

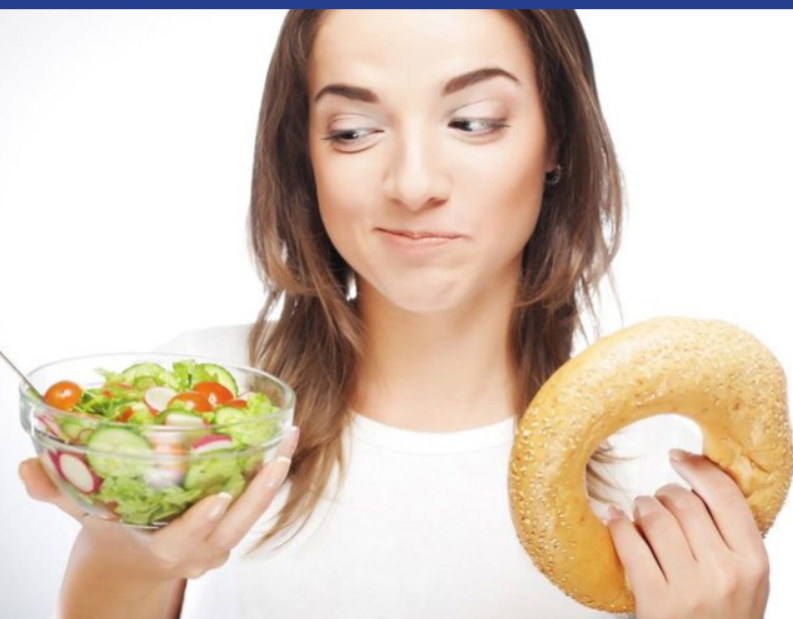
January 2016 Newsletter

PEIA Pathways to Wellness

INSIDE THIS ISSUE

**Cover: Workplace Woes:
Derailing Diet Efforts**

- 2: Cooking Corner: Bean Dip
- 3: Boosting Immunity
- 4: Making Resolutions Matter
- 5: New Year, New You
- 6: High-Value Care
- 7: Exercise of the Month
- 8: Junk Food = Junk Sleep
- 9-11: Region Summaries



Workplace Woes: Derailing Diet Efforts

By: Cathy Shaw, RD, LD
PEIA Weight Management Program

Is your workplace a haven for healthy eating, or torturing you with temptation? Many of my clients come to me with stories of break rooms stocked with donuts, chips, and homemade brownies. And, if it's not the break room, it's candy dishes filled with chocolate, or corporate reps bringing in catered food and desserts. This can make the office a very difficult place to navigate when you are trying to lose weight, or simply lead a healthy lifestyle. Given the fact that most of you spend more than 40 hours a week on the job, your work environment can be a great support system for you, or could also have damaging effects on your weight loss efforts and healthy eating goals. Many people have very stressful jobs and often admit to turning to food for comfort. When the foods they are faced with at work are cake and cookies, these are the foods they choose. So, even though you may think it's nice to bring in donuts every day for your coworkers, it is likely not helping their stress levels or their health.

REST WELL. EAT WELL. FEEL WELL.



Continued on Page 10-11

Cooking Corner: Yummy Bean Dip

By: Angela Watkins

Each month we will be highlighting a recipe from our WV Delights Cookbook. You can access these recipes by going to www.peiapathways.com go to resources and click “Recipes.”

The perfect healthy choice to bring to share for the big game or an office event.

Yields: 1 serving
Prep Time: 5 min
Cook Time: 0 min

Nutrition Information

Calories	90
Fat	0 g
Carbohydrate....	15 g
Fiber	5 g
Protein	6 g
Sodium	125 mg

Source: WVU Extension Service, Gloria F. Wagner, MS
LD and Julie Matthews, NOI

Ingredients:

- 1/3 cup cooked chili beans
 - 1 tsp plain nonfat yogurt
 - 1 Tbsp salsa
- (May also substitute fat free refried beans for the cooked, whole beans – sodium content will increase to 356mg)

Directions:

- Place beans in small zip bag. Squeeze out any excess air.
- Mash beans with fingers. After beans are
- smashed, add yogurt and salsa.
- Seal zip bag and mix with fingers.
- Open and enjoy your dip with corn chips. Serve with baked tortilla chips or fresh vegetables.



