May/June 2014

DHSS Worksite Wellness Committee

W@W

Winning @ Wellness

This Issue:

Be Healthy @ Work
Employee Buzz
Eat Smart @ Work
An Ounce of Prevention
Worksite Wellness News

Be Healthy @ Work: Understanding Weight Stigma

Have you ever looked at someone who is overweight and had a negative thought? Has anyone ever made a derogatory comment to you about your weight? If so, you have experienced weight stigma which is a bias towards someone who is overweight. Overweight individuals are often assigned negative characteristics based solely on their weight.

How Common is Weight Stigma?

Weight stigma plays a role in our everyday lives. It is present in our personal lives, at work, in schools and in healthcare settings. Unfortunately, it is a socially acceptable form of prejudice in our society and hardly anyone challenges it. Many average weight people believe it is okay to judge and direct cruel comments and looks to people who are overweight because they believe that weight is something that can be controlled.

Although we view other types of discrimination (race, gender and age) as negative, many people think it is okay to discriminate against an overweight person. The stigma can take the form of verbal assaults (such as ridicule, teasing, insults, derogatory names or stereotypes), physical assaults (touching, grabbing or other aggressive behaviors) or imposing other barriers due to weight (medical equipment that is too small, not having clothes in larger sizes and having chairs in public places that do not accommodate all sizes of people).

Who is Affected?

Both adults and children can be affected by weight stigma. Children are affected in many ways. They are often teased by other children, adults and family members. A Centers for Disease Control and Prevention (CDC) study found that teachers often perceive overweight students to be untidy, overly emotional, less likely to succeed at work and more likely to have family problems than normal-weight children. They also have lower expectations of overweight students across a range of ability areas.

Obese students are less likely to be accepted for admission to college, even if they have comparable academic records. Sometimes overweight students are dismissed from college because of their weight.

Peers of overweight children regard them as undesirable playmates who are lazy, stupid, ugly, mean and unhappy. These experiences negatively impact the quality of life. Obese children tend to miss more days of school, can be more vulnerable to depression, have low self-esteem, inferior body image and suicidal thoughts. They also are more likely to engage in unhealthy eating habits and avoid physical activity in school.

Children's media also has a tendency to promote negative messages about being overweight. Overweight characters are rarely on screen or play minor stereotypical roles. Also, they are rarely portrayed in a romantic relationship and are more likely to be the object of humor and ridicule.

Adults suffer from weight bias in different settings also. In the workplace, employees who are overweight are viewed by co-workers and employers as less competent, lazy and lacking in self discipline.

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These views can have a negative effect on their wages, promotions and decisions about employment status. Overweight people are also less likely to be hired, even if they have identical qualifications as normal weight applicants.

There is even weight bias in healthcare settings. It has been reported that some physicians, nurses, dietitians, psychologists and medical students have negative attitudes about their patients' excess weight. These biases can have a negative impact on the quality of care received. Some overweight people are reluctant to seek medical care and may also delay important preventive services. Healthcare providers often view overweight people as non-compliant, dishonest, lazy, lacking self control, unintelligent and unsuccessful.

Consequences of Weight Stigma

Weight bias can have a serious and negative impact on the quality of life of overweight people. Psychological effects can include:

- Depression
- Anxiety
- Low self-esteem
- Poor body image

Social effects can include:

- Social rejection by peers
- Poor quality of interpersonal relationships
- Potential negative impact on academic outcomes

Physical effects can include:

- Unhealthy weight control practices
- Binge-eating
- Avoidance of physical activity

What Can Be Done to Help Combat Weight Stigma?

