



DOUGLAS COUNTY Healthy Directions Wellness Newsletter

NO SUMMER SLOWDOWN FOR HEALTHY DIRECTIONS

Healthy Directions Chairwoman Kathy Goodman is keeping the ball rolling, and everything else moving as well. Summer is providing Douglas County employees with plenty of opportunities to live healthier lives.

"There are no excuses for taking the summer off from your pursuit of good health," Kathy said. "Healthy Directions has a lot to offer."

Maybe the biggest opportunity is the Walk for Your Life Summer Fitness Challenge. The event began June 20 but runs through September 30, so there is still plenty of time to participate.

Douglas County will have a team of walkers - in fact - everyone is on the same team. Results of the competition are based on the number of miles walked or the equivalent biking or swimming miles. Awards will be given to the counties with the highest miles walked as a county. Healthy Directions will award the top two employees who report the highest miles walked during the competition. To participate in the Walk for your Life simply keep track of all your miles walked from June 20th through September 30th (log sheet is attached to this newsletter) and submit to Kathy Goodman in the Employee Benefits/Human Resource Department by October 3rd.

"We are going to have local winners out of this challenge," Kathy said. "We want everyone to submit their miles, even if you aren't competing as an individual."

Another exciting opportunity is coming up on July 5. That's the first Pilates at Lunch Class. The class will be held in the old Harney Street Treasurer's office on H Level of the City/County Building.



HEALTH CENTER Lunch and Learn

Spring/Summer Series

Bring your lunch and learn how to
make healthy lifestyle changes!

All presentations will be held at the Douglas County Health Center,
4102 Woolworth Ave., in the Town Hall on the 1st floor.

What's Inside: JUNE 2011

- Lose and Win Session II Winners!
- Protect Yourself From Injury and Infection in Times of Flood
- June is Mens Health Month
- The County Wellness Bicycling Corner
- And more!

The plan is to offer Pilates every Tuesday at noon. Kathy says you just need to bring a mat or towel to lie down on and NO shoes required. Everyone also will have to sign a liability waiver.

For those who don't know, Pilates involves a lot of stretching, and is famous for developing strength, coordination and FLAT ABS!

"It's not like aerobics where you're jumping around," Kathy says. For those of you planning to return to work that afternoon, "You shouldn't get too sweaty."

Kathy says a special "Thank you" goes to Douglas County Treasurer John Ewing, who is letting Healthy Directions use the space, as long as the class isn't too noisy.

Another exciting event was held on Wednesday, June 22, when Healthy Directions presented "Diabetes - You Can Be in Control" with Lisa Shoup from United Healthcare. About 20 people took part in the Lunch 'n' Learn and all of them received free blood monitoring meters.

"It was another tremendous success," Kathy said

Phil Rooney

Rejuvenate and de-stress in the middle of the day!

Questions?
Call Kathy Goodman
at 402-444-6099

Join us for the FREE
PILATES
AT LUNCH CLASS!

Pilates are famous for developing strength,
flexibility, coordination and flat abs.

Noon • July 5th in the old
Harney Street Treasurer's office



COMMIT TO BE FIT



Marlo Ibarra (left) and Bev Mislivec were winners in the latest Lose and Win competition at the Douglas County Health Center.

LOSE AND WIN SESSION II WINNERS!

This is the way to lose and feel good about it.

The Douglas County Health Center has its second class of winners in the Lose and Win program.

Marlo Ibarra, a radiology technician at the Health Center, won first prize by losing 9 percent of her weight, or 18 pounds, and Bev Mislivec, a certified nursing assistant in Long-Term Care, took second place with an 8 percent weight loss, good for a drop of 15 pounds. Overall the group lost 60 pounds over the 16-week session and each participant will receive an insulated lunch tote.

You may remember this program from last fall. Marti Christensen, Pat Gehringer and Jennifer Beisheim in connection with United Health Care present wellness related topics each week with full group participation. Participants simply have to attend the scheduled sessions, and keep a food diary and exercise journal.

The participants weigh in once a week at Employee Health prior to the class session. They turn their food journals in when they weigh in, each food journal will be evaluated by a registered dietician. At the last sessions awards are given to the top two participants that lost the greatest percentage of body weight.

Everyone who participated is a winner and deserves congratulations for making the decision to lead a healthier lifestyle! A special "Thank you" goes out to Lisa from United Health Care for the fantastic Jones Brothers lunch.