Lifestyle Changes to Boost Immunity

By: Janelle Humphrey-Rowan, ND Naturopath

Even though this year's flu season is off to a late start, there are plenty of reasons to do all we can to protect ourselves from it and other illnesses. One way for many may be getting a jump start on New Year's resolutions. Many of the most common resolutions have the additional benefit of increasing our immunity. Here are some examples:

- **Get active.** Even though researchers haven't pinpointed the exact reasons why exercise seems to boost our immune system, we know that regular moderate level physical activity contributes in many ways to overall wellbeing. One reason exercise is believed to aid in fending off illness is because it promotes circulation. This allows cells and substances of the immune system to move through the body freely and do their job efficiently. Some studies have also demonstrated that it results in an increase in certain immune cell types. Exercise releases endorphins, your body's feel-good chemical.
- **Maintain a healthy weight.** Studies have shown that obesity can contribute to impairments in the immune response which would lead to increased chances of contracting an illness.
- **Sleep.** Sleep deprivation suppresses immune system function. In particular, studies show that well-rested people who received the flu vaccine developed stronger protection against the illness. When we sleep we also have a better response to fever that helps fight off anything we may have contracted. Not getting enough sleep can also lead to higher levels of stress hormone and inflammation in the body. The recommended amount for an adult is usually between 7 and 9 hours.
- **Minimize stress.** Chronic stress in particular may lead to decreased immune cell and substance production, leaving us more vulnerable to infections.
- **Laugh more.** Laughing curbs the levels of stress hormones in your body and can boost a type of white blood cell that fights infection. Just anticipating a funny event can have a positive effect on your immune system. In one study, men were told 3 days in advance that they were going to watch a funny video and it caused their levels of stress hormone to drop.

Continued on Page 10

Making your NYE Resolutions Matter

By: Grace Matthews



It is that time of year when most of us make resolutions for the New Year. Often, resolutions are broken very early in the year because they impose a number of restrictions that may be difficult or impossible to accomplish. This year, instead of making strict resolutions like, “I will not eat sweets in 2016,” try to be more realistic. Set goals such as, “I will cut back on my consumption of sweets in 2016.” If your long-term goal is to eliminate soda from your diet, try to initially reduce soda intake and focus on drinking more water. By

setting **SMART** goals, (Specific, Measurable, Attainable, Realistic, Time-Sensitive), that are doable, you will not feel deprived or defeated if you have a setback. Write down your resolutions and place them in a location that you will be likely to see regularly. This will constantly remind you of your goals and help you stick with them. Remember, several small changes can add up to larger changes which will ultimately have a positive effect on your health.

You can be successful in sticking to your resolutions if you take small steps and reward yourself when you maintain control of the habits you wish to change.

Make 2016 the best year yet by making small changes to improve our health!

New Year, New You

Make your Fitness Resolutions Stick

By: Charity Duvert

To most of us, the beginning of a new year brings with it a chance for a fresh start or a chance to become a new, better version of ourselves. Physical fitness is usually a popular focus for resolutions. However, it can be difficult to start and maintain a regular exercise routine if you haven't been active in the past. With the new resolve to become more active, many people flock to gyms for new memberships or invest in new exercise equipment and fitness gear. Here are some simple steps to maintain a resolution to become more active:

Start small: The ultimate goal may be to get fit. The first step is setting small, manageable goals. Instead of saying, "I'm going to get fit this year", try "I want to lose 10 pounds or 2 inches off my waist". This will seem like a smaller task and progress will be easier to track. You will feel when your clothes start to fit a little easier, which will motivate you to keep going. You could modify your mini goals or set new ones as you progress.

Plan for it: The adage easier said than done is very true for new resolutions. Take the extra step to plan how you will achieve your goal. Schedule time to exercise and stick to it as you would be diligent in keeping important appointments like doctor visits. If you fail to keep the appointment, you will have to reschedule and try again soon after.

Focus on your progress: Change takes time. Don't feel defeated if you don't reach a goal by a particular time. Instead, focus on how far you have come. The number on a scale matters, but remember how much better or happier you feel, the amount of energy you now have, or how your clothes fit.

Enjoy yourself: There are many types of exercises. One size does not fit all. Try different types until you find the ones you enjoy. You're more likely to stick with an exercise program if you have fun doing it. Look for new programs online or through suggestions from friends and co-workers.

