

- Add tomatoes and red peppers to your pizza toppings.
- Try a red pear or apple as a healthy snack on the go.
- Add unsweetened dried cranberries or cherries to granola.
- Top your breakfast cereal with strawberries, raspberries, or cherries.
- Branch out and try a new red vegetable or fruit such as a radicchio, blood red orange, or pomegranate.
- Next time you plan to make mashed potatoes plan to use red potatoes with the skins on instead.
- Liven up sauces with some red peppers.
- Try a ruby red grapefruit with breakfast or for a snack.

## Week 3



## Nutrient Rich

The National Cancer Institute (NCI) recommends that deep red or bright pink fruits and vegetables should be eaten every day in order to lower the risk of some cancers.

## Why You Should Like Lycopene



Lycopene is a pigment that gives vegetables and fruits, such as tomatoes, pink grapefruit and watermelon, their red color. It also appears to have strong antioxidant capabilities. Several studies suggest that consumption of lycopene-rich foods is associated with a lower risk of prostate cancer and cardiovascular disease. Lycopene is not produced in the body, so you can only obtain its benefits by eating lycopene-rich foods. Canned tomato products, such as spaghetti sauce, tomato juice, ketchup and pizza sauce are by far the major sources of lycopene in the typical American diet. Other fruits and vegetables such as watermelon and pink grapefruit also provide lycopene, but in smaller amounts.

American Dietetic Association



## A Rainbow to Healthy Living

Taste the  
RAINBOW

## A Taste of the Season

Buying fresh fruits and vegetables when they are in season can help to cut costs and enhance the flavor of the produce you are buying. Use this guide to help you choose the right produce for the season.

**Spring:** Mango, Oranges, Pears, Asparagus, Artichokes, Spinach

**Summer:** Blueberries, Cherries, Strawberries, Grapes, Kiwi, Limes, Mangoes, Cantaloupe, Watermelon, Peaches, Plums, Green Beans, Sweet Corn, Cucumber, green Peas, Tomatoes.

**Fall:** Apples, Cranberries, Grapefruit, Grapes, Oranges, Pears, Tangerines, Broccoli, Cauliflower, Eggplant, Sweet Potatoes, Winter Squash.

**Winter:** Apples, Grapefruit, Pears, Broccoli, Mushrooms, Winter Squash

**All Year:** Bananas, Avocados, Lemons, Papayas, Cabbage, Carrots, Celery, Lettuce, Onions, Peppers, Potatoes

Choosing frozen, canned, and dried varieties of your favorite fruits and vegetables are great options when they are not in season.

## Week 5



## Nutrient Rich

Like rust on a car, oxidation can cause damage to cells and may contribute to aging. Antioxidants help prevent oxidation, may help increase immune function and possibly decrease risk of infection and cancer. Antioxidants exist as vitamins, minerals and other natural compounds in colorful fruits and vegetables.

## Expand Your Fruit Horizons



Many people often find themselves grabbing for the same old fruit for snacks and desserts. Broaden your horizons and try a new fruit from around the globe. Most of these fruits can be found in the produce section of your local grocery store.

**Asian pears:** This sweet and juicy fruit looks like a yellow apple and has a similar firm, crunchy texture. Try it whole or mix it in salads.

**Gaava:** A sweet, fragrant fruit that's about the size of a lemon. Its peel varies in color from yellow to purple, and the fruit inside may be yellow, pink or red.

**Kumquat:** A member of the citrus family, a kumquat looks like a small, olive-shaped orange. The peel is very thin and edible. This fruit can be enjoyed uncooked or cooked and sliced in salads.

**Passion fruit:** This is a small, round fruit with a leathery peel and may appear shriveled. Passion fruit has a perfume-like fragrance and a sweet-tart flavor.

**Starfruit:** The starfruit actually forms a star shape when sliced. The flavor varies from sweet to tart, and it can be eaten on its own or as a garnish to salads.

**Pomegranate:** To eat, cut the fruit in half and scoop out the small red edible balls being sure to remove any white pulp. They are great on their own or added to yogurt or salads.



