STATE OF NEW HAMPSHIRE
EMPLOYEE WELLNESS NEWS

February 2010

Wellness Program NEWS YOU CAN USE!

Celebrate American Heart Month in the Kitchen

Top 10 Healthy Cooking Tips from the American Heart Association (AHA)

1. Preserve the nutrients and colors in veggies. Cook them quickly by steaming or stir-frying.

2. Use herbs, vinegar, tomatoes, onions and/or fat-free or low-fat sauces or salad dressings for better health, especially if you have high blood pressure or high cholesterol.

3. Use your time and your freezer wisely. When you cook once, make it last longer by preparing enough for several other meals. Freeze it and have a ready-made healthy treat for the next time you are simply too tired to bother.

4. A smoothie can cover a multitude of needs. Throw a banana (you can keep them in the freezer for weeks) into your blender along with frozen berries, kiwi or whatever fruit is around, some orange or other juice, some fat-free or low-fat yogurt and protein powder. You can get 4–5 servings of fruit in one glass of yummy shake. Try getting your loved one to sip on a smoothie. It's easy, cool, refreshing and healthy.

5. Prepared seasonings can have high salt content and increase your risk for high blood pressure. Replace salt with herbs and spices or some of the salt-free seasoning mixes. Use lemon juice, citrus zest or hot chilies to add flavor.

6. Canned, processed and preserved vegetables often have very high sodium content. Look for "low-sodium" veggies or try the frozen varieties. Compare the sodium content on the Nutrition Facts label of similar products (for example, different brands of tomato sauce) and choose the products with less sodium.

7. Prepare muffins and quick breads with less saturated fat and fewer calories. Use three ripe, very well-mashed bananas, instead of 1/2 cup butter, lard, shortening or oil or substitute one cup of applesauce per one cup of these fats.

8. Choose whole grain for part of your ingredients instead of highly refined products. Use whole-wheat flour, oatmeal and whole cornmeal. Whole-wheat flour can be substituted for up to half of all-purpose flour. For example, if a recipe calls for 2 cups of flour, try 1 cup all-purpose flour and 1 cup minus 1 tablespoon whole-wheat flour.

9. In baking, use plain fat-free or low-fat yogurt or fat-free or low-fat sour cream.

10. Another way to decrease the amount of fat and calories in your recipes is to use fat-free milk or 1% milk instead of whole or reduced-fat (2%) milk. For extra richness, try fat-free half-and-half or evaporated skim milk.

Don't Cook? Here are some healthy dining out recommendations from the AHA: Don't be shy about making **special requests.** Most foods on most menus will probably fit into a heart-healthy diet if prepared with low-fat ingredients and less salt. Ask your server if the kitchen can alter preparations to meet your needs, or call ahead before you choose your restaurant. If your food isn't prepared as you requested, send it back. Equally important is the **portion size**. Help control your weight by asking for smaller portions, sharing entrees with a companion, or putting half of your meal in a to-go box to enjoy another time.

- Fried, au gratin, crispy, escalloped, pan-fried, sautéed or stuffed foods are high in fat and calories. Instead, look for steamed, broiled, baked, grilled, poached or roasted foods. If you're not sure about a certain dish, ask your server how it's prepared. You can request that visible fat be trimmed from meat and skin be removed from poultry before cooking.

- Request that your meal be prepared with vegetable oil (made from canola, olive, corn, soy, sunflower or safflower) or soft margarine instead of butter. Ask for soft margarine for your bread.

- High-sodium foods include those that are pickled, in cocktail sauce, smoked, in broth or au jus or in soy or teriyaki sauce. Limit these items. Ask that your food be prepared without added salt or MSG.

- Have gravy, sauces and dressings served on the side, so you can control the amount you eat or skip them completely.

- Ask if the restaurant has fat-free or 1 percent milk instead of whole milk.

- Even if they aren't on the dessert menu, many restaurants can offer you fruit or sherbet instead of high-fat pastries and ice creams.