Transforming our society's attitudes about weight stigma and enacting laws that prohibit discrimination based on weight are both needed to help eliminate weight stigma. Some strategies that could be employed are:

- Educate others about weight stigma and help challenge negative attitudes
- Obtain social support from others who are struggling with weight stigma or from supportive friends and family
- Instead of avoiding enjoyable activities because of negative feelings about weight, set goals to ease these restrictions and participate more fully in those experiences
- Practice positive self-talk strategies that emphasize self-acceptance and positive self-esteem
- Be vocal about individual needs and positively assert them to appropriate individuals
- Communicate to the perpetrator of the stigma that his/her comments are inappropriate and hurtful, and that nobody deserves unkind remarks
- Talk to a therapist to help identify ways to cope with the stigma and to replace self-defeating thoughts or self-blame with healthier ways of coping

Resources:

http://www.obesity.org/resources-for/obesity-bias-and-stigmatization.htm

http://www.obesityaction.org/weight-bias-and-stigma/understanding-obesity-stigma-brochure/understanding-obesity-stigma-brochure-viewer

www.yaleruddcenter.org

END WEIGHT STIGMA

"Stigma: The Human Cost of Obesity" is a compelling video from the HBO special ***Weight of the Nation.*** It shares how weight stigma affects people who are overweight and is a good tool for educating others.
http://theweightofthenation.hbo.com/watch/bonus-shorts/stigma-the-human-cost-of-obesity

An Ounce of Prevention:
Don't Let Ticks Spoil Your Outdoor Fun

Ticks enjoy a summer treat just as much as you. The problem is that their favorite treat is you. Be aware of the possibility of illnesses transmitted by ticks this spring and summer. And for people over the age of 50 – like many of us at DHSS – we are more likely to have serious illness that can lead to complications – if we develop a tick-borne illness.

Missouri ticks can carry a variety of microorganisms that can cause serious or even deadly disease. While not all ticks carry these microorganisms, and not all tick bites lead to illness, learning and following simple but effective prevention measures is the best way to avoid tick bites that could lead to illness.

A common misconception about ticks is that they are only found out in the countryside in deep woods, pastures or thick brush. However, ticks are probably closer than most people think. They can be found in the yard of an average home, as well as in bushes and leaf litter around the property.

Though tick-borne illnesses can become serious if left untreated, there is no reason for people to dramatically change their lifestyles or panic if they find a tick attached to themselves or their child. By following some very easy but effective prevention measures, people can protect themselves against tick-borne illness and enjoy Missouri's outdoors through the warm weather months.

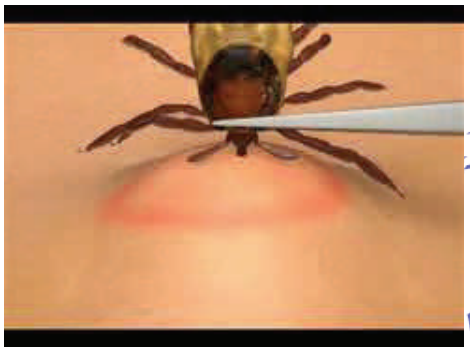
Tick Bite Prevention Basics

- **Reduce tick habitat around the home and avoid heavy brush and tall grass elsewhere –** Keep the lawn cut short and cut back tall grass and brush from around the property. When enjoying the outdoors, stay to the center of trails and avoid walking through tall grass or brush.

- **Keep ticks off your skin –** Before spending time outdoors, apply a repellent that contains 20 – 50 percent DEET, and read the label to make sure you are using it correctly. The American Academy of Pediatrics recommends using repellents containing a concentration of 30 percent DEET or less on children over two months old. Wear long sleeved shirts tucked into pants, and tuck pants into your socks or boots.

- **Perform tick checks** – After being outdoors, even in your own yard, check yourself, children and other family members every two to three hours for ticks. Look at their clothes and run your fingers over scalp and skin, looking for small bumps or new "moles," and check hair, ears and underarms. At night, before going to bed, use a hand-held or full-length mirror to view all parts of your body.

- **Immediately remove attached ticks** – Using a pair of fine-tipped tweezers, grasp the tick by the head or mouthparts right where they enter the skin. DO NOT grasp the tick by the body. Without jerking, pull firmly and steadily directly outward. DO NOT twist the tick out or apply petroleum jelly, a hot match, dish soap or any other irritant to the tick in an attempt to get it to back out. Place the tick in a small container of alcohol to kill it and later discard in the trash. Clean the bite wound with soap and water and apply a commercial topical antiseptic. If any of the tick's mouthparts remain embedded in the skin, it is not necessary to "dig" it out – cleansing and disinfecting of the tick bite site is all that is recommended.