PROTECT YOURSELF FROM INJURY AND INFECTION IN TIMES OF FLOOD - ADVICE FROM THE DOUGLAS COUNTY HEALTH DEPARTMENT

How can I protect myself from injury or infection during and after a flood?

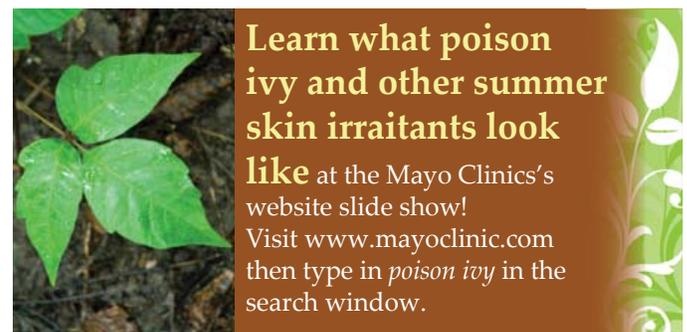
Wash often with soap and water. You should wear protective clothing such as hard-soled shoes, long pants, long-sleeved shirts and heavy work gloves. Take care of any wounds right away by washing hands first, cleaning the wound with soap and water, patting the wound dry and applying a clean, dry dressing; then see your doctor to determine if you need a tetanus shot. The best tetanus vaccine is one that also will protect you from diphtheria and pertussis. (Also called a Tdap)

Do the floods mean I need to get a tetanus shot?

It is recommended that every person gets a tetanus booster shot every 10 years. According to The Centers for Disease Control and Prevention guidelines, exposure to flood waters does not increase the risk of tetanus. While it is always a good idea to make sure immunizations are up to date, there are no special recommendations for tetanus immunizations during flood situations and documentation of vaccination should not be a pre-requisite for flood work. *Phil Rooney*

SEE ADDITIONAL FLOOD CLEANUP HEALTH TIPS FROM THE DOUGLAS COUNTY HEALTH DEPARTMENT ATTACHED TO THIS NEWSLETTER.

For more information regarding flood resources, visit www.douglascountyhealth.com/flood-tip



Learn what poison ivy and other summer skin irritants look like

at the Mayo Clinics' website slide show! Visit www.mayoclinic.com then type in *poison ivy* in the search window.

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THE COUNTY WELLNESS BICYCLING CORNER

Whether you ride for short distances or long distances, bicycling in the Summer is fun and has its challenges. Most of the time the warmth feels good until you start getting the 80 degree plus temperatures and high humidity. The weather term of "it feels like" to describe the temperature is a good guide on preparing to go out on the trail and ride. Coupled with the wind, a hot day can drain you both mentally and physically. So how do you ride and have fun and avoid such things as heat exhaustion, heat stroke and dehydration?

It comes down to some basic rules:

- **Avoid riding in the heat of the day** to the extent you can - starting a ride at 7:00 or 8:00 a.m. or in the early evening will keep you safe from the heat of the sun. Also the wind is usually very light in the morning hours and starts picking up after 9:30 or 10:00.
- **Use sun lotion** - the higher the SPF the better and make sure you cover all exposed skin areas especially your ears, back of the neck, face, hands, legs and periodically if doing a long ride; apply a second application.
- **Hydrate, Hydrate, Hydrate** - Continually drink water and don't just wait until you are thirsty; by then you are getting low on water. How do you know if you are getting enough fluids? Health care professionals will tell you that if your urine is very yellow in color, you are not getting enough water. Clear urine means you are getting enough fluids.

Experts will tell you that you can live longer without food than living without water.

One advertisement by a biking and backing company for portable water backpacks uses the term "hydrate or die". They are not too far off on this.

With warm weather, perspiration is our body's way of cooling itself off, so you need water!

Depending on how far you are riding you may need two water bottles for your bike and a neat trick is to fill your water bottle(s) half full of water and put them in the freezer and before you ride add more water and you will have cold water for your ride especially as the ice melts.

Or simply add ice cubes to your water bottle.

For long rides or in hot weather a backpack water container is the route to go. Add water to it and some ice and you can drink as you ride with the water tube. This will definitely keep you hydrated.

Know your limits about what your body can handle with the heat and the wind and the hills you are riding. If you are planning to ride distances, build up to it by increasing your distances over a period of time to do that 25, 30, 40 mile or more ride.