Think positive: This can be a resolution by itself. When challenging yourself, there's always a chance you might fail. However, you have to believe in yourself enough to know that if you find yourself failing you will need to get back up and try again. Figure out what barriers are challenging you and list ways to address them.

Up the challenge: As you continue to hold on to your resolve, you may realize the goals you set for yourself are getting easier or boring. This is the time to push yourself. If you've been exercising one way, try another one that is a little more challenging. For instance, if you've only been walking, increase your walking speed or try to add a few jogging minutes, or even add some weight lifting or body weight exercises.

Reward yourself: Every once in a while, take the time to recognize your efforts and reward yourself. Try to make rewards something that would not derail your efforts. You could buy yourself a new fitness outfit or take yourself out for a healthy meal.

Do it for YOU: You are your biggest fan and the best thing you can do for yourself is to succeed. You need to love yourself enough to want to change. New resolutions should be for you and you alone. The time to do it is now, so get up and go for it. **Happy New Year!**

Are You Receiving High-Value Care?

A term you will begin to hear in reference to health care is “high-value care.” High-value care means providing the best care possible while efficiently using resources in order for each patient to obtain their own optimal results.

Why does this matter? Research suggests there may be as much as 20% waste in using health care resources in the United States. Waste in health care refers to any services, products, or processes that do not help patients and are not necessary. This contributes to increasing health insurance premiums and increased out-of-pocket expenses.

With shrinking budgets, most individuals and organizations seek to reduce costs and improve the value of medical care delivery. Targeted areas typically include care coordination, patient safety, and administration of health care organizations, pricing, and overuse or inappropriate use of resources. Overuse may be common in lab testing, x-ray review, or treatments that have questionable benefit. Medical schools and professional societies are now emphasizing the delivery of higher-value care. In the December 8, 2015, issue of JAMA, an article reports on how doctors can learn to deliver high-value care.

Some Examples of High-Value Care Recommendations

Although many tests and treatments may be used unnecessarily, the following 3 are very common and the changes outlined can improve the value of health care delivery.

- Imaging (such as x-ray and computed tomography scans) within the first 6 weeks following the onset of low back pain usually does not change how patients are

treated and is usually not necessary. Low back pain is the fifth most common reason for all physician visits. Imaging is commonly performed but is not usually helpful and poses a radiation risk.

- When sinusitis lasts for less than 7 days, studies suggest that antibiotics should not be given. Sinusitis usually has causes other than the bacteria that antibiotics are used to treat. Unnecessary antibiotic use can have side effects such as allergic reactions or diarrhea. Sinusitis usually resolves on its own without the need for antibiotics.

- Yearly electrocardiography, a test assessing the electrical and muscular function of the heart is not necessary when there are no symptoms of heart problems or if someone has a low risk of heart disease. Screening for heart disease by routine electrocardiography does not improve long-term health.

Things You Can Do to Pursue High-Value Care Ask your physician questions, especially if tests or treatments are discussed.

- What are the risks of tests or treatments?
- How will this test or treatment help me?
- Are there any other options beyond what was just recommended?
- What would happen if I do not do anything?

Asking these questions helps with informed and shared decision making with the goal of having high-value care.

(The following article includes excerpts from an article in the December 8, 2015 Journal of the American Medical Association, Vol 314, Number 22 entitled HIGH VALUE CARE.)

Exercise of the Month: Lateral Lunges

By: Marjan Washington

The lateral, or side, lunge, is a variation of the classic exercise that involves stepping side-ways instead of forward. This exercise targets the gluteus maximus and hamstring muscles, extending the hips, and the quadriceps, extending the knees. The inner-thigh muscles also benefit from this exercise.

Instructions:

1. Position your feet on the floor so they're hip-width apart with your toes pointed forward.
2. Lift your right leg and step to the side. Once your foot is fully planted, push your hips back and bend your right knee to lower into a lunge.
3. Descend until your right thigh is about parallel to the floor, then extend your hips and knee to come back up.
4. Return your right foot to the starting position and then perform the next repetition, this time stepping to the side with your left foot.
5. Continue back and forth until you complete 10 repetitions with each leg. Begin with 2 sets.

