



State of New Hampshire EMPLOYEE WELLNESS NEWS

WELLNESS PROGRAM NEWS YOU CAN USE!

February 2011

February is American Heart Month

Did you know that February is American Heart Month, and not because of Valentine's Day? Every year since its congressional approval in 1963, the President has issued a proclamation to this effect, to help raise public awareness of heart disease.

Heart disease is the leading cause of death in the United States and is a major cause of disability. Even though most people associate heart disease with men, it is also the leading cause of death among women. The most common heart disease in the United States is coronary heart disease, which often appears as a heart attack. In 2009, an estimated 785,000 Americans had a new coronary attack, and about 470,000 will have a recurrent attack. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one. (www.cdc.gov)

The chance of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. Additionally, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack.

Good News!

Heart attacks are almost entirely preventable. 75% of American adults already show traces of dangerous fat in their arteries that contribute to cardiac arrest. To protect yourself from heart disease, follow four simple goals:

- ♥ Maintain a healthy and balanced diet full of fruits and vegetables
- ♥ Become physically active 30-60 minutes a day, even moderate exercise is beneficial
- ♥ Avoid tobacco, drugs, and excessive alcohol
- ♥ Take advantage of preventive screenings to detect problems early

The American Heart Association is calling on everyone to wear red on National Wear Red Day – **Friday, February 4, 2011**. National Wear Red Day is part of the Go Red for Women campaign – the American Heart Association's national movement to make women aware of their risk for heart disease. "Going Red" is as easy as putting on a red dress, a red tie, or a red dress pin – just **WEAR RED** to show your support! Everything you and your agency or department needs to host a Wear Red Day event or just make a statement by wearing red can be found online at www.GoRedForWomen.org

Inside the February Issue

Topic	Pg	Topic	Pg
Health Observances	2	A Healthier Community	4
Wellness Coordinators Corner	2	Wellness Training	4
Nutrition Focus	3	Health Program Spotlight	5
Worksite Wellness Resources	3	Better Health Coaching	5
Commissioner Hodgdon Celebrates American Heart Month		Pg 6	

February

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					

Health Observances

February 2011

National Health Observances*

American Heart Month

National Children's Dental Health Month

National Wise Health Consumer Month

National Wear Red Day 

*U.S. Department of Health and Human Services



The sneakers on the calendar represent running/walking events. Visit www.coolrunning.com to find the time, location and event.

Additional websites to find out wellness activities happening in your area:

www.visitnh.gov

www.healnh.org

Wellness Coordinators Corner

Administrative Services—Completed it's 12 week "Fall into Fitness Challenge" Participants had the option to track their weight loss, their physical activity or both. The objectives were to "SAFELY" lose the highest percentage of body weight and/or complete 30+ hours of physical activity. During the challenge, participants lost an average of 2.1% of their weight and logged 1,684.5 hours of activity. The top participant in the weight loss challenge lost an incredible 12.3%, while other challengers lost 9.5%, 7.3% and 5.7% of weight. 42% of the participants in the physical activity challenge met or exceeded the goal of 30 or more hours with our leader logging 103 hours or an average of 8.6 hours per week. One person also stopped smoking during the challenge!

Both Diane Caldon and Mike Loomis enjoyed snowshoeing on their lunch break around the State House during the 1/12 snowstorm that dropped 18" on Concord. They continue to snowshoe at least once a week during their lunch break at White Park in Concord. Email Michael.loomis@nh.gov if you are interested in tagging along!

General Court—Diane Bergquist and Ellen Neilley, Wellness Coordinators at the State House have coordinated a workshop on eye health. This was held on Thursday, January 27th in room 411 at the State House Annex. The session was repeated in 1/2 hour increments at 11:30, 12:00 and 12:30.

Education—Diane Burbank, Wellness Coordinator shared a picture of DOE employee Jiffi Rainie winter hiking.

Veterans Home—Sandy Valtz, Wellness Coordinator at the Veterans Home announced that their wellness team purchased a massage recliner that they fundraised for. Veterans Home Employees can sign up for time slots in the Veterans Home employee break room.