## A Rainbow to Healthy Living

Taste the  
**RAINBOW**
**Colorful Peppers**  
**Add Zest to Your Health**

Peppers provide a variety of flavors to enhance cooking. Great news: They may also be good for your health. Enhance the flavor of your food by incorporating peppers into your meals. Adding hot peppers to chicken and fish improves the taste and limits the need for added fats or salt. Sweet peppers perk up salads, pasta, rice and meat, fish and poultry. Peppers are also rich in phytochemicals that appear to provide anti-inflammatory benefits. Preliminary research shows capsaicin, found in peppers, may act as a blood thinner. Hot peppers have the highest amount of capsaicin while sweet, green, red or yellow bell peppers have less. Whatever color you prefer, choose firm, shiny peppers for the best flavor.



American Dietetic Association

**Week 6****Nutrient Rich**

The fiber found in fruits and vegetables has many roles in improving your health. Fiber helps fight heart disease by aiding in lowering cholesterol. It also helps those with diabetes or pre-diabetes by working to control blood sugar levels. A fiber rich diet is also more filling with fewer calories which may help those trying to lose weight.

**Colorful Confetti Cole Slaw****Ingredients:**

1 medium head green cabbage, chopped  
 1 carrot, grated  
 1/3 green bell pepper, diced  
 1/3 red bell pepper, diced  
 1/3 yellow bell pepper, diced  
 1/2 onion, diced

**Sauce:**

1/2 cup light or fat free mayonnaise  
 2 Tablespoons light or fat free sour cream  
 2 Tablespoons cider vinegar  
 1 Tablespoon fresh lemon juice  
 1 teaspoon sugar  
 Salt and pepper

**Directions:**

Combine vegetables together in a large bowl and set aside. Combine sauce ingredients and slowly pour over vegetables while mixing. Stir until vegetables are coated evenly. Chill before serving. Makes 8 half-cup servings.

**Nutrition Info**

Serving Size: 1/2 Cup

Calories: 95

Fat: 5 grams

Protein: 2.5 grams

Fiber: 3.5 grams




## Dining Out lunch and learn power point presentation

Corporate Health

### Dining Out and Dining Well

Tips and strategies on how to enjoy food away from home without giving up your healthy lifestyle

Phyllis



### The Belief

People often times believe that it is impossible to eat healthy and still enjoy eating at restaurants and social gatherings.



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### The Reality

It is nearly impossible to avoid eating at restaurants or out with friends, family or coworkers all together.

The best solution is to learn a few easy strategies that will help you make wise choices when you are dining out and help you stay on your path to wellness.



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### Plan Ahead

- The first step is to have a plan of action
  - Check nutritional information online and decide what you will order before going out
  - If you can pick where you will go, choose a restaurant that has something on the menu that you like and would be a healthy option
- Don't go on an empty stomach – have a light, low calorie snack before you go so you aren't starving when it comes time for you to order.

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### Assert Yourself

- Don't be afraid to ask for what you want. Most restaurants can accommodate for special requests and are used to getting them.
  - Substitute vegetables, broth based soup, or garden salad with light dressing in place of fries
  - Ask to have meats broiled or grilled instead of fried
  - Ask for dressings or sauces on the side
  - Ask for items à la carte
    - Ex: order one enchilada with rice instead of the whole combo meal

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### Don't Be Fooled

- Menu items are not always as healthy as they appear.
- Pay attention to dressings and toppings on salads, sandwiches, and wraps.
- Avoid choices that have toppings that are fried, have a lot of regular sour cream or dressing and cheese.

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### Weigh the Options: Chili's

Quesadilla Filled with Salsa  
Total Calories: 1590 cal  
Total Fat: 88 grams



Quarter Fried Steak with sides  
Total Calories: 1470 cal  
Total Fat: 84 grams



Only 60 fewer calories and 4 grams grams of fat in the salad!

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### Better Options at Chili's

Margarina Grilled Chicken plate

690 calories, 14 grams of fat

Grilled Shrimp with Rosemary Vegetables and Rice

390 calories, 14.5 grams of fat

Choosing items without cream sauce, dressing, or gravy reduces fat and total calories. Substituting vegetables as a side item also helps to control calories and fat.

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### Menu Language

- Reading the menu item's description can tell you a lot about how healthy it is.
- Steer clear of menu items described as:
  - Fried, breaded, Alfredo, cream based, au gratin, scalloped, smothered.