Many supermarkets and specialty stores offer prepared entrees to take home when you're in a rush; the same tips listed here for restaurants also apply to take-home foods.

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February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 National Wear Red Day	6
7	8	9	10	11	12	13
14 Valentines Day	15 Random	16 Acts	17 of	18 Kindness	19 Week	20 Love Your Pet Day
21	22	23	24	25	26	27
28						

Check out ice fishing activities and other winter activities by visiting the NH Fish and Game website!

SCHEDULE OF EVENTS

Health Observances: American Heart, National Cancer Prevention Month, Children's Dental Health

Visit the **NH heal website** for a calendar of activities happening in your community. www.healnh.org

February 13: Horse Hill 7k/2k Snowshoe Events, Merrimack at 11:30 a.m., 429-8879

February 14: Frosty's Dash for a Cure Snowshoe Run (Cystic Fibrosis), Atkinson at 8 a.m., www.frostydash.org

February 27: Joppa Hill Snow Shoe Sprint (2.5/5 k), Bedford at 11:30 a.m., 429-8879

Check out winter activities from NH Department of Parks and Recreation, NH Fish and Game, Ski NH and NH Audubon Society at www.nhaudubon.org

Save the date: American Diabetes Association Diabetes Expo free event at the Seaport World Trade Center, Boston, MA on March 13, 10 a.m.-4 p.m., www.diabetes.org.

Upcoming events: National Walk @ Lunch Day, Commute Green 2010, Governor's Council on Physical Activity & Health 5 K, Concord Hospital Rock N' Race 5K Run/Fun Walk, Start! Heart Walk, and more!

Wellness Coordinators Corner

On Thursday, January 14th we celebrated another informative and motivating **Quarterly Wellness Coordinators Training session** at the Local Government Center. After the morning stretch with Colette Farland-Vogt, DOT's Wellness Coordinator; Mike Dumond, Bureau Chief for DHHS Division Public Health Services, *kicked off* the workshop with an overview of wellness and his own personal wellness goals. Other sessions included "Your Rx Benefit," "Compassion Fatigue," "Don't Hibernate…Participate in Winter Activities," and "Wellness Focus for 2010."

The highlight was the selection of the first **SoNH Wellness Coordinator of the Quarter**. The surprise was the announcement that two agency wellness coordinators were selected by the Health Benefit Advisory Council workgroup: **Lisa Campbell, Department of Insurance** and **Diane Caldon, Department of Administrative Services.**

Lisa Campbell has been a wellness inspiration to everyone at the Insurance Department. First, she lost in excess of 50 pounds, and by adopting a healthy lifestyle has kept the weight off for nearly 2

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Healthy Recipe

Turkey Adobo Quinoa Chili

1 cup quinoa (rinsed thoroughly) + 2 cups water for boiling
1 tablespoon oil
1 onion, chopped
4 cloves garlic, minced
1/2 lb ground turkey
1/2 teaspoon cinnamon
1 tablespoon chili powder
1 tablespoon cumin
1 28 ounce can crushed tomatoes
3/4 cup water
2 19 ounce cans black beans, drained and rinsed
1 red bell pepper, chopped
1 zucchini, chopped
1 chipotle chili in adobo sauce, chopped with 1 tbsp of sauce
1 teaspoon dried oregano
Salt and pepper to taste
1 cup corn (fresh, frozen or canned)
1 handful cilantro (chopped)

Directions:
1. Rinse quinoa thoroughly in a fine sieve until water runs clear. Toast the quinoa in a dry skilled for approximately 2 minutes. Combine quinoa and add 2 cups water in a saucepan and bring to a boil. Reduce to a simmer, cover and cook for about 15 minutes.
2. Heat the oil in a large wok. Add the onions and sauté until tender, about 2 minutes. Add garlic and ground turkey. Continue to sauté until turkey is no longer pink, but not cooked through completely.
3. Add cinnamon, chili powder, cumin and continue to sauté an additional 4 minutes.
4. Add 3/4 cup water, tomatoes, black beans, peppers, zucchini, chipotle chili & sauce, oregano, salt and pepper and simmer for 20 minutes.
5. Add the quinoa and corn and simmer for additional 5 minutes.
6. Remove from the heat and stir in the cilantro. Enjoy! Submitted by Cheryl Frey, DOI. Link: http://newlywedcooking.blogspot.com/

Update on H1N1 Flu

The New Hampshire Department of Health and Human Services (DHHS) announced that it is encouraging all Granite Staters 6 months and older to receive the H1N1 flu vaccine, with a goal of having 300,000 doses of H1N1 vaccine administered by Valentine's Day, 2010.