Contact your medical practitioner **if you develop symptoms** such as a sudden fever, headache, body aches or rash within 14 days of getting a tick bite. There are specific antibiotics available to treat tick-borne illness. If there are no symptoms after a tick bite, there is no need to take antibiotics.

You can read more about ticks online on the Department of Health and Senior Services website. Also feel free to order educational materials to share in your community.

"How do you protect yourself from the sun?"

"I never really worried much about protecting myself from the sun as I have always loved to tan. Soaking up some rays of sunshine next to a pool or ocean is my ideal happiness but my brother was diagnosed with more than one cancer a few years ago and at one time had skin cancer removed. At that point I became more aware of the dangers of the sun. I use sunscreen of at least SPF 15 when I am outside. If I am at a ballgame or somewhere outside all day, I wear a hat or visor to protect my face. I always wear sunglasses even if it isn't summer because my eyes are very sensitive to the bright shiny sky. I also wear makeup that has a low level SPF to protect my face. I know with my son I have him wear a t-shirt if he is swimming and limit the time that he is in an outside pool during the hours of 10am-4pm." **Heather D. Housh, Adult Protective and Community Worker II**

"I usually wear sunglasses and/or a sun visor; but on really hot days I also use sun block especially if I'm outside for a long period of time or at an amusement park." **Treaka Young, Assistant State Long-Term Care Ombudsman**

"I protect myself from the sun by making it a regular habit to use moisturizer with sunscreen. I also use sunscreen when I am outside in the sun for any extended time. In fact, I bought sunscreen for the trip to Florida yesterday, and I purchased a big enough bottle to share as I am going with students from Jefferson City High School's Jay Band. Planning on playing at the beach, and don't want to be burnt for the trip home!" **Stacey J. Wood, ERC Duty Officer**

"I apply 50 SPF sunscreen every morning to my face. If I know I'll be spending time outside, I love the spray sunscreen for myself and the family (they even have the sunscreen you can spray on wet skin, which is awesome to chase my little ones with at the swimming pool)." **Meredith Curry, Personnel Officer**

We want to hear from you for the next Employee Buzz! "***What are your favorite summertime fruits and veggies and why?***" For example, **"Black Diamond watermelons. I love them because they are so sweet and tasty."** Email your response to worksitewellness@health.mo.gov. Please tell us if you do not want your name included with your quote.

SITTING: Hazardous To Your Health

We already know that sitting for long periods of time does damage to our bodies. But researchers at Northwestern University are now saying that each additional hour spent sitting increases the risk of becoming physically disabled by about 50 percent for those 60 and older—no matter how much exercise they get.

Get the full scoop at: http://www.npr.org/blogs/health/2014/02/19/279460759/sit-more-and-youre-more-likely-to-be-disabled-after-age-60

Eat Smart @ Work: Snow Peas Stir-Fry

A simple, healthy, easy to prepare dish.

Ingredients:
2 tsp. toasted sesame oil
2 cups sliced fresh snow peas
1 cup thinly sliced carrots
1 cup sliced mushrooms
½cup green onion, thinly sliced, divided
1 tbsp. light soy sauce
8 oz. rice noodles or other Asian noodles (2 cups), cooked
Sesame seeds (optional)

Preparation:
1. Coat a nonstick wok or skillet with sesame oil. Place over high heat 1 minute.
2. Add snow peas, carrots, mushrooms and ¼ cup of the green onion. Stir-fry over high heat until vegetables are crisp-tender.
3. Add soy sauce and cooked noodles. Toss 1 to 2 minutes or until heated. Top with remaining ¼ cup green onion. Sprinkle with sesame seeds, if desired. Serve immediately.