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### Portion Distortion

- Restaurant serving sizes are generally much larger than recommended serving sizes and are often served on plates the size of most serving plates.
- Try ordering half or half and half portions of your entrée. If you don't see a smaller portion on the menu ask if they would make you a half order.
- Have the waiter bring a "to go" box when they bring out your entrée and put half in the box right away to save for another meal.
- Pay attention to the signals your body is giving to you and stop eating when you start to feel a little full.



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### Appetizers



- Appetizers that come out before your meal is served can add up to as many calories as another meal in itself.
- Instead of creamy dips or fried options order a cup of broth based soup or a small garden salad with dressing on the side for your appetizer.
- If you decide to have an appetizer consider ordering a smaller meal or splitting an entrée with someone.

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### Appetizers

- Complimentary bread baskets and chips can also add a significant amount of calories to your meal.
- Decide before you sit down exactly how many chips or pieces of bread you will have and stick to it.
- You can always request that the waiter take away the chips or bread or not bring them at all.
- Snacking on bread and chips before your meal can add 300-500 calories to your night out.



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## Fast Food

- Avoid the super-size options. Small side items are enough for most people.
- Choose grilled chicken sandwiches over fried.
- Avoid items with extra meat patties, buns, cheese slices or special sauces.
- Opt for healthier sides such as a side salad with light or fat-free dressing or small baked potato.
- Many fast food restaurants have the their nutritional information in a brochure or wall posting in the restaurant. Take some time to evaluate your choices.



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## A Fast Comparison

### Hamburger, Kids Meal

1 hamburger  
1 small fries  
1 small diet soft drink  
480 calories  
20 grams fat  
6 grams saturated fat

### Big Mac, Large Meal

1 Big Mac  
1 large fries  
1 large regular soft drink  
1360 calories  
64 grams fat  
14 grams saturated fat



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## Buffets

- Avoid the temptation to "get your money's worth" the next time you eat at a buffet. Instead think about the costs of being overweight that outweigh the cost of the meal.
- Take advantage of the fresh vegetables at the salad bar and choose a light or low fat dressing.
- Try to fill at least half of your plate with low calorie items like fruits or vegetables.
- Listen to your body's cues that you are getting full. Eat slowly and stop when you are starting to feel full.

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## Beverages

- Calories from beverages can add up quickly if you are not careful.
- Opt for water, unsweetened iced tea, or sugar free soft drinks.
- Alternate alcoholic beverages with water, diet soft drinks, or club soda to help cut down on calories consumed.
- Save ice cream drinks for special occasions only.

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## Beverage Breakdown

### Caloric Content of Common Beverages:

|                            |         |
|----------------------------|---------|
| Water                      | 0 cal   |
| 12 oz Diet Soft Drink      | 0 cal   |
| 12 oz Regular Soft Drink   | 160 cal |
| 12 oz Milkshake            | 320 cal |
| 8 oz Skim Milk             | 90 cal  |
| 8 oz Juice                 | 130 cal |
| 5 oz Wine                  | 100 cal |
| 12 oz Regular Beer         | 150 cal |
| 8 oz Margarita or Daiquiri | 370 cal |
| 1.5 oz Liquor, 80 proof    | 80 cal  |



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## KDM informational brochures

### Benefits of Assessing Your Health Status

- Gain a true understanding of how healthy you are.
- Identify areas of your health that may need improvement.
- Become aware of problem areas or risk factors that you may not have already been aware of.
- Make comparisons between your values from previous years to know if your health is improving or worsening.
- Define a baseline or starting point when setting healthy goals for yourself.

*"If I'd known I was going to live so long, I would have taken better care of myself."*

~Leon Eldred

KDM Healthy Decisions is a wellness program designed to help employees improve and maintain a healthy lifestyle.

All employee health information collected in conjunction with the KDM Healthy Decisions program will remain confidential, and will only be shared between TriHealth and the employee.

For any questions or concerns regarding the KDM Healthy Decisions program

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Corporate Health



**KDM  
Healthy Decisions**

**My Life,  
My Family,  
My Responsibility**

5 Rules for Healthier Living:  
Measure your  
Health Status



## Know Where You Stand: Measure Your Health Status

When it comes to staying healthy, one of the most important things you can do is know where you stand.