You can make this exercise more challenging by holding a pair of dumbbells in each hand. This adds some resistance to the exercise which will aid in burning more calories.



Junk Food Equals Junk Sleep

By: Beth Metzger



We have all had mornings when we wake up red eyed with bags under our eyes that look like you have packed for an extended vacation. You've tossed and turned for most of the night leaving your FitBit or Jawbone sleep indicator looking like a line graph of the stock market with all of its peaks and drops. Perhaps the culprit is that bag of chips you ate while watching the late show? Evidence has recently proven unhealthy food choices have a negative effect on quality of sleep, resulting in JUNK SLEEP.

Junk sleep is a term used to describe insufficient, inadequate and fragmented sleep. This type of sleep, over time, has also been proven to

create a sleep debt that is never paid off. What snacks should you avoid especially before bed and what exactly is their impact on your Zzzs? According to the American Academy of Sleep Medicine, unhealthy snacks that have high levels of saturated fats result in getting less deep, restorative sleep. Snacks high in sugar cause a more wakeful night's sleep. If you tend to get the bedtime munchies, try a snack that is higher in fiber, as fiber helps your body sleep deeper. Not only will healthy choices before bed help you sleep better, but they also revive your will power to continue making healthy food choices and keep that New Year's resolution to exercise daily.

A healthy lifestyle is a combination of making healthy food choices, regular exercise, stress management and adequate quality sleep. The success of the topics depends on the success and mindfulness of the others. Before you snack then slumber, make sure it is something that will encourage Zzzs.

Region Summaries

1 Region 1 (Hancock, Brooke, Ohio, Marshall, Marion, Wetzel, Harrison, Tyler, Doddridge, Gilmer, Pleasants): With the New Year comes new fitness classes for WV Northern Community College- Wheeling campus in the form of PiYo, Zumba at East Fairmont High School, Tai Chi and Yoga for the Marion County Board of Education. Fitness classes continued in the form of yoga for the WVU Extension Marion County office, City of Fairmont, and Marion County Commission and PiYo at New Martinsville School. Weigh to Go successfully concluded in Hancock County at Oak Glen Middle School, in Marion County- White Hall Elementary, Fairview Elementary, Fairview Middle School, John Manchin Senior Health Care Center, in Harrison County- Bridgeport High School, Simpson Elementary School, and from Doddridge County- Doddridge County Middle School. The Back on Path Walking program came to a conclusion at John Manchin Senior Health Care Center. Dynabands concluded at the Marion County Board of Education. H2O Go got started at Oak Glen Middle School and is scheduled to start at the Fairmont- Morgantown Housing Authority while it concluded at Bridgeport High School and John Marshall High School. The Stress Antidote presentation is currently scheduled to take place at all schools in Tyler County. We are currently promoting Work It Out in areas where an exercise physiologist is available, individual health coaching sessions, and several new offerings by the WVU Extension Service.

2 Region - (Monongalia, Preston, Taylor, Mineral, Barbour and Tucker): At WVU, a Yoga class continues until the end of February as the Weigh to Go program comes to an end. More coaching sessions are scheduled around different locations while plans are also underway for the Work It Out program. South Middle has kick-started the new year with the H2O Go program, while Skyview Elementary is getting ready to begin. Participants at Kingwood Elementary have decided to focus on getting more active and hydrate with the Walking and H2O Go programs. A Zumba class is still going strong at Kasson Elem. & Middle.

3 Region - (Pendleton, Hardy, Grant, Randolph, Tucker and Upshur): Pendleton – Health coaching and cardio checks took place at the Courthouse. Grant – BOE and PHS cooks will complete Back on Path this month. WIC employees completed the 7 week Weigh to Go challenge with great success! They also completed the 6 week walking challenge which they felt was very helpful over the holidays.

