



August 2011



Personal Financial Management and Wellness

So how does balancing the checkbook bring about wellness you ask? Financial stress is a sadly widespread experience—and the proportion of people stressed about money is going up. This is pretty significant because financial stress can be a root cause of unhealthy behaviors that can lead to health problems such as depression and sleeplessness. Anxiety over money can negatively affect health in several ways:

- **Unhealthy Coping Behaviors**—People experiencing financial stress can be more likely to numb their anxiety by drinking, smoking, overeating and practicing other unhealthy coping behaviors. This in turn leads to more stress.
- **Less Money for Self Care**—With less money in the budget, people who are already under financial stress tend to cut corners in areas like medication to pay for basic necessities such as food. Small problems left unchecked can turn into larger problems

The State of NH Employee Assistance Program published a newsletter in July, 2008 focused on financial stress. It covered symptoms, definitions, causes, and resources to help people find and work on solutions. Visit www.dhhs.nh.gov/hr/eap/newsletters.htm for a copy of this newsletter.

USDA's [Choosemyplate.gov](http://ChooseMyPlate.gov)



MyPlate is part of a larger communications initiative based on *2010 Dietary Guidelines for Americans* to help consumers make better food choices. MyPlate is designed to *remind* Americans to eat healthfully; it is not intended to change consumer behavior alone. MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting. The website features practical information and tips to help Americans build healthier diets. It features selected messages to help consumer focus on key behaviors including (1) enjoying food, while eating less (2) avoid oversized portions (3) Make half your plate fruits and vegetables (4) switch to fat-free or low-fat (1%) milk (5) Make at least half your grains whole grains (5) choose foods low in sodium (6) drink water instead of sugary drinks.

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August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
						
7	8	9	10	11	12	13
						
14	15	16	17	18	19	20
						
21	22	23	24	25	26	27
						
28	29	30	31			
						

Health Observances Immunization Awareness Month

Children's Eye Health and Safety Month

8/1-7 World Breastfeeding Week

The sneakers on the calendar represent outdoor activity events posted on www.coolrunning.com.

Check out these websites to find out additional wellness activities in your area:

visitnh.gov healthn.org

Wellness Coordinator Corner

July 14th Wellness Coordinator Training Session Recap—The Wellness Program's Wellness Coordinator Training Session materials and presentations have been posted at http://admin.state.nh.us/wellness/Wellness_Coordinators.html. Wellness sessions included the Commissioner's Physical Activity Challenge Award Ceremony, Wellness Coordinator of the Quarter, Ergonomics, Stress Reduction, Home Container Gardening, and a Healthy Cooking Demonstration. Thanks to all those who attended. The next training is scheduled for October 13.

Stairway to the Mountains—Twenty seven state employees participated in the Stairway to the Mountains stairwell promotion program between April 1st and June 30th. The Stairway to the Mountains is based on a simple idea. Instead of taking the elevator in a building, take the stairs. We often overlook this easy (and free) way to incorporate physical activity into our lives. Choosing the stairs is a quick way for people to be more active and stay healthy. Participating agencies must post stair prompts near elevators in their building. Participating state employees must keep track of their steps and step the equivalent of a mountain(s) in the New Hampshire Presidential Range. Employees that submit a participant recognition form will be entered into a drawing to win a free state park pass. Congratulations to New Hampshire Employment Security (NHES) for having the most employees submit a recognition form and to Carolyn Demers at NHES for stepping the equivalent of Mt. Washington and winning the park pass for the second quarter drawing. For more information on how agencies or employees can participate, visit admin.state.nh.us/wellness/Wellness_News.html or call 271-4103.

Dear Me, Tobacco Cessation Campaign



The New Hampshire Department of Health and Human Services Division of Public Health Services (DPHS), Tobacco Prevention & Control Program (TCP) launched a hard-hitting media campaign, in collaboration with the Manchester and Nashua Health Departments on World No Tobacco Day, 2011. The campaign is called Dear Me and was chosen to connect tobacco users with free quit support through the NH Tobacco Helpline. The Helpline provides no-cost counseling and encouragement for quitting tobacco use to all New Hampshire residents. The campaign's call to action, "No one can make me quit, but me," was born out of conversations with real people wanting to quit. Residents can view the full versions of these stories and write their own Dear Me letters at trytostopnh.org.

Worksite Wellness Resources

Anthem

Better Health, Better Eating Coaching—Making healthy lifestyle choices day after day can be challenging. Sometimes all it takes is a little coaching and support to help you along. That is why we're excited to introduce a new program designed to help you reach better health.