### Why Assess Your Health Status?

- The top 4 leading causes of death are all preventable.
- Individuals with healthier lifestyles tend to live between 6 to 9 years longer than they would otherwise.
- Individuals with healthier lifestyles prevent disabilities up to 9 years longer than they would otherwise.
- It is difficult to improve your health if you do not know what needs to be improved.

### What Should You Assess?

- Blood Pressure
- Blood Lipid Levels
  - Total Cholesterol
  - HDL (good cholesterol)
  - LDL (bad cholesterol)
  - Triglycerides
- Blood Glucose
- Body Mass Index
- Body Fat Percentage
- Waist Circumference
- Smoking and other tobacco use
- Dietary Habits
- Physical Activity Habits
- Safety
  - How Often do you wear your seatbelt?
  - Do you lift heavy items correctly?
- Sleep Habits
- Mental Wellbeing

### How Can You Assess Your Health?

- **Self Assessment:** Be honest with yourself. Do you smoke? Are you overweight? Do you get regular preventative health screenings?
- **Yearly Physical:** Having a yearly physical with your primary care physician can help you and your physician keep track of your health status.
- **Health Risk Assessments (HRA) and Wellness Screenings:** HRA's and wellness screenings are good opportunities to check your health status between your yearly physicals and highlight concerns you may want to discuss with your primary care physician.



### Watch Your Portion Sizes

Portion sizes have gotten larger over the years and can contribute to overeating. Try these tips to help control your portion sizes.

- At restaurants, order lunch or half-sized portions. If you choose a larger menu item, ask for a take-home container and save half of your meal for lunch or dinner the next day.
- Use a smaller plate at home so you are not tempted to fill up the larger plate.
- Buy single serving containers of foods like cheese, chips and cookies to help you control how much you eat.

#### Something to Consider

If you eat just 100 more calories per day than you burn, you'll gain about 1 pound in a month. That's about 10 to 12 pounds in a year. The bottom line is that to maintain a healthy weight, it's important to pay attention to how much and what you are eating.

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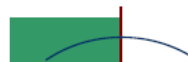
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**Corporate Health**



**KDM  
Healthy Decisions**

**My Life,  
My Family,  
My Responsibility**



5 Rules for Healthier Living:  
**Pay Attention to  
What You Eat**



## Pay Attention to What You Eat

The food choices you make today, and everyday, affect your health and how you feel today and in the future. Eating right is an essential key to a healthy lifestyle.

#### **Why Pay Attention to What You Eat?**

- Having a healthy diet can help you maintain your current weight or lose weight.
- Fruits and vegetables contain natural elements that help to prevent chronic diseases like heart disease and cancer. A healthy diet can also help to strengthen your immune system.
- Eating foods that have less saturated fat and cholesterol and more fiber can help you reduce your total cholesterol and LDL levels.
- Decreasing the amount of salt (sodium) you consume can help to control your blood pressure.

#### **What is Included in a Healthy Diet?**

**Fruits:** Fruits contain many vitamins and minerals, as well as natural chemicals that help to prevent disease and improve health. You should aim for **2-3 servings of fruit every day.**

**Vegetables:** Most vegetables are low in calories, contain little to no fat, and are packed with healthy vitamins and minerals. You should aim for **2-3 servings of vegetables every day.**

**Grains:** Whole grains like oatmeal, brown rice, and whole wheat bread contain fiber which can help to lower cholesterol and assist with healthy digestion. You should aim for **5-7 servings of grains every day.**

**Milk and Dairy:** Milk and dairy products contain calcium which helps to maintain strong bones. Try to choose low fat dairy products like reduced fat milks, cheeses and yogurt. You should aim for **2-3 servings of milk and dairy every day.**

**Meats and Protein:** Protein rich foods help your body to build and maintain muscle mass. You should aim for **6-7 ounces of meat and protein rich foods every day.**

**Fats and Sweets:** High fat foods and sweets should be limited.

#### **How Can You Improve Your Diet?**

- Make healthy choices from all of the food groups.
- Choose the most nutritionally rich foods you can that are packed with vitamins, minerals, fiber and other nutrients, but lower in fat and calories.
- Limit your sodium intake. Check package labels.
- Increase the amount of whole grains you eat. Aim for half of the breads, pastas, cereals and grains you eat to be whole grains.
- Aim for a minimum of 5 servings of fruits and vegetables each day.
- Choose lean meats like lean ground beef, skinless chicken and fish more often.