Hardy – Moorefield Intermediate and Middle school both completed the H2OGo program. The middle school successfully completed the Weigh to Go holiday weight maintenance challenge with everyone maintaining their weight within 2.5 pounds or losing weight! Eastern Community College also concluded the Weigh to Go Challenge with great success and continuing healthy lifestyles with the Work It Out program. Moorefield Middle School is beginning the 6 week walking challenge. The Courthouse concluded the 6 week walking challenge before the holidays and is continuing on their own with an on-site fitness class. Moorefield Elementary School has remained active with an on-site fitness class they contracted independently. East Hardy Early Middle School is on the home stretch of the cardio class, they will conclude this month. Randolph – Huttonsville Correctional Center, Elkins DHHR and Health Dept all finished up the 7 week Weigh to Go Challenge with amazing results. Huttonsville CC will finish up with the H2OGo program later in the month and begin the 6 week walking program. A new state wide site, the Office of Parole will be embarking on the 6 week walking challenge offered state wide. This effort is being coordinated out of the Elkins office. Tucker - Tucker Early Middle school concluded the H2OGo program this month. Upshur – Planning began with the school system to participate in an onsite fitness class as well as beginning the H2OGo program. The Weigh to Go challenge conducted from Thanksgiving to New Year's was a huge success in Region 3 with close to 60% of participants actually losing weight over the holidays and 40% were able to maintain within 2.5 pounds of their beginning weight.

4 Region - (Mercer, McDowell, Monroe, Raleigh, and Wyoming): Region 4 is welcoming the New Year with several successful weigh outs from our Weigh to Go program that took place before Thanksgiving and ended after the first of the year. Participating programs include Raleigh Board of Education, Raleigh DHHR and Crescent Elementary School in Raleigh County, Craft Memorial Library in Mercer County, Huff Consolidated in Wyoming County and Summers County Courthouse in Summers County. Raleigh Board of Education is participating in the H2O Challenge for the New Year. They have divided up into teams within their departments to focus on drinking more water. New River Community College began our Tri Me program at all of their campuses. They will begin with the H2O Go presentation and challenge. Bradley Elementary School in Raleigh County continues to have a successful Zumba class. As well as Huff Consolidated in Wyoming county participating in their Beginner Fit cardio class.

5 Region - (Fayette, Greenbrier, Nicholas, Pocahontas, Summers, Webster): Region 5 is onto a great start in 2016!!! Greenbrier County Schools, Eastern Greenbrier Middle, Greenbrier Co DOH, Fayette County Library, WV DHHR Nicholas, WV DHHR Webster, WVU Tech, Robert C Byrd Clinic and WV DRS Lewisburg are wrapping up their wildly successful Weigh to Go programs. Greenbrier East High School and Western Greenbrier Middle school is getting Back on Path and have over 75% of their staff participating. Greenbrier West High School and Eastern Greenbrier Middle are staying hydrated with H2O Go program. Oak Hill High School and Eastern Greenbrier Middle are staying active with very successful Zumba classes. Many worksites are planning to begin their programs in the next coming months and we are looking forward to a very healthy year!

6 Region - (Jefferson, Berkeley, Morgan, Mineral and Hampshire): Region 6 is starting off the New Year strong. Keyser Primary in Mineral County began the H2OGO challenge and Frankfort High and Frankfort Middle will begin the H2OGO challenge in the next few weeks. Wildwood Middle School in Jefferson County is wrapping up their Zumba class. Burke Street Elementary is still staying hydrated with the H2OGO Challenge as it wraps up later this month. Martinsburg South Middle School and Spring Mills Primary in Berkeley County completed the Back on Path Challenge. Potomac State College in Mineral County wrapped up the H2OGO Challenge. Frankfort High School, Frankfort Middle School, Keyser High School, Potomac State College and Romney Elementary all were successful with the Weigh to Go Program over the holidays.

7 Region - (Kanawha County State Government, Boone, Clay, Calhoun and Logan Counties): Weigh to Go was a great success in Region 7 this year. Clay Elementary, Logan DEP, the Division of Labor, Bureau for Public Health, Division of Personnel, WV Courts, Public Service Commission, Division of Banking, WV Lottery, ABCA, the Governor's Office, the Secretary of State Office, and the Insurance Commission all participated in this program. Logan DHHR started the H2O Go program, as did the Boone County DHHR. The Health Care Authority has continued with the Tri-Me program with the nutrition presentation in November. The DMV has continued its Tai Chi class and the Boone Career and Technical Center is midway through its yoga class series.