Better Eating offers easy-to-understand, one-on-one nutritional counseling to help improve your eating habits—for life. Plus you'll get motivational tips and meaningful tools to help you make a rewarding and lasting change. You'll gain the knowledge and support you need to reshape both your mind and body, and gain more out of life every day.

To move towards a healthier you, start by logging on to anthem.com and take the Better Health Assessment Tool. It will give you a complete overview of your health and some great information about making healthy nutritional improvements.

For instructions or frequently asked questions, visit admin.state.nh.us/hr/flexible_spending.html.

If you need assistance completing Better Health, have your agency Human Resource or Wellness Coordinator contact Lisa Marzoli at 603-695-7559 or e-mail lisa.marzoli@anthem.com

Local Government Center

Back Safety Workshop—Eighty percent of Americans will, at some point in their lives, experience back pain. This workshop provides useful information on the back's anatomy, common back disorders and conditions that may relate to job performance, plus how to avoid back injuries through preventive measures such as proper lifting techniques.

To schedule this workshop, have your agency Human Resource or Wellness Coordinator contact Bill Byron at 800-852-3358 ext: 208 or e-mail at wbyron@nhlgc.org

Employee Assistance Program

Lending Library—The EAP lending library provides informational resources on a wide range of health, wellness and self-help topics. Any state employee or family member may use the lending library. To access the library, you may visit EAP offices located at the Thayer building, Hugh Gallen State Office Complex or request items to be sent to you by messenger mail. This service is available state-wide.

Contact the Employee Assistance Program for more information on the lending library at 603-271-4336 or visit www.dhhs.nh.gov/hr/eap/library.htm

Commissioner's Physical Activity Challenge 2011

Final Results

For a second year in a row the State Wellness Program coordinated the Commissioner's Physical Activity Challenge as a way to promote physical activity to state employees in an effort to engage and recognize a healthy lifestyle and great benefits that an active lifestyle supports. Physical activity helps achieve and maintain a healthy weight, reduce high blood pressure, risk

for type 2 diabetes, heart attack, stroke, several forms of cancer and more health benefits.

There were a total of sixteen agencies that competed in this year's Challenge including Cultural Resources, Insurance, Treasury, Adjutant General, Administrative Services, Resources and Economic Development, Education, Employment Security, Fish and Game, Justice, Legislative Branch, Information Technology, Veterans Home, Transportation, Health and Human Services, and Safety. The Wellness Program would like to take this opportunity to thank all the Commissioners, Agency leaders and Wellness Coordinators who stepped up to motivate and track employee's physical activity during the month of June. 1,266 employees participated for a total of 106,771.55 miles of activity, enough miles to complete 17.5 round trips between Concord and San Diego. Three groups of competitors based on employee sizes (1-99, 100-999, 1000-3500) competed in two categories of awards; (1) Percentage of employees participating (2) Greatest amount of activity miles per participating employee.

AND THE WINNERS ARE.....

Group 1-99

Treasury wins with 81% of employees participating. Congratulations Treasurer Provencher, Wellness Coordinators Deborah Maltzie, Tabatha Hebert and all Treasury employees.

Insurance wins with 98.9 miles of physical activity per employee participating. Congratulations Commissioner Sevigny, Wellness Coordinator Lisa Campbell as well as all Insurance employees.

Group 100-999

Justice wins with 70% of employees participating. Congratulations Attorney General Delaney, Wellness Coordinator Doreen Sheppard and all Justice employees.

Resources and Economic Development wins with 123.8 miles of physical activity per employee participating. Congratulations Commissioner Bald, Wellness Coordinator Grant Klene as well as all Resources and Economic Development employees.

Group 1000-3500

Health and Human services wins with 10% of employees participating. Congratulations Commissioner Toumpas, Wellness Coordinator Heather Fairchild and all Health and Human Service employees.

Transportation wins with 94.7 miles of physical activity per employee participating. Congratulations Commissioner Campbell, Wellness Coordinator Paula Nash, Alexis Martin, as well as all Transportation employees.

Congratulations to **Commissioner Barthelmes** of Safety with the most miles of physical activity with 364 miles in the Commissioner/Agency Director group. Congratulations to **Danielle Pacik** of Justice with the most miles of physical activity with 909 miles in the state employee group.

Wellness Program Update



Worksite Walkability—Walkability is the idea of quantifying the safety and desirability of walking routes. At work, these can be streets and sidewalks in between buildings on your campus, city blocks if you work in a downtown area, or even walking or nature trails. Walking or biking to work is one way to increase physical activity, but for many people it isn't an option. However, for many employees, walking while at work is a way to increase their physical activity. But how safe and attractive is the walking environment at your work place?