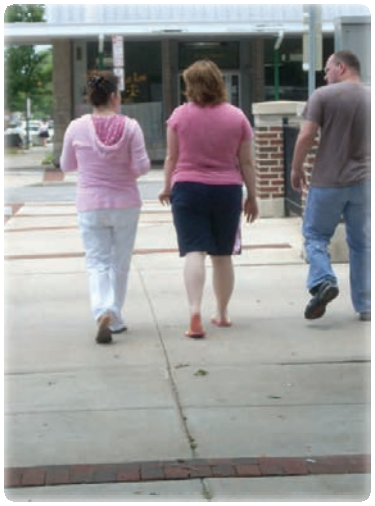
Yield: 4 servings

Source: Healthy 100 Recipes
https://www.healthy100.org/recipe/snow-peas-stir-fry#sthash.ejqTGXmc.RapT8Mw1.dpbs

Nutritional Information
Amount per Serving

Calories: 268
Fat: 3g
Cholesterol: 0mg
Sodium: 177mg
Carbohydrate: 56g
Dietary fiber: 6g
Protein: 6g
Saturated fat: 0g

Move More @ Work: Pedestrian Safety



Now that warmer weather is here more folks are doing their walking outdoors. Walking is good for your health, and it's good for the environment too. But before you head out on foot for a stroll, power walk or errand, there are important safety tips to remember.

Pedestrians—people who travel by foot, wheelchair, stroller or similar means—are among the most vulnerable users of the road. In the next 24 hours, on average, more than 460 people will be treated in an emergency department for traffic-related pedestrian injuries. In the next two hours, on average, one pedestrian will die from injuries in a traffic crash. Unfortunately, pedestrians were one of the few groups of road users to experience an increase in fatalities in the United States in 2011, totaling 4,432 deaths.

Take Steps for Safety
Whenever you're walking, keep these tips in mind:
- Cross the street at a designated crosswalk.
- Be careful at intersections where drivers may fail to yield the right-of-way to pedestrians while turning .
- Increase your visibility at night by carrying a flashlight and wearing retro-reflective clothing.
- It's safest to walk on a sidewalk, but if you must walk in the street, walk facing traffic.

Sources:
http://www.cdc.gov/Features/PedestrianSafety/
http://www.nhtsa.gov/Pedestrians

DHSS Wellness Superstar

Jackie Oden works in the Division of Regulation and Licensure, Section for Long-Term Care Health Education Unit. She became a fan of exercise when she was about 10 years old and started gymnastics. The group had nutrition classes that taught them how to eat for the best performance. Since they worked out for three to four hours a day, proper nutrition was very important. This is when her interest in nutrition started. She realized how you eat affects how you perform mentally and physically. She continued gymnastics for ten years- through her first year of college.

Making Lifestyles Changes

It became very important to watch what she ate when at 24 she was diagnosed with celiac disease and type II diabetes. Jackie says her emphasis is on long term health. Some of Jackie's rules for good nutrition include:

- Getting the recommended servings of veggies each day
- Consuming whole foods and not a lot of processed foods
- Eating protein with each meal

For example, for breakfast she likes oatmeal made with Greek yogurt and Arbonne protein powder or whey protein. At mid-morning, she eats a snack of whole grain gluten free toast with peanut butter or a chocolate Arbonne shake. Her most important meal is dinner. She likes fish or lean chicken, fruit, and a huge bowl of vegetables such as zucchini, peppers, squash, cauliflower and green beans seasoned and sometimes topped with salsa. Her dietary choices affect the way her children, Tyler and Alex, eat also. They have been raised to eat lean meat, vegetables and fruit. Alex loves broccoli and Tyler loves apples.

Staying Active

When it is nice outside Jackie likes to hike with Tyler and Alex and they enjoy taking their dog, Truman, for walks. Her children are interested in exercise also. Tyler wants to be a football player for University of Missouri or a Ninja warrior, and Alex likes football too. Since Jackie's dad is a basketball coach, they may get interested in that too.