Nutrition Focus

The Truth about Omega-3, the Good Fat

WebMD—Doctors may tell you to cut the fat, but not all fats are unhealthy. Omega-3 fatty acids may have far-reaching health benefits. Studies suggest they help lower the risk of heart disease, the nation's top killer. They may also protect against symptoms of depression, dementia, cancer, and arthritis. Omega-3s are found in salmon, nuts, leafy greens, and more – but the health benefits can differ greatly from one source to another. Omega-3 fatty acids come in more than one form. The types found in fish, called DHA and EPA, appear to have the strongest health benefits. Another form known as ALA is found in vegetable oils, flaxseed, walnuts, and dark leafy vegetables such as spinach. The body converts a small amount of ALA into EPA and DHA, and ALA also has some health benefits of its own.

Omega-3 fatty acids are believed to help fight disease by reducing inflammation in the blood vessels, joints, and elsewhere in the body. They also decrease the risk for an abnormal heart rhythm, reduce levels of unhealthy fats in the bloodstream, and slow the rate of plaque build-up in the blood vessels. Our bodies can't make omega-3s, so we must get them from our diet.

If you've had a previous heart attack, omega-3 fatty acids may help lower the risk of death from heart disease. Studies show a reduction in heart attacks and sudden death among heart attack survivors who boost their levels of omega-3s. This includes people who take fish oil supplements and those who regularly eat fatty fish, such as salmon. For a complete slideshow on Omega-3s, visit

http://www.webmd.com/diet/slideshow-omega-3-health-benefits?ecd=wnl_lbt_120110



Health & Wellness Resources

Local Government Center

Obesity: What Can You Do? – A majority of Americans are categorized as being overweight or obese, due to an increase in portion sizes, fast pace lifestyles and physical inactivity. This program takes a closer look at the obesity epidemic and what you can do to reverse these trends. Participants will learn to fight obesity through physical activity, nutrition and community collaboration.

To schedule this Health Seminar, have your agency Human Resource or Wellness Coordinator contact the LGC Health Management Representative Bill Byron:

800.852.3358 ext: 208 or e-mail at wbyron@nhlgc.org

Anthem

The Heart Truth – This presentation could save your life, that of a family member and/or friend. Heart disease is the #1 killer of women. Get the heart truth about heart disease and the risks for women. Get the facts. Know your risks. Be motivated to take action. Everyone needs this information. Take a first step to protect your heart.

To schedule this Health Seminar, have your agency Human Resource or Wellness Coordinator contact the Anthem Wellness Facilitator Lisa Marzoli:

603-695-7559 or e-mail at lisa.marzoli@anthem.com

A Healthier Community—A Healthier You!

The State of New Hampshire Employee Wellness Program believes that healthy options should be offered and supported inside and out of the workplace. For many, abstinence from using tobacco, eating healthy, being physically active and managing stress is a result of the environment they are raised, nurtured and thrive in. But for some, their community and home environment lack the means to support wellness due to financial instability, access to resources, knowledge, safety and numerous other barriers. In this edition, we will focus on how one community in New Hampshire is organizing to identify these barriers and work on them using strategies supported through monetary and in-kind contributions.

Caring Community Network of the Twin Rivers

The Caring Community Network of the Twin Rivers (CCNTR) is a public health network located in Franklin and serves 14 communities with a focus on health promotion, emergency preparedness and education to improve public health in their region. Recently, CCNTR was awarded a Healthy Eating and Active Living (HEAL) Grant through the Foundation for Healthy Communities to fund the "Healthy Heart for Life-Make the Move!" project. This project targets all ages to increase daily physical activity and healthier food consumption with a focus on healthy cooking and fruits and vegetables.

The Healthy Heart project focuses on three sectors of HEAL including schools, communities & municipalities, food and recreation industries. While the focus is on obesity prevention and reduction, many other chronic diseases such as diabetes and heart disease can be prevented and managed by healthier behaviors. Programming to accomplish this includes youth gardening, "5210 Healthy NH", building and promoting multi-use recreation trails, intergenerational HEAL, eating healthier in restaurants and convenience stores as well as connecting youth to nature. Visit http://www.ccntr.org/healthy_heart.asp for more information.