The State Wellness Program has teamed up with the Central New Hampshire Regional Planning Commission to pilot three walkability assessments for State office campuses in downtown Concord, Office Park South and Hazen Drive. This will assess pedestrian facilities, destinations, and surroundings along and near a walking route and identify specific improvements that would make the route more appealing for activity. We hope to provide more assessments to state campuses in the coming months and work to improve walkability for state employees.



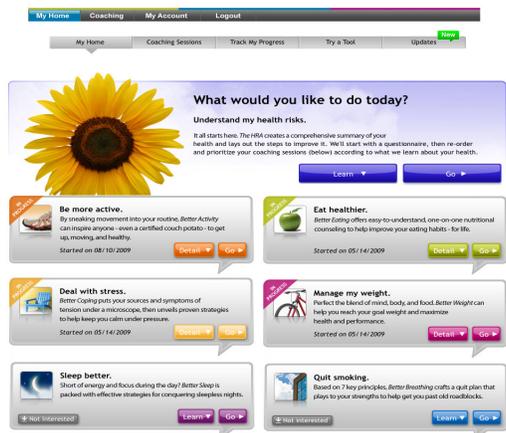
State Health Benefit Program Spotlight



Preventive Care—The New Hampshire State Employee Health Benefit Program covers 100% of the cost of preventive care including immunization, health screenings, routine physical exam, well baby and OB/GYN care. It is important to get an annual well-person exam (physical) each year, even if you feel healthy. At this exam you may receive immunizations, counseling on health and wellness issues (nutrition, physical activity, injury prevention, misuse of drugs and alcohol, tobacco cessation, second hand smoke, sexual behavior, dental health, mental health), blood pressure, cholesterol, blood glucose and other age/ gender appropriate screenings from your physician.

Better Health Assessment Tool (HAT)

5,645 State Health Benefit Program Members have completed their Health Assessment Tool (HAT)! Active state employee health benefit subscribers that complete the Better Health HAT will receive a \$200 Health Reimbursement Arrangement (HRA) for calendar/ benefit year 2011. The new Better Health HAT delivers health coaching and resources dedicated to improving or maintaining optimal health. This set of interactive, self-paced online programs provide personalized guidance. Further details on how to take the HAT and information regarding the HRA can be found by visiting http://admin.state.nh.us/hr/flexible_spending.html.



National Immunization Awareness Month

Preventive health guidelines
As of April 2011

Immunizations are important for healthy child development and remain vital throughout a person's lifetime. **August is National Immunization Awareness Month.** It's important to talk to your doctor about the right schedule of preventive services for you and your family.

There are many reasons adults need to review their vaccination history. Some of us may have never been vaccinated as children—or weren't sufficiently vaccinated—leaving us vulnerable to dangerous and highly contagious diseases. We may have missed recently developed vaccines that can offer us protection from diseases like chicken pox and human papillomavirus (HPV). Finally, immunity can fade over time, making us vulnerable to diseases that can be mild in children but severe in adults (CDC).

How do vaccines work? When you're sick, your body's immune system kick in to fight off the microbes that cause the disease. The immune system also recognizes microbes it has encountered before and protects us when our bodies encounter them again. Without the immune system, a routine cold could be deadly. Some microbes are so strong that they can overwhelm the immune system. Vaccinations help strengthen the immune system to prevent that from happening. Vaccines are made of microbes that have been weakened or killed so that they don't cause a disease. Your body quickly gets rid of these harmless microbes by producing antibodies that attack them. The antibodies remain in your immune system, ready to repel these microbes when they're encountered again (National Institute of Allergy and Infectious Diseases).

Vaccination Schedule In June, Anthem mailed out the "Preventive health Guidelines" to state employees which included a suggested vaccination schedule from birth to adults 65+ years of age. You can also visit the Center for Disease Control's National Immunization Program at cdc.gov/vaccines to find immunization schedules, answers to common questions, recommendations and guidelines. Or call the CDC information contact center at 800-CDC-INFO.



NH Eat Local Month is a collaboration of the NH Department of Agriculture, Markets, and Food as well as dozens of businesses, individuals, and groups throughout the state.

Farmers' Markets—One of the easiest ways to eat local food is to visit a farmer's market. There's often more than just fresh, local food there. Many offer live entertainment and homemade goodies. For a list of farmers' markets in New Hampshire, visit nhfma.com or call 603-673-5792. And if you don't want to leave home, visit the virtual farmer's market at nhfarms.com.

Pick Your Own Produce!—Two resources for searching through all the state's pick-your-own options are agriculture.nh.gov/publications/ Scroll down and select "New Hampshire Harvest-Your-Own Guide". Pickyourown.org is a colorful site lets you search by state and it also includes instructions on how to can, freeze or dry your harvest.