

EMPLOYEE WELLNESS

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Spokane Regional Health District • 509.324.1500

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Aim for Health

EXERCISE & WEIGHT TRAINING

If You Have Type 2 Diabetes— Get Your Prescription for Exercise

According to the American Heart Association, people with type 2 diabetes should do at least:

- 2½ hours per week of moderate-intensity, or
- 1½ hours per week of vigorous-intensity aerobic exercises, and
- Weight training to reduce cardiovascular risk.

Heart and blood vessel disease is responsible for nearly 70% of deaths in people with type 2 diabetes.

Diet and exercise can prevent or slow the development of type 2 diabetes and produce clinically significant improvements in blood sugar control and cardiovascular risk factors in people with the condition. This benefit can reduce or eliminate some patients' needs for medications to control risk factors.

Patients are encouraged to work with their health care provider to establish an exercise regimen — basically, get a prescription for exercise.

www.americanheart.org

Your Safety

GOOD HEALTH BEGINS AT HOME

Make Sure Your Home is Safe & Healthy by Visiting the CDC's Healthy Homes Website

www.cdc.gov/HealthyHomes

Learn what you can do to help yourself and your family to have better health at home. This site offers health and safety tips about the home structure and land and things you can do at home to protect your health and lower your risk for the leading causes of death.

Tips are available by room, such as Basement (radon, carbon monoxide, mold, chemicals, etc.), Bathroom (falls, drowning, medicines, etc.), Kitchen (fires, water, food preparation/storage, etc.), Yard, and more.

Tips are also available by topic, including "Tips for a Green Home." Follow some of the following links to learn more:

Conserve water:

Use products with the WaterSense label. Adopt the following water-saving practices:

- [Fix That Leak!](#)
- [Shower Power](#)
- [Turn It Off!](#)
- [Water Wisely](#)
- [Make It a Full Load](#)
- [Don't Flush Your Money Down the Drain!](#)



Reduce pesticide use: [Use integrated pest management \(IPM\) to control pests. IPM eliminates the food, water, and shelter sources that pests need to survive. It is effective, costs less, and is less harmful to people, animals, and the environment.](#)

Use less energy: Use [ENERGY STAR®](#) appliances, WaterSense products, and fluorescent lightbulbs. Turn off appliances when not in use. ([U.S. Department of Energy Energy Efficiency and Renewable Energy](#))

Recycle: [Reuse and recycle materials to conserve resources and manage materials and waste.](#)

YOUR COMPANY'S NAME

- ☛ Your Company's Info
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FOOD COLOR ADDITIVES 101

Certified colors are synthetically produced (or human made) and used widely because they impart an intense, uniform color, are less expensive, and blend more easily to create a variety of hues. Certified food colors generally do not add undesirable flavors to foods. There are nine certified color additives approved for use in the United States: Blue Nos. 1 and 2, FD&C Green No. 3, FD&C Red Nos. 3 and 40, FD&C Yellow Nos. 5 and 6, Orange B, Citrus Red No. 2.

Certified color additives are categorized as either dyes or lakes. Dyes dissolve in water and are manufactured as powders, granules, liquids or other forms. Lakes are water insoluble. Lakes are more stable than dyes and are ideal for coloring products containing fats and oils or items lacking sufficient moisture to dissolve dyes.

Colors that are **exempt from certification** include pigments derived from natural sources such as vegetables, minerals or animals. Nature derived color additives are typically more expensive than certified colors and may add unintended flavors to foods. Examples of exempt colors include annatto extract (yellow), dehydrated beets (bluish-red to brown), caramel (yellow to tan), beta-carotene (yellow to orange) and grape skin extract (red, green).

Learn more: www.fda.gov/Food

Calendar of Events

CONCERT UNDER THE PINES

June 2, 6:30-8:30, Audubon Park
Washington's Army National Guard Band performs. Bring a picnic basket and enjoy this big band concert. 326-4200

FOURTH OF JULY CELEBRATION

July 4, 10am-11pm, Riverfront Park
Music, food and fun at Riverfront Park with culminating with a spectacular fireworks show.
www.spokaneriverfrontpark.com

VALLEY GIRLS & KIDS TRIATHLON

July 12-13, Liberty Lake
The Valley Girl Triathlon will take place in beautiful Liberty Lake with a 12 mile bike ride, 3 mile run and and a 1/3 mile swim. The Valley Kids Triathlon will take place at the same time. Kids ranging in ages from 6-12 are eligible.
742-9396; www.valleygirltri.com

ART ON THE GREEN

July 31 – Aug 2; North Idaho College Campus
3-day celebration of the arts complete with hundred of booths, children's hands-on-art projects and "clothes line" art collections along with The Downtown Street Fair and The Taste of Coeur d'Alene. (208) 667-9346

GROOVY GARLIC

In ancient times, garlic's pungent odor was believed to supply strength and courage to those who ate it. Garlic has been used for embalming, warding off evil spirits, and curing everything from the common cold to broken bones. Even in modern times, garlic is still being promoted as a health food with medicinal properties. Though garlic is nutritious, many claims are not backed up by research.

Garlic is a member of the Allium genus and classified as Allium sativa. The garlic bulb is covered with a loose, white, crackly outer skin and comprised of individual sections called cloves. Each clove is covered in a white sheath. Garlic is very popular in the Middle East, Mediterranean countries, India, and China. In America, 250 million pounds of garlic are consumed per year and its use is growing.

Garlic is available year-round. When buying fresh garlic, choose from plump, dry heads that feel firm. Avoid soft, mushy or shriveled cloves. Garlic should be stored in a cool, dark place (though not a refrigerator) and will keep for several weeks. Cloves that have sprouted can still be used but they will not be as strong in flavor as fresher cloves. The sprouts themselves can be cut up like scallions and chives and used in dishes.

To remove garlic odor from hands, use salt or lemon juice and then wash your hands with soap.



To bake garlic, place whole, unpeeled bulbs rounded side down in a shallow baking dish, drizzle with oil, cover with foil and bake for 1½ hours at 325°F.

POTATO AND PORK CURRY

- 1 medium onion cut in wedges
- 2 cloves garlic, minced
- 2 tsp curry powder
- 1 tsp olive oil
- 1 can (14 oz) tomatoes
- 1 can (14 oz) no-salt added green beans, drained
- 4 potatoes (medium-sized), cooked and cut in chunks
- 2 cups cubes or strips of cooked pork
- 1/3 cup seedless raisins

Place onion, garlic, curry and oil in 2 quart casserole. Microwave on high for 2 minutes. Stir. Add tomatoes and green beans. Microwave on high 4 minutes- stirring after 2 minutes. Add potatoes, meat and raisins. Mix well. Microwave on high 2 minutes or until hot. Season with salt and pepper, if desired.

Serves 4– Nutrition per serving:

Calories 350, Fat 6g, Cholesterol 65mg, Sodium 200mg, Carbohydrates 50g, Fiber 7g, Sugar 14g, Protein 26g, Vitamin A 10%, Vitamin C 60%, Calcium 8%, Iron 20%