January Wellness Coordinator Training Session "Happy New Year"

Each quarter, the Wellness Program holds a **Quarterly Wellness Coordinator Training Session** at the Local Government Center to help agency wellness coordinators promote new tools and resources to help employees and dependents gain more insight and assistance in health and wellness program information. Over 40 agency wellness coordinators take the information gained at these training sessions back to their employees in the form of displays, activity events, promotions and many additional opportunities to engage employees and dependents in health and wellness.

The **January 13th, 2011** training session focused on new tools and resources that employees can utilize to improve their health and understanding of wellness topics. The session began with a farewell ceremony for Kathy Sherman, and hello to Lisa Marzoli. Lisa will replace Kathy as the Anthem Wellness Facilitator for the State of New Hampshire Health Benefit Program. **Sandy Valtz of the State Veterans Home** was recognized with the "Wellness Coordinator of the Quarter" award for her role as leader of the Veterans Home wellness team and accomplishments to promote wellness and improve employee health. The Veterans Home wellness team accomplished many things in 2011 including holding a wellness fair in October, fundraising for wellness resources by selling salads once a month with donated ingredients from the wellness team members. With the funds raised, the team purchased a massage chair that will be located in the employee break room available for reserved time slots for employees.

The session finished the day with presenters on topics including the **State's Wellness website, Anthem's Better Health Assessment Tool and Digital Health Coaching**. Dr. Lafleur, Medical Director with Anthem, spoke about **Seasonal Affective Disorder and Depression**. The **Wellness Calendar of Events** for the next three months will focus on **heart disease, nutrition, colorectal cancer, and environmental health risks**.

State Health Benefit Program Benefit Spotlight



If you have a chronic condition, Anthem's **ConditionCare** may be able to improve your overall health. After all, Anthem has already helped thousands of people deal with asthma, chronic obstructive pulmonary disease (COPD), diabetes, heart failure, coronary artery disease (CAD) and more.

By participating in ConditionCare, you can get the tools and information you need to manage your symptoms. For instance, you'll receive:

- 24/7 toll-free access to a Nurse Coach who'll answer your questions and provide the latest information about your condition.
- A health evaluation and, if needed, follow-up consultations.
- Materials on prevention, self-management and lifestyle choices that can help you get more out of life.
- Depression screenings and referrals to behavioral health professionals, as needed, to help improve your quality of life.

Call 866-596-9812 to get started

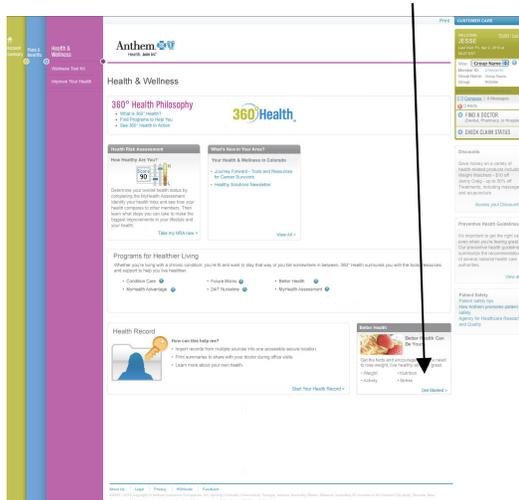
Anthem's Better Health Coaching

So you have taken your Health Assessment Tool (HAT) and now you may be overwhelmed with the Better Health Coaching Programs! Have no fear! Start slowly and begin one program that your HAT Health Summary Plan recommends. Your HAT plan introduced your health summary, priority behaviors and showed you where you want to be, along with action steps to help you get there. Keep using your tools (medical, exercise, stretching, cookbook libraries and more!) to make those changes healthy habits—they're all linked to the left side of your health summary. Just like your HAT, all your coaching responses are confidential and will not be shared with the State.

