



## State of New Hampshire Employee Wellness News

February  
2012

### Here's to a Healthy Heart!

Commissioner Linda Hodgdon  
Department of Administrative Services

Heart disease is the leading cause of death in both men and women, but many do not realize they are at risk. To make employees more aware of the dangers of heart disease, the Department of Administrative Services and the State Employee Wellness Program are participating in American Heart Month this February.

The goal is to give everyone a personal and urgent call about their risk of heart disease:

- Increase awareness that heart disease is the # 1 killer.
- Increase awareness that having risk factors can lead to heart disease.
- Encourage everyone to talk to their doctors about heart disease.

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. Research indicates that most heart attacks and other causes of heart disease death could be prevented.

Our goal is to make sure that employees are aware of the dangers of heart disease. Everyone can lower their risk by making healthy decisions each and every day. At the Department of Administrative Services, we will be promoting this message in several ways:

- Hosting two heart health wellness workshop sessions in February
- *Sit for 2, Move for 10* - Physical Activity Break Policy
- Wellness display in the State House Annex
- Participate in National Wear Red Day on February 3

During the January Wellness Coordinator Training Session, Agency Wellness Coordinators were provided educational information for American Heart Month as well as worksite wellness resources. I encourage you to know the risk factors for heart disease and to take action to prevent or control them.

Commissioner, Administrative Services

#### Inside This Issue

Calendar	2
Wellness	2
Coordinator Corner	
Worksite Wellness Resources	3
Better Health Better Coping Coaching	4
Health Benefit Program Spotlight	4
Children's Dental Health	5
Changing Aging in the Granite State	5

We're on the web!  
Visit  
[Admin.state.nh.us/  
wellness](http://Admin.state.nh.us/wellness)



## National Health Observances

### Heart Month



[www.heart.org](http://www.heart.org)

### Children's Dental Health



[www.ada.org](http://www.ada.org)

# 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	29			



The sneakers on the calendar represent activity events for individual and/or families posted on [coolrunning.com](http://coolrunning.com)

For other state-wide events, check out [visitnh.gov](http://visitnh.gov) [health.org](http://health.org)

## Wellness Coordinator Corner

### Dept. of Transportation, Safety, Administrative Services, and General Court

The Wellness Coordinators at these agencies are working to provide a supportive food environment in their buildings. Using survey monkey they were able to learn about the suggestions of almost 300 employees about what they would like to support their healthy lifestyles in the cafeteria. This has started a collaborative effort with Elizabeth Haralabatos, owner of Elizabeth's Kitchen and Patricia Pelletier of the New Hampshire Department of Education to provide easy access to healthy food choices.

Elizabeth's Kitchen will be serving low fat broth-based soup at least 2 days a week. The placement of beverages in the coolers has been rearranged. Water and juices have been moved to more prominent positions to encourage healthy drink selections. Elizabeth's Kitchen is now online at [www.elizabethskitchens.com](http://www.elizabethskitchens.com) and she posts her daily specials and menu choices.

Discussions have begun about the vending machines. Patricia Pelletier at the Department of Education, Office of Services for Blind and Visually Impaired works with the vendors who supply the vending machines in those buildings. Patricia is reviewing the Fit Pick program, a program that provides guidelines for the nutritional content on healthy snack choices in vending machines. This is a great program that will provide easy selection of healthier snacks for employees and additional point of sale suggestions. Patricia has facilitated the conversation with the Coke vendor. Keep your eyes out for more changes as these discussions continue.



## Worksite Wellness Resources

### EAP

#### Problem Identification

A process initiated in a confidential meeting. The purpose of this meeting is to clearly identify the problem(s), and, when necessary, make a referral to the most appropriate community professional for additional services.

#### Referral

To appropriate resources in order to connect clients with the type and level of assistance needed can result in the fast and economical resolution of the problem(s). EAP staff will review insurance coverage, payment obligations and alternate resources with clients on an individual basis.

**For more information on this confidential individual service, contact EAP at 603-271-4336**

### Local Government Center

#### Women's Health

Men and women have different needs for obtaining optimal health and wellness. This program provides up-to-date information on a variety of women's health issues. Topics addressed include the history of women's health, the leading causes of death in women and risk factors. Resources, tools and tips on reaching goals to improve quality of life and overall health are provided.

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

### Northeast Delta Dental

#### Oral Care and Heart Health

The relationship between periodontal (gum) disease and chronic medical conditions such as heart disease continues to be confirmed through scientific research. Periodontal disease is a chronic bacterial infection that causes inflammation and can worsen or contribute to heart disease. Taking proper care of your oral health is heart healthy.

**For more information on oral health resources and information, visit [www.nedelta.com](http://www.nedelta.com)**

### 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 and men. Although the workshop focuses mainly on the risks for women, men should also attend to learn about how they can take better care of themselves and loved ones.

There are over ten risks that places one at an increased risk of having a heart attack. Knowing these risks will give you vital information about your heart health and what you can do to improve it. Get the facts. Know your risks. Be motivated to take action. Take a first step to protect your heart.