### Overcoming Physical Activity Barriers

- Try to exercise at the same time everyday so it will become a part of your everyday routine.
- Set physical activity goals for yourself to achieve over time.
- Remember what is motivating you to exercise, whether it is an upcoming event, weight loss or overall health.
- Find a friend to exercise with. Having an exercise buddy will keep you accountable and increase your enjoyment.
- Have a plan B. Decide how you will get your daily physical activity if it is raining, your friend can't go or if you have to work late.

### Three Types of Physical Activity:

**Strength training**, such as lifting weights, which builds strength and lean body mass.

**Aerobic**, such as walking or jogging, which increases your heart rate to improve cardiovascular fitness.

**Flexibility**, such as stretching, which improves range of motion and helps to prevent injury.

All three types of physical activity can have a positive impact on your health.

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5 Rules for Healthier Living:  
**Be Physically Active**  
**Every Day**



## Be Physically Active Everyday

Being physically active is an essential key to maintaining a healthy lifestyle. Get up and get moving for your health!

### Why be Physically Active?

- Helps to maintain a healthy weight.
- Reduces the risk of dying from heart disease.
- Helps to prevent and manage diabetes.
- Reduces the risk of certain types of cancer.
- Helps to reduce feelings of depression and anxiety and enhance good feelings.
- Reduces stress levels.
- Increases muscle mass which will help to increase metabolism.
- Improves ability to sleep well at night.

### Physical Activity Can Have a Positive Impact on Your Health

**Cholesterol:** Regular exercise can positively impact your cholesterol levels by:

- Lowering blood triglyceride levels. High blood triglyceride levels are linked with an increased risk for heart disease.
- Increasing High Density Lipoprotein (HDL), the good cholesterol within the blood.

**Blood Pressure:** Regular physical activity can help to lower your blood pressure by:

- Improving circulation and helping your body distribute oxygen to all your muscles and organs.
- Strengthening your heart and blood vessels.
- Reducing stress.

**Blood Glucose:** Regular physical activity can help improve your blood glucose levels by:

- Increasing insulin sensitivity so your body can effectively store the glucose that is in your blood.
- Using the glucose that is floating in your blood stream and stored in your body for energy.
- The benefits gained in lowering your cholesterol and blood pressure will also help to combat the negative health effects of Type 2 Diabetes.

### Ways to Become More Physically Active?

- Take your dog for a walk.
- Play outside with your children or grandchildren.
- Join an adult sports recreation team.
- Get out and do some physically active yard work.
- Pick up a physically active hobby like hiking or tennis.
- Go explore some trails and parks in your neighborhood.
- Go for a bike ride.
- Attend a group fitness class.
- Make an appointment with a member of the staff at your fitness center to learn how to use the equipment properly.
- Get a pedometer and count the amount of steps you take per day. Set goals to increase that number.



### Tips for Better Sleep While Working the Night Shift

- Keep your room cool and dark during the day. Light cues our body that it is time to wake up.
- Find a place to sleep that is away from noise and distractions. Ask your family to keep the area quiet while you sleep.
- Find time for physical activity. Physical activity helps you sleep better no matter when you are sleeping.
- If you work nights 5 or more days a week, try to keep the same sleep schedule throughout the weekend as well.

#### What is Sleep Apnea?

Sleep apnea is a common disorder characterized by short pauses or shallow breathing during sleep and results in poor sleep quality. Sleep apnea increases the risk for heart disease and fatigue.

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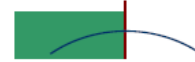
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5 Rules for Healthier Living:  
Get Enough Sleep



## Get Enough Sleep

Along with good nutrition and regular physical activity, adequate rest is a big part of any formula for health.