"While influenza activity has been stable over the last couple of weeks, the more people that get vaccinated now the less likely it is that we will see a third wave of H1N1 flu this spring," said Public Health Director Dr. José Montero. "We now have plenty of vaccine available, and it is my hope that everyone who has not yet received it will take the time between now and Valentine's Day to get vaccinated, as this is the single best way to protect yourself and your loved ones against H1N1 flu."

For information about clinics and other H1N1 resources visit www.nh.gov or call the NH Public Inquiry line between 8 and 5 by dialing 2-1-1 or 866-444-4211. Additional H1N1 resources are available at the Centers for Disease Control and Prevention website www.cdc.gov and the US Department of Health and Human Services at www.flu.gov. [Excerpts from Feb 1, 2010 press release http://www.nh.gov/h1n1/publications/documents/20100201PR.pdf]

Seasonal Flu?

It's not too late to get your seasonal flu vaccine if you did not get it this flu season. Talk to your health care provider.

Local Government Center

Have you turned in your **2010 Wellness Interest Survey** to your wellness coordinator? This survey helps your wellness coordinator plan wellness workshops/events at your worksite for the year. The Local Government Center, Anthem and NH EAP provide many onsite workshops.

Check out **Nutrition 101 from the LGC**: Due to our increasingly busy lifestyles and today's "super-sized" food industry, Americans are consuming more calories than ever. This workshop covers nutritional basics and provides helpful tools and tips for incorporating proper nutrition into our daily lives. Topics covered include healthy snacking, food safety, interpreting food labels and how to select lean cuts of red meat. To schedule this Health and Safety Seminar, contact your LGC Health Management Representative Bill Byron at 800.852.3358 ext: 208 or e-mail at wbyron@nhlgc.org.

Don't Hibernate this Winter … an employee's story …

On Saturday I set off from Concord with my friend Erik from DOT and another friend, at 6AM for the quick drive up to Franconia Notch. We parked at the Falling Water/Old Bridle Path Trailhead right off Franconia Notch Parkway around 7:15 AM. Conditions were a chilly 10 degrees with a wind out of the northwest. The upper summit forecast from the Mt. Washington Observatory called for winds in the 40-50 MPH range with some higher gusts. We decided to hike up Old Bridle Path to the AMC Greenleaf Hut and decide from there if doing the ridge traverse from Mt Lafayette (5,260 feet), over Mt Lincoln (5,089 feet), and down via the Falling Waters trail was possible given the possible conditions. Doing the hike in this direction would also put the wind at our backs if we decided to try for the ridge traverse.

It is 3 miles from the parking lot to the AMC Greenleaf Hut. All 3 of us started with snowshoes on. The trail was mostly packed out with maybe a 2" dusting of snow from the night before. In some areas though the snow drifts were a good 8-12" deep with a few even deeper than that. Following the Old Bridle Path trail kept us very protected from the winds and it was a rather quick ascent to the hut. Once at the hut it was decision time. You come out from the trees just before the hut and stand in a relatively open space. Here the wind was blowing fairly hard, and we still had roughly 1,000 feet in elevation to gain in 1 mile before the top of Mt Lafayette. It was also time to seriously bundle up. We all donned face masks and goggles to protect from the wind and snow. With the wind speed and temperature, frostbite can happen to any exposed skin in a very quick amount of time. At this time, I had on a windproof outer layer, a down vest, a windproof shirt and a long sleeve base layer, plus insulated tights and gore-tex pants, plus thin gloves and a pair of mittens. We decided to at least attempt the 1 mile to the peak of Lafayette and if it was really bad turn around from there.