**To schedule this workshop, have your agency Human Resource or Wellness Coordinator contact Lisa Marzoli at 603-695-7559 or e-mail [lisa.marzoli@anthem.com](mailto:lisa.marzoli@anthem.com)**

**Percentage of U.S. adults with heart disease risk factors in 2005-2008 (CDC)**

**Inactivity  
53%**

**Obesity  
34%**

**High Blood Pressure  
32%**

**Cigarette Smoking  
21%**

**High Cholesterol  
15%**

**Diabetes  
11%**

**Reduce Your Risk!**



## Deal with Stress Before it Deals with You!

Traffic. Work. The in-laws' surprise visit. And life's big curveballs — illness, divorce, the death of a loved one. Stress can savage sleep, your heart, your weight ... no wonder it's been called our biggest health threat. We can't deflect your boss's Sunday morning calls or time-travel you through your commute. But with better coping, we'll teach you how to catch and handle tension before it gets the upper hand.

Put your sources and symptoms of tension under a microscope, then unveil proven strategies to help keep you calm under pressure. Try Anthem Better Health Better Coping today.

Regularly practice the techniques that work for you, and seek to maintain your physical and mental well-being. Further develop your methods by adding techniques, such as yoga, meditation, relaxation, or time management.

To move toward a healthier you, start by logging on to [anthem.com](http://anthem.com) and take the Better Health Assessment Tool or begin the health coaching programs. They will give you a complete overview of your health and the opportunity for free health coaching sessions including Better Coping.



**What would you like to do today?**

**Understand my health risks.**  
It all starts here. *The HRA* creates a comprehensive summary of your health and lays out the steps to improve it. We'll start with a questionnaire, then re-order and prioritize your coaching sessions (below) according to what we learn about your health.

[Learn](#) [Go](#)

**Be more active.**  
By sneaking movement into your routine, *Better Activity* can inspire anyone - even a certified couch potato - to get up, moving, and healthy.  
Started on 08/10/2009 [Detail](#) [Go](#)

**Eat healthier.**  
*Better Eating* offers easy-to-understand, one-on-one nutritional counseling to help improve your eating habits - for life.  
Started on 05/14/2009 [Detail](#) [Go](#)

**Deal with stress.**  
*Better Coping* puts your sources and symptoms of tension under a microscope, then unveils proven strategies to help keep you calm under pressure.  
Started on 05/14/2009 [Detail](#) [Go](#)

**Manage my weight.**  
Perfect the blend of mind, body, and food. *Better Weight* can help you reach your goal weight and maximize health and performance.  
Started on 05/14/2009 [Detail](#) [Go](#)

**Sleep better.**  
Short of energy and focus during the day? *Better Sleep* is packed with effective strategies for conquering sleepless nights.  
[Not interested](#) [Learn](#) [Go](#)

**Quit smoking.**  
Based on 7 key principles, *Better Breathing* crafts a quit plan that plays to your strengths to help get you past old roadblocks.  
[Not interested](#) [Learn](#) [Go](#)



### Wellness Humor

**“Reality is the leading cause of stress among those in touch with it”**

**-Lily Tomlin**



## State Health Benefit Program Spotlight

**Anthem ConditionCare**— 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 coronary artery disease (CAD), heart failure, asthma, chronic obstructive pulmonary disease (COPD) and diabetes. 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 will 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.

**Call 866-596-9812 to get started**



## National Children's Dental Health Month

Every year in February the oral health community celebrates National Children's Dental Health Month. Oral health providers, oral product manufacturers and others interested in oral health promote the value of routine dental care to people of all ages. National and regional organizations collaborate to bring dental providers together to speak about the importance of good oral health to everyone's overall health. Dentists and hygienists often volunteer to provide dental services during February to help patients who can't afford routine care at local clinics or private offices for a day of free care. Northeast Delta Dental supports many of the dental clinics and programs in our region to make access to care more affordable.

### Important Tips for Parents:

Routine oral health care from the age of **one year old** is essential to provide the best opportunity to identify **oral disease and disease risk** early, so intervention and prevention can have the greatest possible impact on the patient's oral health for their lifetime.

Xylitol, a natural sweetener, present in chewing gum, mints, lollipops, toothpaste and mouth rinse can help prevent cavities. NEVER allow children to chew gum sweetened with sugar or suck on hard candy, as it literally bathes their teeth in decay-causing sugar. Teenagers are especially vulnerable to sugar sweetened products such as soda, energy drinks, ice tea and even coffee products. Help everyone stay healthy by reducing daily sugar intake in drinks and snacks to help in prevent tooth decay, diabetes and obesity.

Parents need to floss and brush their children's teeth until the child is old enough to have the ability to do this successfully, usually around 8-9 years old. Until a child can spit out toothpaste, use only a grain of rice size amount of toothpaste. Always use fluoridated toothpaste since daily exposure to fluoride is the most effective and least costly decay preventive measure available.

**Do you know your score?** Take the test at [www.mydentalscore.com](http://www.mydentalscore.com) then ask your dentist how to reduce your risk of oral disease.

**Most American children don't see their family dentist until they are well over two years old, far later than is recommended by both dental and medical professionals**



## Changing Aging in the Granite State

### NH Public Television Special Production

Being healthy allows us to enjoy retirement, remain mobile and make contributions to the communities where we live. Joining Allison McNair in this special production on NHPTV to talk about staying healthy is Terry Johnson, director of Healthy Eating Active Living New Hampshire (HEAL NH), also Dain LaRoche from the University of New Hampshire, who studies the importance of strength and mobility in preventing falls.

If you'd like to watch this video, visit <http://video.nhptv.org> and search "Changing Aging in the Granite State".