Jackie leads two 30 minute exercise classes for co-workers at DHSS. In addition, she works out for 60 minutes four to five times a week, and walks on her breaks at work. She said exercise at work makes the day go faster, provides great company and makes her more alert and productive.

Being a Change Agent

Jackie serves as an inspiration to others with her healthy eating and exercise regimen. In her spare time she likes to help others with improving their health by tweaking their diets or exercise regimens. She has a wellness page on Facebook and people come to her at work and where she works out to ask for advice.

A co-worker who attends the exercise class Jackie leads said she makes working out fun and motivates her to move more. Another one of Jackie's coworkers said everyone can see the results of Jackie's dedication to exercise and her enthusiasm for healthy eating and it is inspiring!

> "You are never too old to set another goal or to dream a new dream."
>
> C.S. Lewis

Worksite Wellness News

Strive For Wellness Ambassador Update

The *Strive for Wellness* Health Center, located in the Truman Building in Jefferson City, is now open for appointments. The health center is a pilot project to bring basic health care to employees enrolled in an MCHCP medical plan, right where they work. It offers routine care for common illnesses and basic preventive care at hours designed to fit into a hectic workday.

The health center provides treatment for uncomplicated minor illnesses and preventive health care services including, but not limited to:

- Common illnesses: allergies, bladder infections, bronchitis, ear infections, pinkeye and styes, sinus infections, strep throat, flu, laryngitis and mononucleosis (mono)
- Skin irritations or infections: athlete's foot, cold sores, tick bites, minor burns and rashes, minor sunburn and poison ivy
- Screenings: full-panel cholesterol, Hemoglobin A1c, health awareness, memory assessment, pregnancy test and thyroid
- Vaccines: flu, Hepatitis B, meningitis and MMR

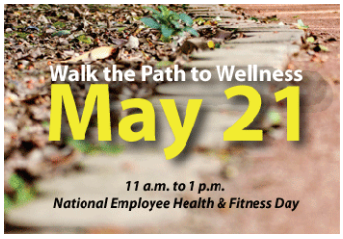
For more information about the *Strive for Wellness* Health Center please visit http://www.mchcp.org/stateMembers/striveForWellness/FAQs_2014.asp.

The *Strive* Ambassadors have also been busy planning statewide fitness events. The first is "stretchapalooza." Employees will receive two emails on May 29th reminding them to stretch. The emails will have some basic stretches that can be done at your desk and resources for more information. As always, the wellness committee welcomes your ideas and encourages your participation in all DHSS and *Strive* initiatives. Please feel free to provide feedback to your committee members or ambassadors.

Sincerely,
Pat Simmons & Michelle Jacobsen
DHSS Wellness Ambassadors

Upcoming Wellness Events

DHSS 100 Missouri Miles Challenge
Join the First Annual DHSS 100 Missouri Miles Challenge! Sign up (by Division) on the Missouri 100 Miles website at: http://100missourimiles.com. At the end of each week, the Division with the largest percentage of their employees signed up in their group will get bragging rights and the traveling trophy plaque. At the end of each month, the Division with the largest percentage of their employees signed up in their group will have the opportunity to wear jeans the last full week of the following month. At the end of August, the winning Division will be the Division with the most miles logged per capita (total miles logged divided by number of employees in the Division).



National Employee Health & Fitness Day
Join your fellow employees on **Wednesday, May 21, 2014** for National Employee Health & Fitness Day! This year's theme is "**Walk the Path to Wellness.**" Check out upcoming Worksite Wellness Weekly Messages for more information on this event!

Save the Date! State Employee 5K
The 2nd annual Missouri State Employee 5K Run/Walk is scheduled for Saturday, October 4th! **There will be walks in various locations across state.** Watch for more information!

Walking Wednesdays
The **1st and 3rd Wednesdays** of every month are **Walking Wednesdays**. But don't forget that if there is a ***5th*** Wednesday in a month, that too is a Walking Wednesday! **REMINDER: By wearing jeans on a Walking Wednesday, you are committing yourself to walking a total of 30 minutes at break and/or during your lunch.**