#### Inadequate Sleep in the U.S.

- One third of the U.S. population is getting less than 6 hours of sleep each night.
- There are about 40 million people in the U.S. who suffer from sleeping disorders.
- While most people suffer from occasional sleeplessness, 10-15% of Americans suffer from chronic insomnia.
- About 27% of adults have dozed off while driving.
- Lack of sleep can lead to dangerous and even deadly outcomes.

#### Tips for Better Sleep

- Go to sleep and wake up at the same time every day if possible. Keeping a routine will help you get a better night's sleep.
- Avoid large meals and heavy foods before bedtime.
- Don't drink too much before bedtime to avoid trip to the bathroom in the middle of the night.
- Avoid stimulants such as alcohol, caffeine and nicotine in the evening. They may keep you from falling asleep.
- Regular physical activity during the day or early evening will help you fall asleep more easily and stay asleep at night.
- Save your bedroom for sleeping only. Doing work in your bedroom will turn your bedroom from a restful place to a stressful place.
- Make your bedroom ideal for sleeping by keeping it cool, dark, quiet and comfortable.
- Start a relaxing bedtime routine. Take a warm shower or bath, read a book or listen to relaxing music before bed each night.
- Avoid long naps during the day that will rob you of sleep at night. Keep daytime naps to no more than 30 minutes and only in the early to mid-afternoon.

#### Benefits of Adequate Sleep

- Increased energy during the day.
- Helps increase immune function and reduces the risk of disease.
- Boosts brainpower and ability to concentrate over long periods of time.
- Reduces stress levels and helps to regulate mood.
- May help you to maintain your weight.
- Speeds up reaction time which helps to avoid accidents.





## Secondhand Smoke

- It is estimated that secondhand smoke is responsible for 35,000 deaths from heart disease and 3,400 lung cancer deaths in non-smokers every year.
- Children exposed to secondhand smoke are at an increased risk of sudden infant death syndrome (SIDS), acute respiratory infections, ear problems and more severe asthma.
- Pregnant women exposed to secondhand smoke are also at an increased risk of having low birth weight babies.
- The scientific evidence shows that there is no "safe" level of exposure to secondhand smoke.

Non-smokers exposed to secondhand smoke absorb nicotine and other toxic chemicals just like smokers do. The more secondhand smoke to which you are exposed, the higher the level of these harmful chemicals will be in your body.

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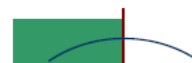
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5 Rules for Healthier Living:  
**Quit Smoking**



## Quit Smoking

More deaths are caused each year by tobacco use than by all deaths from HIV, illegal drugs, alcohol, car accidents, suicides and murders combined.

### Consequences of Smoking

- Smoking harms nearly every organ in the body, causing many diseases and reducing the health of smokers in general.
- The adverse health effects from cigarette smoking account for an estimated 438,000 deaths, or nearly 1 of every 5 deaths, each year in the United States.
- Smoking causes cancers of the bladder, oral cavity, pharynx, larynx (voice box), esophagus, cervix, kidney, lung, pancreas and stomach, and causes acute myeloid leukemia.
- Even smoking occasionally has adverse effects on your health.

### When Smokers Quit: The Benefits Over Time

**20 minutes after quitting:** Your heart rate and blood pressure drops.

**12 hours after quitting:** The carbon monoxide level in your blood drops to normal.

**2 weeks to 3 months after quitting:** Your circulation improves and your lung function increases.

**1 to 9 months after quitting:** Coughing and shortness of breath decrease; regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs and reduce the risk of infection.

**1 year after quitting:** The excess risk of coronary heart disease is half that of a smoker's.

**5 years after quitting:** Your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.

**10 years after quitting:** The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix and pancreas decreases.

**15 years after quitting:** The risk of coronary heart disease is that of a non-smoker's.

Great American Health Challenge

### Tips for Quitting

- Pick a Quit Date and mark it on your calendar.
- Tell your friends and family about your quit date and ask for their support.
- Decide if you will use any quit smoking aids like a nicotine replacement patch or gum.
- Decide whether you will stop "cold turkey" or gradually smoke fewer cigarettes up to your quit date.
- Get rid of all cigarettes, lighters, and ashtrays in your home, vehicle and office.
- Stock up on oral substitutes like sugar-free gum, carrot sticks, and hard candy.
- Avoid places that make you want to light up if possible.

