

Be Well !

The Buzz



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Wellness... How can you be sure?

While there are no guarantees when it comes to health and wellness, there are certain indicators that help you know you are on the right path. These include eating a balanced and varied diet with at least 5 servings of produce and 3 servings of whole grain each day, getting exercise or moderate activity most days, and taking advantage of regular health screenings provided by nurses and doctors.

Although there are varying opinions about how often and at what age various screenings or tests should be done, most health professionals agree that basic screenings are a key tool to taking control of your personal health and wellness.

Health screenings, if done regularly can detect potentially serious health issues before they become a problem. A good place to start is with a complete physical from your doctor. If you cannot remember the last time you had a

physical, it is probably time to schedule one! Your health provider can determine the best schedule for routine screenings for your health.

A generally accepted schedule for a healthy adult would follow this basic timeline:

- ◆ 18 & older: Annual blood pressure and dental exam
- ◆ 35 & older/men: Cholesterol every 5 yrs if normal
- ◆ 40 & older: Annual breast exam & mammography (women); eye exams every 1-2 years
- ◆ 45 & older/women: Cholesterol every 5 yrs if normal
- ◆ 50 & older: Colonoscopy every 5 yrs if normal
- ◆ 65 & older: Hearing & bone density periodically



What do you do for your health and well being?

April is Alcohol Awareness Month

Alcohol Awareness Month is a good time to evaluate your alcohol use. Did you know that alcohol dependence, also known as alcoholism, is not the only health issue relating to alcohol? Alcohol abuse, which includes binge & risky drinking, can be just as dangerous. If you suspect that you might have a drinking problem, or you know someone who abuses alcohol, you can contact the Substance Abuse and Mental Health Services Administration (SAMHSA) National Clearinghouse for Alcohol and Drug Information (NCADI) at 1-800-729-6686. For more information and facts about alcohol use & abuse, check these websites:
<http://www.cspinet.org/new/pdf/alcaaware.pdf> or
<http://ncadi.samhsa.gov>

Indicators that alcohol might lead to trouble in your life:

- Drinking to calm nerves, forget worries or to boost a sad mood.
- Guilt about drinking.
- Lying about or hiding drinking habits.
- Causing harm to oneself or someone else as a result of drinking.
- Headaches/hangovers after drinking.
- Medical, social, family, or financial problems caused by drinking.

Health Tip!

The health of your mouth reflects and impacts your overall health. *Did you know* the first sign of disease is often connected to your mouth and gum disease (or other infections in your mouth) can cause other health problems?

Keys to good oral health:

- > Annual checkups
- > Brush twice a day
- > Floss daily



Be Well !

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An EHHD Wellness
Program

Be Well is on your
worksite intranet!



Be Well is an employee wellness program provided through the Eastern Highlands Health District. It was developed in cooperation with and supported by the Town of Mansfield, Region 19 School District, Mansfield School Board, and the Mansfield Safety and Wellness Committee. The goal of this wide-ranging program is to improve the overall health and wellness of employees through wellness initiatives that target risk factors and wellness issues that influence health.

Have you taken the HRA yet?

The worksite with the greatest percentage of participation in the HRA from January through April, 2007 will win a "Relaxation Week" for their worksite complete with chair massages, aroma therapy, stress balls & more!

Note: The HRA tool will only allow one assessment every 12 months. If you are not eligible to take the HRA this quarter, your previous participation will count.

HRA Challenge Update:

MBOE	TOWN	REGION 19
9%	7%	6%

You know what you need to do!
(If not, contact Be Well to get started.)

Cabbage Patch Stew

6 Servings

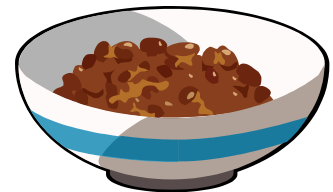
- 1 ½ lb skinless, boneless chicken breast, raw
- 1 large onion, sliced
- 4 cups shredded cabbage (or bag of Cole slaw mix)
- 2 15 oz cans of kidney or great northern beans (with liquid)
- 2 15 oz can of diced tomatoes (with garlic & onion if available)
- 1/4 tsp pepper
- 1 tsp minced garlic

1. In a large pot with a lid, cook chicken in a small amount of water at a medium temperature with the pot covered. Cook until chicken is tender and no longer pink in the middle.
2. Cut chicken into small chunks with a spatula (in the pot) or on a cutting board (and return to pot).
3. Add all other ingredients and simmer in covered pot for about 30 minutes on a medium low temperature.

Serve with whole wheat corn muffins or whole grain crusty bread, & a fresh salad

Nutrition Facts per Serving:

Calories: 333
Total fat: 2 g
Saturated fat: 1 g
Cholesterol: 70 mg
Sodium: 325 mg
Fiber: 9 g
Protein: 38 g
Carbohydrate: 60 g



Legumes (like kidney beans or great northern beans) add a nutritious boost to any meal.

Active Living Tip:

5-10 minute bouts of daily exercise can improve muscular strength: try short sets of push-ups and abdominal crunches. Taking the stairs whenever possible and a brisk walk during the lunch hour are also good options.