

Be Well !

The Buzz

HRA... What is it good for?

Thanks to all who have participated in the Health Risk Assessment over the past few years. Because of your participation, we can see a snapshot of our workforce wellness and work together to improve our health and wellness!

To the right are some facts and figures from the aggregate report. It is our hope that over the coming years we can make some improvements and see our 'health report card' improve. In the next few months we will be making some adjustments to our HRA program to serve you better. We will start using local resources for health coaches and are working on improving access to both 'coaching' and opportunities for physical activity. Stayed tuned for more information!

Completed HRA (total to date): 277
(26% men, 74% women)

Average Wellness Score: 73

Top 4 Risk Areas (below ideal levels):

Exercise: 29.2%
Weight: 23.8%
Stress: 23.8%
Nutrition: 18.8%

Many risk factors for health issues today are 'modifiable'. While Be Well does not have resources to effect three common risk factors for many disease states (aging, gender and family history), we can and will continue to provide resources to employees who want to address those risk factors that can be changed.

Be Well !



Volume 1, Issue 9

November 2007

Maintain, Don't Gain

Beginning later in November and continuing through early January, Be Well will provide weekly tips to employees for surviving the 'holiday season' without packing on the pounds!

Maintain, Don't Gain will provide tips, recipes and guidelines to assist you in avoiding the pound creep that often happens during this time of year.

For starters, consider replacing the Halloween candy bowl with some fresh or dried fruit.

'Tis the Season...

The winter months are "flu season" time, and vaccines are the best way to prevent the flu. November is a key month to receive the vaccination— and the VNA makes it easy to get one: Come to the employee flu clinic!

November 8th at MMS between 2-5pm*

Don't forget everyday measures to reduce the spread of influenza (and other germs):

- * Cough or sneeze into a tissue (or napkin, or paper towel) and *immediately throw it away*
- * Cough or sneeze into your upper sleeve, not your hands
- * Keep hands clean by washing them frequently with soap and water (if soap and water are not available, use an alcohol-based instant hand cleaner)

Aside from the usual times to wash your hands (after using bathroom facilities, before preparing or eating food, etc), you can reduce the spread of flu by washing after sneezing or coughing, after blowing your nose, and after being in public places where hands have been in contact with common areas (hand rails, benches, or door knobs).

Although preventive measures are not a guarantee that you will not catch the flu, taking these precautions will go a long way toward keeping you and your family healthy this winter.



* No appointments; free with a COPY of your health insurance card; open to the public

Health Tip!

Sleep. Did you know that getting adequate sleep affects these areas of your life:

Weight loss
Memory
Immune Response
Mood

So, how much sleep is enough? Recommendations average **8+** hours a night (more for teens and younger children!)

National Sleep Foundation

Be Well !

4 South Eagleville Rd.
Mansfield, CT 06268

Phone: 860.429.3361
Fax: 860.429.3321
Email: be_well@mansfieldct.org

An EHHD Wellness Program

Be Well is on the world wide web!
www.ehhd.org
Look under Health Promotion for Be Well!

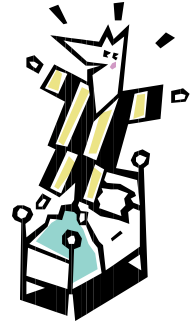


SLEEP APNEA AND OTHER SLEEP DISORDERS

Although the possible identity of a sleep disorder seems to range from A to ZZZ, there are several common but dismissed issues that interrupt sleep. Sleep apnea is reported to effect 18 million Americans (National Sleep Foundation), while insomnia is an issue for up to 40% of adult Americans in any given year (National Institute of Health). Considering that many have another adult in the room while they sleep, your chances of being directly or indirectly effected by some form of sleep disorder is fairly high.

Sleep disorders can be a symptom or result of other health issues as well as a source of health concerns. Learn more about sleep disorders, causes and possible cures at www.sleepfoundation.org

Or contact Be Well for a
SLEEP ASSESSMENT TOOL



Be Well is an employee wellness program provided through the Eastern Highlands Health District. The goal of this program is to improve the overall health and wellness of employees through wellness initiatives that target risk factors and wellness issues that influence health.

We welcome your ideas and input.

Sweet Potato Burritos

Modified from Allrecipes.com

6 servings

1/2 onion, chopped	2 cloves garlic, minced
2 cans fat free refried beans	1/2 cup water
2 tsp prepared mustard	1 tsp ground cumin
1 T chili powder	pinch cayenne pepper
6 whole grain tortillas	1 T soy sauce
4 oz shredded Cheddar cheese	2 cups cooked sweet potatoes

Nutrition Facts per serving:

Calories: 388
Total fat: 10 g
Saturated fat: 4.5 g
Cholesterol: 22.3 mg
Sodium: 1200 mg*
Fiber: 14 g
Protein: 18 g
Carbohydrate: 57 g

*reduce sodium content by using low-sodium soy sauce



Vegetables can be used in creative ways to increase the nutrient value of the foods you eat... maybe it is time to 'play' with your food!

1. Preheat oven to 350 degrees
2. Sauté onion and garlic until soft, add seasonings and mix well. Stir in beans. Gradually stir in water, and heat until warm. Remove from heat. Divide bean mixture and mashed sweet potatoes evenly between tortillas. Top with cheese. Fold and place on a baking sheet.
3. Bake for 12–15 minutes

Serve with tossed salad, green beans & fresh fruit

Active Living Tip:

Push-ups are often called the single most effective full body fitness tool. When done properly, they provide weight lifting, muscle strengthening, a cardiovascular workout, and stretching all in one no-cost exercise!

Those who are not experienced in doing push-ups can get started by just holding the position. It will work muscles and get you ready to start some reps!