To sum up the next 30 minutes of my life, I can only say it was "interesting". As we cleared the last scrub pines and got into true above treelike hiking, the wind had picked up significantly (probably 50+ mph). At times, it was just looking for the next cairn in the blowing snow and making a quick dash to a little bit of cover from the wind at the next cairn. We leapfrogged from one cairn to the next until reaching the peak. Luckily, with all the snow we got to keep on our snowshoes the whole time and traction was actually very good. There is an old basement from a long burned down hotel at the top of Lafayette that offered cover from the wind. We stopped here for a few quick pictures and to asses the idea of going down or continuing on over the ridge as we had originally planned.

Almost as soon as we came around the peak of Lafayette to look at the ridge, the wind was blocked by the peak we had just climbed up. We looked down along the Franconia Ridge trail and over towards Lincoln. The view was absolutely beautiful. The clouds were below us and we were in the open sunshine. Sure it was cold, but without the wind it was manageable. From here over to Lincoln is about a mile or so and we had some winds gusting on us from time to time as they came over and around Lafayette. However it was not nearly as harsh as the hike up the other side. We stopped for a quick lunch and more pictures before heading quickly over Mt Lincoln, and down to the Falling Waters Trail.

Once again the trail back into the woods was completely packed out and we made the 3 mile downhill hike in a little over an hour. Way faster than anytime I had done it without the snow cover. It was a beautiful hike with some killer views. We met some hikers hoping to do what we had just done in reverse. I did not have high hopes from them as the winds would be in their faces for the next 2-3 miles. **I don't recommend this for the novice hiker, and you must be prepared for the worst.** When all was said and done we had done 8.5 miles in 3:40 hike time with a total trip time of about 5 hours. Admin Services' Pete Rhodes' **story of fighting off cabin fever.**

Wellness Coordinators Corner Continued

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years. Her determination and success inspired many others at the Insurance Department to reduce their weight as well. Lisa has been a tireless advocate for wellness. She created a resource center for wellness information, sends out frequent wellness e-mail news to employees, and has organized wellness events for department staff. In addition, she has been responsible for instituting a healthy snack enterprise for department staff, the profits of which she donates to charity.

Diane Caldon volunteered to become a member in the HBAC "wellness" workgroup when she first came on board. She is also the Wellness Coordinator for DAS. Diane has been very informed on wellness initiatives and seeks/researches new wellness/health information continuously. She is great about sharing with DAS employees, other wellness coordinators and the workgroup. She's wonderful to deal with, has a "CAN DO" attitude and tries very hard to make things happen despite many challenges and barriers that often gets in the way. Diane continues to move forward and stay positive. She is a valued member of our team, and we are grateful she is a workgroup member, and appreciate all her hard work! She always goes the "extra mile."

If you would like to nominate an agency wellness coordinator for the

Wellness Coordinator of the Quarter Award

please contact Kathleen Sherman at kathleen.sherman@anthem.com.

Meet your State of New Hampshire Health Benefit Advisory Committee Workgroup Members
"The Wellness Team"

- Monica Ciolfi – Department of Administrative Services, Risk Management Unit
- Linda Huard – Department of Employment Securities, State Employee Association
- Cheryl Frey – Department of Insurance, State Employee Association
- Paula Booth – Department of Health and Human Services, Employee Assistance Program
- Mindy Fitterman – Department of Health and Human Services, Department of Public Health
- Judy Shevlin – Department of Administrative Services, Department of Personnel
- Mike O'Mahony – Department of Administrative Services, Risk Management Unit
- Diane Caldon – Department of Administrative Services, Risk Management Unit
- Colette Farland-Vogt – Department of Transportation, Stewardship & Compliance, Wellness Coordinator
- Kathleen Sherman – Anthem Blue Cross Blue Shield, Wellness Facilitator
- William Byron – Local Government Center