

Wellness Works Coordinators' Bulletin

Providing your wellness committee
with updates and relevant health
information!

August 2017

Highlights from this Month's Bulletin:



One in a Million
Diabetes statistic and
a program to help
reduce risk.
Page 2



Family Health Tree
Are you genetically
prone for some
diseases?
Page 2



'Diet Foods' to Skip
Five to remove
from your list.
Page 3



**Get in the Habit of
Packing Your Lunch**
Eat healthier and
save money!
Page 3

Wellness is Going Green!

**In an effort to cut down on paper use, we
will be cutting back on the number of
materials that we hand out in our classes.**

The biggest change you will notice is that we
will no longer be handing out hard copies of our
Power Point presentations to class attendees.
Instead we will give class participants the option
to have the class presentation emailed to them
as a PDF (we will hand out hard copies as
requested).

We do want participants to leave with
information to keep them working toward
better health for both themselves and their
families, so most of our classes will have a
brochure that participants can leave with to
refer to later.



Are You One in a Million?

As great as we know you are, this is one statistic that we don't want you to be a part of. More than 100 million Americans are living with diabetes (30.3 million) or prediabetes (84.1 million), according to the National Diabetes Statistics Report, 2017. Research confirms that while diabetes cases are still growing, they're not growing as fast as in previous years. This is encouraging news—prevention efforts are having an impact. But the numbers are still staggering, and certain populations are setting off alarm bells: older people and minorities are more likely to get diabetes, and youth are being diagnosed earlier in life. It's critically important that diabetes management/control and type 2 diabetes prevention efforts continue going strong to stop the devastation of this disease.

If you are interested in combatting type 2 diabetes in your worksite, now is the time to start thinking about offering the Prevent T2 program for 2018. This lifestyle change program can help you lose weight, become more physically active, reduce stress—all while reducing your risk for type 2 diabetes. This year-long program will have weekly meetings for the first six months, then once or twice a month for the second 6 months. Participants will be held accountable for their health goals with pre-meeting weigh-ins as well as food/activity journals. Progress will be tracked and guided by a trained lifestyle coach in a non-judgmental atmosphere of peers. Prevent T2 is a great program for anyone, especially those diagnosed or at-risk for developing type 2 diabetes and for those who support these individuals.



Please contact Abby DiPasquale at ADiPasquale@memun.org to learn more about this successful program.

Learning about your Family Health History

Even though you cannot change your genetic makeup, knowing your family history can help you reduce your risk of developing health problems. Family members share their genes, as well as their environment, lifestyles, and habits. Risks for diseases such as asthma, diabetes, cancer, and heart disease also run in families. To learn about your family health history you need to ask questions, talk at family gatherings and look at death certificates and family medical records, if possible. Collect information about your grandparents, parents, aunts and uncles, nieces and nephews, siblings, and children. The type of information to collect should include any major medical conditions and causes of death, age of disease onset and age at death as well as ethnic background.

Write down the information and share it with your doctor. Your doctor may assess your disease risk based on your family history and other risk factors, recommend lifestyle changes to help prevent diseases and prescribe screening tests to detect disease early. If your doctor notices a pattern of disease in your family, it may be a sign of an inherited form of disease that is passed on from generation to generation. Your doctor may refer you to a specialist who can help determine whether you have an inherited form of disease.

Genetic testing may also help determine if you or your family members are at risk as well. Even with inherited forms of disease, steps can be taken to reduce your risk.

Reference: www.cdc.gov

For more information, contact Danielle to schedule “The importance of knowing your Family Health Tree” at dyale@memun.org.

'Diet Foods' to Skip

Certain packaged foods marketed as "lite" or "diet" versions may not be helping your weight-loss efforts or your goal to eat healthier.

Here are 5 to cross off your shopping list.

1. Rethink your drink and skip the diet soda. Research done at Purdue University shows that drinking lots of soda with artificial sweeteners can boomerang and cause weight gain and even diabetes. Opt for water or herbal tea to stay hydrated and curb appetite between meals.
2. Skip all diet foods that replace fat with sugar, like low-fat cookies. Keep in mind that even healthy-sounding foods like no-fat yogurt can be guilty of this unhealthy switch if flavored with sugar-added fruit.
3. Ditch the reduced-fat peanut butter, which replaces good-for-you mono-unsaturated fats with sugar. Opt for regular, no-sugar-added peanut butter—just watch portion sizes because it's calorie-dense.
4. Margarine is often marketed as a good substitute for butter, but the ingredients in stick margarine are hardly healthy. The better alternative to both is extra virgin olive oil.
5. Multigrain bread sounds great, but unless it's made from a variety of whole grains, you're getting refined flours without the original nutrients or the appetite-satisfying effect of fiber. Ditto with granola, which also has lots of carbs (often from added sugars), but not necessarily whole grains.

To shop smart, always read the labels on all packaged diet foods to see whether high-fat, high-calorie ingredients were replaced with healthy ones.

For more information on label reading and how the new food label will look, contact Abby to schedule "A New Look at the Food Label" or the newly updated "Buy Well, Eat Well" at adipasquale@memun.org.

Source: Health Day News, 2017



Contact Us:

Wellness Works
60 Community Drive
Augusta, ME 04330
1-800-452-8786

Get in the Habit of Packing Your Lunch

How often do you just grab whatever's available when you're hungry, even relying on a vending machine to supply your midday meal? Reinvigorate your lunch, save money and eat healthier with the following packing tips:

Pick foods from a range of food groups to maximize your energy. Choose fruits; vegetables; low-fat milk, yogurt or cheese; whole-grain bread, cereal, pasta or brown rice; and lean meat, chicken, fish, eggs or beans for your lunches.

Steer away from the typical sandwich and chips. Stuff whole-grain pita bread with sliced chicken, cucumbers, red onion, low-fat feta cheese and a dash of light dressing. Make kebabs with cut-up fruits and pair with low-fat yogurt as a dip. Replace peanut-butter sandwiches with another nut or seed spread like sunflower-seed butter.

No microwave? No problem. Keep hot foods hot with an insulated vacuum container such as a thermos. Fill with hot stew, chili, vegetable soup or leftovers for a satisfying meal on a cold day.

Have easy brown-bag options handy. Pair low-fat cheese sticks and smoked turkey slices with whole-grain crackers, crunchy raw vegetables and a handful of grapes, or try whole-grain pasta salad with chicken, vegetables and shredded Parmesan cheese with low-fat pita and a crisp apple. Another option might be to layer hummus, sliced tomatoes and reduced-fat sharp cheddar cheese over whole-grain bread for a taste-tempting sandwich. Add a handful of baked potato chips and a fresh pear for a satisfying meal.

Revive leftovers. Don't let food from the day before go to waste, turn it into a tasty lunch! Pasta dishes can be enhanced with vegetables, such as a serving of broccoli or a handful of baby spinach. Bring salads to life by adding your favorite raw veggies or protein, such as a boiled egg, chicken or tofu. Packing lunches can be challenging if you aren't already in the habit. Look within yourself to find barriers to success and plan solutions that work for you and save money while you're at it! When you plan ahead you tend to make healthier choices.

Contact Danielle at dyale@memun.org to schedule the "Game Changer – Meal Planning and Preparation."