So hopefully a little warm weather is not going to keep you inside; the following are some bike rides that are coming up in the next several weeks.

- **The Omaha Pedalers Bike Club's - Irv's Deli Ride** on July 9, 2011; leaves Northwest Omaha and rides to downtown Fremont and have sandwiches and drinks. Check their website for more details.
- **The Owl Ride** - sponsored by the Meyer Foundation for disabilities on July 16th starting at 11:00 p.m. from the Lewis and Clark Landing in Downtown Omaha with a 16 mile or 7 mile route. Go to the owlride.org website for additional information and registration.
- **RAGBRAI** - starts on Sunday, July 24 from nearby Glenwood, IA and goes to Atlantic, IA the first day. Check their website for more details. Give me a call or send me an e-mail if interested - we are trying to get a number of people to ride.
- **Bike to Blair, NE** - meet at the Cubby's Gas Station at 48th and McKinley Streets on Saturday mornings at 9:00 for a get ready ride for the big and long rides. You can go to Ft. Calhoun and turnaround or go on to Blair. This is always subject to the weather and now the flooding on the Missouri.

Summer bicycling is fun, just find a way to go out and do it! Don't let the weather keep you away from fun and great exercise.

YOU CAN DO IT! Ride Safely,
Lee Lazure

Douglas County Human Resources - Civil Service
402-444-6123

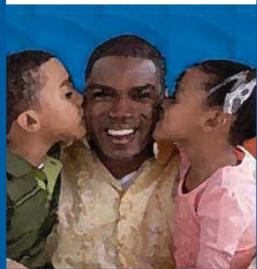
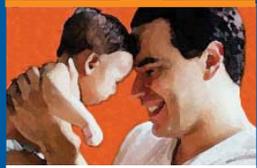
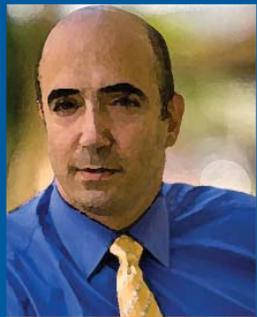
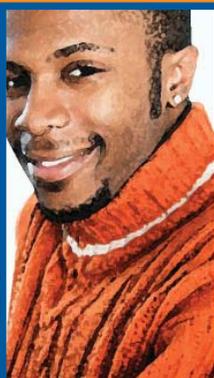


Bienvenue! The Aquaphor Le Tour Challenge is your opportunity to ride alongside the top pros in the 2011 Tour de France - VIRTUALLY!

Registration as an individual rider is FREE. You'll compete virtually against cyclists from around the world. <http://www.mapmyride.com/tdf/>

WIN PRIZES! GET FIT! HAVE FUN!

MEN'S HEALTH MONTH



www.menshealth.week.org

Did you know that, on average, men are less healthy and have a shorter life expectancy than women? Part of the reason for this health gap is that men don't take care of themselves as well as women do. Men are more likely to engage in unhealthy behavior, and less likely than women to adopt preventive health measures. They're also less likely to have health insurance, more likely to work in dangerous occupations, and often put off going to the doctor even when they really should go. As a result, men die younger - and in greater numbers - of heart disease, stroke, cancer, diabetes, and many other diseases. In 1920, women outlived men by an average of one year. Today, that difference is more than five years.

When to visit your doctor:

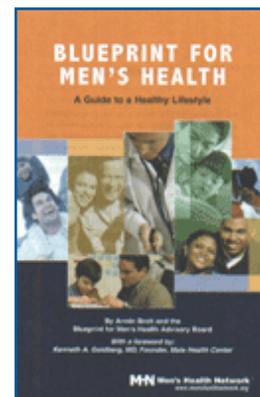
Changes in bowel or bladder habits. This can be an indication of prostate or bladder problems. And blood in the urine is a common indicator of kidney problems. Do you get up five times a night to go to the bathroom? That could be a symptom of an enlarged prostate, a common condition among men as they get older.

Impotence or erectile dysfunction. Most of the time, erectile problems are caused by an underlying health problem, such as diabetes, clogged arteries, or high blood pressure.

Persistent backaches, changes in the color of urine or stool, obvious changes in warts or moles, unusual lumps, recurrent chest pains or headaches, bleeding that won't stop, nagging cough, unexplained weight loss, and extreme fatigue can all be symptoms of other serious health problems.

