

EMPLOYEE WELLNESS

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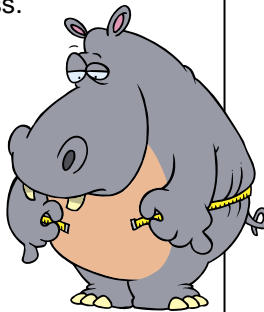
Aim for Health

KEEP AN EYE ON YOUR BMI

Body mass Index (BMI) is an indicator of total body fat, which is related to your risk of disease and death. The score is valid for both men and women but it does have some limits. It may overestimate body fat in athletes and others who have a muscular build, and it may underestimate body fat in older persons and others who have lost muscle mass.

Use the BMI [calculator](#) or [tables](#) to estimate your total body fat. The BMI score means the following:

- Underweight below 18.5
- Normal 18.5 - 24.9
- Overweight 25.0 - 29.9
- Obese 30.0 and up



Waist Circumference

Determine your waist circumference by placing a measuring tape snugly around your waist. It is a good indicator of your abdominal fat which is another predictor of your risk for developing risk factors for heart disease and other diseases. This risk increases with a waist measurement of over 40 inches in men and over 35 inches in women.

www.nhlbi.nih.gov

Your Safety

IMMUNIZATIONS FOR ADULTS

Your kids' shots are up to date – are yours?

Talk to your doctor about the following vaccines:

Flu - The virus that causes flu changes from year to year. This means you need to get the flu shot every year. It takes a while for the medicine in the flu shot to start protecting you, so it's best to get your flu shot between October and November. Then you will be protected when the winter flu season starts.

Pneumococcal Disease - Pneumococcal disease is a serious infection. People 65 and older should get a pneumococcal shot - it's safe and can be given at the same time as the flu shot. Most people only need a single shot. But, if you were younger than 65 when you had the shot, you may need a second shot to stay protected.

Tetanus and Diphtheria - Tetanus (or lockjaw) is caused by bacteria found in soil, dust, and manure. It enters the body through cuts in the skin. Diphtheria is also caused by bacteria. It can affect the tonsils, throat, nose, or skin. It can spread from person to person and is a very serious illness. Talk to your doctor about getting a booster shot every 10 years.

Shingles - If you had chickenpox when you were young, the virus is still in your body. When you are older, the virus may become active again and you can develop shingles. Shingles causes a rash of blisters on the body or face. It can be very painful. Even when the rash disappears, the pain can stay. Now there is a shot for people 60 or older that may prevent shingles. Ask your doctor if you should get the shingles vaccine.

Measles, Mumps, and Rubella - The vaccine given to children to prevent measles, mumps, and rubella (MMR) has made these diseases rare. Measles, mumps, and rubella are often more serious in adults than in children. If you don't know if you've had the diseases or the shots, you can still get the shot.

Travel - Check with your doctor or local health department about the shots that you need if you're going to travel to other countries. Sometimes a series of shots is needed. It's best to get them early, at least two weeks before your travel. For information, visit the www.cdc.gov/travel or call 877-394-8747.



👉 **Thursday, March 26th** – Monthly Forum

👉 **Plant a Row for the Hungry** – this year when planting your garden, consider planting an extra row to donate to the Second Harvest Food Bank to help the hungry.

Brochures with more information are available in room 401.

SPRING ALLERGIES? TIPS TO AVOID POLLEN

If you are allergic to pollen, avoiding exposure to it is the best way to prevent allergic symptoms. There are several things you can do to minimize your exposure:

- Stay indoors in the morning when outdoor pollen levels are highest.
- Wear face masks designed to filter out pollen if you must be outdoors.
- Keep windows closed and use the air conditioner if possible in the house and car.
- Do not dry clothes outdoors.
- Avoid unnecessary exposure to other environmental irritants such as insect sprays, tobacco smoke, air pollution, and fresh tar or paint.
- Avoid mowing the grass or doing other yard work, if possible.

Peak seasons for pollens and molds differ depending on where you live. The National Allergy Bureau of the American Academy of Allergy, Asthma and Immunology, maintains a web site you can check yourself at www.aaaai.org/nab/. In general, tree pollen allergies strike in late winter to early spring, grass allergies can strike from spring through summer, and ragweed typically strikes in the fall.

Calendar of Events

ANNUAL EASTER EGG HUNT

April 11, Noon; Clocktower – Riverfront Park
Free activity for kids 10 and under – arrive early!
www.spokaneriverfrontpark.com

EARTH DAY CELEBRATION

April 18, 11am-3pm; Riverfront Park
\$6/adults, free/ages 12 and younger, good all weekend
Information, display booths, music, food and guest speakers
make for an informative and fun event. (509) 838-4912

SPOKANE RIVER RUN

April 19, 8am; Riverside State Park
5K, 10K, 25K and 50K – www.spokaneriverrun.com

FAMILY FESTIVAL @ MUKOGAWA

April 22, 3-5pm; Fort Wright
Part of Japan Week Spokane Festivities - hands-on origami,
toy making, kimono wearing, calligraphy, and tea ceremony.
www.japanweekspokane.com

AMERICA'S KIDS RUN

April 25, 8:30-11am; Joe Albi Stadium
www.americaskidsrun.org

GET INTO PORTION CONTROL

In addition to selecting a healthy variety of foods, look at the size of the portions you eat. You do not need to measure and count everything you eat—just do this long enough to recognize typical serving sizes. Try the ideas listed below to help you control portions:

- Take the amount of food that is equal to one serving, according to the Nutrition Facts, and eat it off a plate instead of eating straight out of a large box or bag.
- Avoid eating in front of the TV or while busy with other activities. Pay attention to what you are eating and fully enjoy the smell and taste of your foods.
- Eat slowly so your brain can get the message that your stomach is full.
- Take seconds of vegetables and salads instead of meats and desserts.
- When cooking in large batches, freeze leftovers right away. This way, you will not be tempted to finish eating the whole batch before the food goes bad. And you will have ready-made food for another day.
- Try to eat meals at regular intervals. Skipping meals or leaving large gaps of time between meals may lead you overeating or bingeing.
- When buying snacks, go for single-serving prepackaged items and low-calorie options.
- Replace snacks like chips and soda with snacks such as smoothies, fruit, or whole-grain crackers.
- When you do have a treat like chips or ice cream, measure out the exact serving according to the Nutrition facts, eat it slowly, and enjoy it!

GREEN BEAN

POTATO SALAD

- 1 lb green beans, with ends cut
- 2 lbs red potatoes -
cut into bite-sized pieces
- 1 cup diced red bell pepper
- 1/2 cup chopped red onion
- 3 cloves garlic, minced
- 3 Tbsp fresh dill
- 4 Tbsp balsamic vinegar
- 3 Tbsp olive oil
- 1 Tbsp Dijon mustard
- Black pepper, to taste



Steam green beans in a steamer for 5 to 8 minutes. Cook potatoes in boiling water until tender. Cool green beans and potatoes and place in a bowl. As they are cooling, prepare the dressing by mixing all ingredients together. Add onion and bell pepper to the cooled green beans and potatoes; top with dressing.

Servings: 8 – Nutrition per serving:

Calories 160, Fat 5g, Cholesterol 0mg, Sodium 35mg,
Carbohydrates 26g, Fiber 4g, Sugar 4g, Protein 4g.