

Promoting a healthier workforce and a healthier Georgia

February/March 2017

February: American Heart Month



In this issue:

- American Heart Month
- Tips for Fitting in Physical Activity at Work
- Resources for Worksite Wellness
- Spotlight on Success
- Workplace Smoothies
- National Nutrition Month

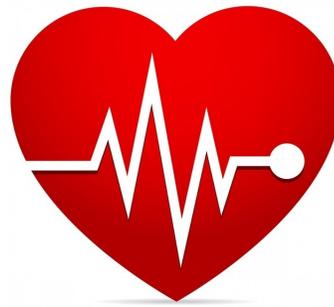
February is a great time to remind Americans to focus on their heart health. However, cardiovascular disease affects millions of people year round. Cardiovascular disease, including heart disease and stroke, is the leading global cause of death.

Employers can play an important role in helping employees make heart healthy decisions, by providing opportunities for physical activity and good nutrition in the work environment. You can create a workplace culture of health where making the healthy choice is the easy choice. This issue focuses on making healthy choices about nutrition and exercise while at work.

American Heart Month Statistics

- On average, someone in the US has a stroke **every 40 seconds**.
- **85.7 million**, or 34.0% of US adults are estimated to have hypertension, based on 2011-2014 data.
- **23.4 million**, or 9.1% of US adults are estimated to have diagnosed diabetes, based on 2011-2014 data.
- 1 in 6 males and 1 in 7 females in the United States are current smokers, based on 2015 data.
- On average, 1 in 3 adults, or **30.4% do not engage in leisure time physical activity**.

American Heart Association. <http://newsroom.heart.org/events/february-is-american-heart-month-5712350>



FITTING IN PHYSICAL ACTIVITY AT WORK

Most American adults spend the majority of their waking hours at work. Sixty-nine percent of adults are obese or overweight, and many struggle to find time to work out and make healthy eating a priority. Get the most out of your work day by staying active at work.

- **Have walking meetings.** Take a lap around the building while you brainstorm or discuss projects.
 - **Walk during business calls.** March in place or at least stand when you talk on the phone.
 - **Skip the email or the call** and walk down the hall to talk to a co-worker.
 - **Take the stairs** instead of the elevator. Or get off a few floors early and take the stairs the rest of the way.
 - **Participate in or start a recreation league** at your company.
 - **Schedule physical activity time** on your business calendar — and treat it like an important appointment.
 - **Get off the bus** a few blocks early and walk the rest of the way to work or home.
- **Walk around your building** for a break during the work day or during lunch.
- **Traveling for business?** Pack a jump rope or resistance band in your suitcase. Walk while you wait for your plane. Jump rope and do calisthenics in your hotel room.

American Heart Association. http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/GettingActive/Work-Out-at-Work_UCM_462874_Article.jsp#.WK3mBPkrK00

Resources for Worksite Wellness

Use these resources as you work to adopt healthy workplace policies and programs:

- **The Link Between Workforce Health and Safety and the Health of the Bottom Line.** <http://www.ndworksitewellness.org/docs/2016summit/link-between-workforce-health-safety-bismarck.pdf>
- **Steps to Wellness.** Centers for Disease Control and Prevention (CDC). http://www.cdc.gov/physicalactivity/worksite-pa/pdf/steps2wellness_broch14_508_tag508_tag508.pdf
- **My Plate.** USDA. <https://www.choosemyplate.gov/>
- **Investing in a Tobacco-Free Future.** Partnership for Prevention. <http://prevent.org/Publications-and-Resources.aspx>
- **Guide to Strategies to Support Breastfeeding Mothers and Babies.** CDC. <http://www.cdc.gov/breastfeeding/resources/guide.htm>
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SPOTLIGHT ON SUCCESS



GEORGIA DEPARTMENT OF PUBLIC HEALTH (DPH)

SOUTH HEALTH DISTRICT

WORKSITE WELLNESS ACTIVITIES

The DPH South Health District is serious about worksite wellness! Here are some wellness policies and activities that have been implemented:

- Wellness team—meets bimonthly
- Group Exercise classes—taught by university interns
- Monthly **Fit 2 Work** newsletter for all employees
- Physical Activity breaks— all meetings, trainings, and workshops
- Healthy meetings— no soft drinks provided; healthy food options offered
- Healthy eating demonstrations and presentation by local chef
- Walk Georgia Challenge—52 employees participated
- 139 employees participate in the worksite wellness program



SMOOTHIE DEMO

The DPH South Health District held a smoothie demonstration; a local chef was invited to the workplace to share smoothie recipes. It was a well-attended event and very popular with the staff!

Set up an educational smoothie demonstration at your worksite.

Smoothies are a great option to get in those daily recommended servings of fruits and vegetables or have breakfast on the run. However, if done wrong, smoothies can sabotage your diet and lead to weight gain.



The key to a slim smoothie is to be sure it has enough protein, fiber, and fat to help you feel fuller longer, and to keep added sugars to a minimum.

For more information and slim smoothie recipes, go to http://www.nola.com/health/index.ssf/2013/07/build_a_better_smoothie.html

**“Health is a state of body,
wellness is state of being.”**

— Traci Gosier, Health
Promotion Coordinator, DPH
South Health District



March is National Nutrition Month



National Nutrition Month is an annual education campaign created by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The theme for 2017 is **"Put Your Best Fork Forward"**, which acts as a reminder that each bite counts. Making just small changes in your food choices can add up over time.

Celebrate National Nutrition Month at your workplace

- Vote for your favorite fruits and vegetables: Offer a selection of fruits and vegetables cut into bite-size pieces. Ask participants to vote for their favorite vegetable and fruit. Post a tally board to record votes.
- Hand out **20 Ways to Enjoy More Fruits and Vegetables**. Download from <http://www.eatright.org/~media/eatright%20files/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/20waystoenjoyfruitsandvegetables.ashx>
- Organize a "healthy recipe" contest among employees.
- Organize a healthy potluck, making sure each of the food groups is represented.
- Host a "lunch and learn" session on healthy eating. Invite a professional from your local health department or medical center to present.

For more suggestions and more information, go to <http://www.eatright.org/resource/food/resources/national-nutrition-month/event-ideas>