Depression. Although women may be more likely to attempt suicide, men are four times more likely to succeed. Symptoms include acting overly anxious, having trouble sleeping, complaining of feeling sad or "empty" or helpless, engaging in unusually risky or reckless behavior, or losing interest in hobbies or other pleasurable activities (including sex).

Adapted from *Blueprint for Men's Health: A Guide to a Healthy Lifestyle, Second Edition*. **Download the entire book at www.menshealthmonth.org and click Blueprint, Men's Health under Resources on the lefthand side of the page.**



Guys, here are some steps you can take to improve the quality and length of your life:

- Eat a varied diet, rich in fruits, vegetables, whole grains, and low-fat foods.
- Be especially careful to limit cholesterol intake and avoid saturated fats.
- Moderate exercise for 30 minutes five times a week, or vigorous exercise for 20 minutes three times a week.
- Protect yourself from the sun.
- Maintain a healthy weight.
- Drink at least eight 8-ounce glasses of water per day.
- Limit alcohol to two drinks per day.
- Don't smoke, and minimize your exposure to second-hand smoke.
- See your doctor regularly.
- Know your family history and discuss it with your doctor.
- If you are over 40, get a baseline PSA (prostate specific antigen) test and monitor this periodically with your doctor.
- Practice safe sex.
- Wear a seatbelt whenever you're in the car, and a helmet when on a motorcycle or bicycle.
- Manage your stress.
- Get help if you need it.

As important as it is for you to take charge of your own health and wellness, you can't do it all. Getting regular checkups and age-appropriate screenings is a proven way to improve health and reduce premature death and disability. *Blueprint for Men's Health: A Guide to a Healthy Lifestyle, Second Edition*.

Need help quitting smoking? Visit www.smokefree.gov
for education, expert advice, and tools to help make quitting easier!

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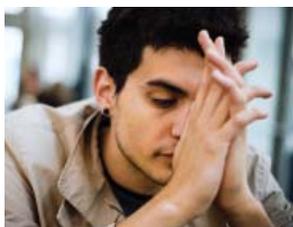
MEN'S HEALTH CHECKLIST

| CHECKUPS AND SCREENINGS | WHEN? | AGES | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|--------|-------|-----|
| | | 20-39 | 40-49 | 50+ |
| PHYSICAL EXAM: Review overall health status, perform a thorough physical exam and discuss health related topics. | Every 3 years Every 2 years Every year | ✓ | ✓ | ✓ |
| BLOOD PRESSURE: High blood pressure (Hypertension) has no symptoms, but can cause permanent damage to body organs. | Every year | ✓ | ✓ | ✓ |
| TB SKIN TEST: Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications. | Every 5 years | ✓ | ✓ | ✓ |
| BLOOD TESTS & URINALYSIS: Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur. | Every 3 years Every 2 years Every year | ✓ | ✓ | ✓ |
| EKG: Electrocardiogram screens for heart abnormalities. | Baseline Every 4 years Every 3 years | Age 30 | ✓ | ✓ |
| TETANUS BOOSTER: Prevents lockjaw. | Every 10 years | ✓ | ✓ | ✓ |
| RECTAL EXAM: Screens for hemorrhoids, lower rectal problems, colon and prostate cancer. | Every year | ✓ | ✓ | ✓ |
| PSA BLOOD TEST: Prostate Specific Antigen is produced by the prostate. Levels rise when there is an abnormality such as an infection, enlargement or cancer. Testing should be done in collaboration with your physician. | Every year | | * | ✓ |

| CHECKUPS AND SCREENINGS | WHEN? | AGES | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|-------|---------|-----|
| | | 20-39 | 40-49 | 50+ |
| HEMOCCULT: Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer. | Every year | | ✓ | ✓ |
| COLORECTAL HEALTH: A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early. | Every 3-4 years | | | ✓ |
| CHEST X-RAY: Should be considered in smokers over the age of 45. The usefulness of this test on a yearly basis is debatable due to poor cure rates of lung cancer. | Discuss with a physician | | ✓ | ✓ |
| SELF-EXAMS: Testicle: To find lumps in their earliest stages. Skin: To look for signs of changing moles, freckles, or early skin cancer. Oral: To look for signs of cancerous lesions in the mouth. Breast: To find abnormal lumps in their earliest stages. | Monthly by self | ✓ | ✓ | ✓ |
| BONE HEALTH: Bone mineral density test. Testing is best done under the supervision of your physician. | Discuss with a physician | | Age 60 | |
| TESTOSTERONE SCREENING: Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test. | Discuss with a physician | | ✓ | ✓ |
| SEXUALLY TRANSMITTED DISEASES (STDs): Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia and other STDs. | Under physician supervision | ✓ | Discuss | |