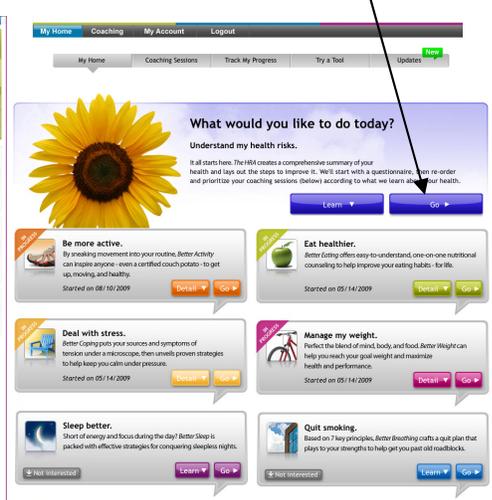
If you are having trouble completing the HAT, you can contact Anthem customer service at 1-800-933-8415 Mon-Thur 8AM-8PM, Fri 8AM-5PM or email stateofnh@anthem.com.

If you or other employees would like one-one-one assistance completing the HAT or instructions on digital health coaching, please contact your HR representative to arrange a site visit from an Anthem representative.

Step 1. Visit Anthem.com and log in. Click on the purple tab and select "Get Started" in the Better Health icon.



Step 2. Click "Go" to review your HAT Health Summary Plan and get access to the tools referred to above.



Celebrate American Heart Month

By Linda Hodgdon

Commissioner, Department of Administration Services

If you're like most people, you want to feel better, and live a long, healthy life. But what does "healthy" mean? The answer can vary from one person to another. It's not always easy to gauge health by how we look and feel. Health includes our lifestyle and the choices we make over time that can largely determine if we stay well or get sick; have a longer or shorter lifespan. Heart disease is the No. 1 killer for both men and women. But research indicates that most heart attacks and other causes of heart disease death could be prevented.

Quick! Can you name five things you can do to help your heart keep beating strong for years to come?

- 1) **An Active Lifestyle** - Yes, you've heard it all before. But we're not talking about an unreasonable commitment here. The Centers for Disease Control recommend 150 minutes of moderate-intensity aerobic activity every week, which is only 22 minutes per day! Aerobic activity that strengthens the heart comes in all shapes and sizes – walking, biking, swimming, and jogging, to name a few.
- 2) **Healthy Eating** - Good nutrition is vital to good health, disease prevention, and essential for healthy growth and development of children and adults. Your food choices affect your health – how you feel today, tomorrow, and in the future.
- 3) **Blood Pressure** – According to the American Heart Association, one of the strongest predictors for heart disease is measured in two numbers -- your blood pressure. High blood pressure, also known as HBP or hypertension, is a widely misunderstood medical condition. Some people think that those with hypertension are tense, nervous or hyperactive, but hypertension has nothing to do with personality traits. The truth is, you can be a calm, relaxed person and still have HBP.
- 4) **Cholesterol** - Probably the most familiar heart disease risk factor, cholesterol is a type of fat that is an essential nutrient for your body. However, too much cholesterol -- or not enough of the good type of cholesterol -- floating around in your blood increases your risk for hardening of the arteries that can lead to heart disease, heart attack, and stroke.
- 5) **Blood Sugar** - Overweight and too little exercise -- that's what greatly increases the risk of type 2 diabetes. It's nothing to take lightly because it can lead to heart disease, stroke, kidney disease, and even blindness.

The Better Health Assessment Tool (HAT) is your first step in working toward achieving a healthy heart. This interactive assessment evaluates your health-related behaviors and health history. Then, based on your evaluation, your assessment will produce a personalized action plan, with realistic, individualized solutions for reaching your health goals. Once your action plan is complete, you'll have the information you need to get personalized help in areas including weight, sleep, eating, breathing, coping, and activity.

I think you'll find Better Health worth your attention like I did. That's because it may help keep smaller health issues from turning into big problems down the road and provide more help than just a health score. Better Health offers additional wellness information and online resources. You even get a separate health report that you can take to your next doctor's visit to set new goals and action steps – or maybe even get a pat on the back for your successes. For additional information and resources, visit the State of New Hampshire Wellness Program's website <http://admin.state.nh.us/wellness/>.