*African-American men and men with a family history of prostate cancer may wish to begin prostate screening at age 40, or earlier.

www.menshealthnetwork.org



If you think you might be depressed, talk with a doctor about how you are feeling. Depression is a serious illness, but the good news is that it can be treated. Getting help is the best thing you can do for yourself and your loved ones. **You can feel better.** Get a medical checkup. Ask to see a doctor or nurse who can test you for depression. For more information, log on to www.healthfinder.gov and type *depression* into the search window.

COMMIT TO BE FIT



The federal government this month unveiled a new symbol of healthy eating to replace the food pyramid.

It's designed to remind Americans to eat healthfully by illustrating the five food groups by using a familiar meal-time visual, a place setting.

"The Food Guide Pyramid was confusing to the public and often difficult to navigate for basic nutrition information. 'My Plate' should be less confusing as a plate is a familiar object to all and can be easily related to," agreed Marilyn Johnson and Lora Marshbanks, both registered dietitians for the Douglas County Health Department.

A new website, ChooseMyPlate.gov, features practical information and tips to help build healthier diets including selected messages to help consumer focus on key behaviors. Selected messages include:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains.
- Compare sodium in foods like soup, bread, and frozen meals—and choose foods with lower numbers.
- Drink water instead of sugary drinks.

Visit ChooseMyPlate.gov for more info!

The Employee Assistance Program

(EAP) is available to all Douglas County employees. EAP's trained staff can help you with problems that affect your personal or professional life. Services are free to employees and family members, and records are kept confidential and are not included in the staff member's personnel file. Call 593-1711 for an appointment.

The *Healthy Directions Wellness Newsletter* is brought to you by the Douglas County Healthy Directions worksite wellness committee. Contributing editor and photographer: Phil Rooney; layout and design: Connie Lehman; distribution: Kathy Goodman.

WEST NILE SURVEILLANCE UNDERWAY IN DOUGLAS COUNTY



With heavy rains and flooding creating the potential for a bumper crop of mosquitoes, West Nile Virus surveillance activities have been launched in Douglas County. The Health Department has started trapping mosquitoes, spreading larvicide and taking reports of dead birds that will be collected and tested for the virus.

For a bird to be included in the reporting, it should appear to have died within the last 24 hours and not be decomposed. The public is asked to call the Douglas County Health Department at 402-444-7489 or 402-444-7481 to report this information. Trapped mosquitoes are sent to the state laboratory for analysis. Larvicide is used to kill mosquito larvae before they can develop into adults.

The Health Department also has some advice to help you avoid mosquito bites:

- Apply a mosquito repellent that includes DEET. The CDC also has approved picaridin and oil of lemon eucalyptus. The CDC generally recommends that when using sunscreen and repellent, the sunscreen should be applied first. It is not recommended to use products that combine sunscreen and repellent.
- Wear loose, long-sleeved shirts, plus pants, shoes and socks when outdoors.
- Avoid outdoor activity around dawn and dusk when mosquitoes are most active.
- Remove standing water or report it to the Health Department for treatment.

The West Nile Virus can be spread to people if they are bitten by mosquitoes that picked up the virus by feeding on an infected bird, but only a small percentage of mosquitoes carry the virus.

"It is impossible to predict how many West Nile cases we will have this year, but, we have been very effective in reducing the threat" Health Director Dr. Adi Pour said. "This year's rain and flooding will make for a new challenge in controlling the mosquito population."

In recent years, the number of West Nile virus cases in Douglas County has ranged from 69 in 2003 to a low of two cases a year later. Last year the county reported eight cases of West Nile virus.

Phil Rooney

*Mammograms Are Paid 100%
By United HealthCare.*

We'd like to hear from you! Send questions /comments to the Healthy Directions committee. E-mail chairwoman Kathy Goodman at kathy.goodman@douglascounty-ne.gov, or drop her a note to Human Resources, Rm 505, or call 444-6099.

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