8 Region 8- (Cabell, Wayne, Lincoln, Putnam, Logan and Mingo Counties): The Weigh To Go program will be completed by January 18, 2016 in Cabell County, Wayne County and Putnam County. Hurricane Town Elementary has scheduled a series of presentations regarding stress, physical activity and nutrition. Huntington High School started their H2O Go Program and are very excited to be starting their biggest loser challenge as part of their Wellness program. They are also interested in beginning a fitness class for the first time. Huntington Middle School is now participating in the walking program to begin their year by increasing physical activity. Cabell Midland started their fitness class and will be participating in the H2O Go program as well.

9 Region 9 - (Kanawha County Schools, Mason, Jackson, Wirt, Wood, Ritchie, and Pleasants Counties): The New Year is off to a great start in region 9. All the sites who participated in the Weigh to Go challenge did an outstanding job. All sites saw a very high percentage of participants maintaining and losing weight. As the new year gets under way, many sites like WV Rehab Services scheduled months in advance along with other sites like Richmond

Elementary, Spencer Middle, Roane DHHR, Clay Elementary, and Parkersburg Correctional Center. Many sites are scheduling their Back on Path walking programs since spring is right around the corner. Health Coaching is still going well, many follow up appointments will be happening over the next few months and still getting more sites on board. Pratt Elementary and East Bank Middle are sites that are excited to get programs and presentations scheduled for their site. If any of our programs/presentations sound interesting, please feel free to contact me to arrange a date.

Lifestyle Changes (Page 3)

- **Get screened.** See your physician and review your numbers, (blood sugar, glucose, cholesterol, etc.). Other diseases and disorders can have an effect as to how your body responds to the bacteria and viruses it encounters.
- **Get out.** Part of the reason that winter is known as "cold and flu" season is because we tend to be in closer contact with others when we spend more time indoors. Make sure you dress for the weather but as soon as it breaks get out and enjoy the great outdoors of West Virginia.
- **Build relationships.** People who feel connected to friends - whether it's a few close friends or a large group - have stronger immunity than those who feel alone, studies show. In one it was noted that lonely college freshmen had a weaker immune response to a flu vaccine than those who felt connected to others.
- **If you consume alcohol, drink in moderation.** Drinking too much can weaken your immune system, making your body a much easier target. Studies indicate chronic drinkers are more liable to contract disease. Even binge drinking can slow your body's ability to ward off infections up to 24 hours afterwards.
- **Don't smoke.** Smoking actually increases the number of cells that defend your body from infection. However the body sees this as a sign of stress and uses these cells to fight against the inflammation and damage caused by the effects of smoking. Cigarette smoke also contains a number of chemicals which can make your immune system less effective meaning you are more likely to get sick.

Workplace Derailing Diet Efforts (Cover Story, Page 1)

Choosing "junk food" to help increase energy and cope with stress can often backfire as these foods don't contain the essential nutrients your body needs to help sustain energy and keep you healthy. Quite the opposite, these high sugar, high fat, high sodium foods can leave you feeling chronically tired, sluggish, and unable to concentrate. These are not good qualities you will find in a productive workplace! So, what can you AND your coworkers do to help everyone stay on track and bring their "A" game? Here are some great ideas from the PEIA Weight Management Program and





Workplace Derailing Diet Efforts (Cover Story, Page 1)

1. Pack your own meals and snacks. I discuss this with my clients every day. Planning ahead is key when it comes to eating well at work. Pack a cooler bag with healthy foods for breakfast (if you don't eat at home), lunch, and snacks. If you often get stuck at work late, bring extra things to keep in the office fridge or your desk drawer. This will also curb the temptation to go to out, or go to the "loaded" break room or vending machine for food.

2. Find a "healthy eating buddy" (actually, find as many as you can- there is strength in numbers). Finding social support for healthy lifestyle practices makes working toward your goals so much easier! Enlist someone you know who supports your efforts or shares the same goals. Talk about your commitments and how to support each other (or call each other out!) along your journey to good health. There are groups of people at worksites who work great as teams in the Weight Management program.

3. Control your environment. Make the break room and vending machine areas off limits. If you know that tempting food is there, make a commitment not to go near them. Find other things to do on your break. Eat a healthy snack that you have packed, or grab your "buddy" and go outside for a walk. If the vending machine is a big problem, take small change and dollar bills out of your wallet and keep them at home. If office candy dishes are an issue, keep them out of sight. You are much less likely to eat that chocolate if you can't see it.

4. Start a healthy eating group to plan healthy meals or snacks for the office. I actually have clients who take turns bringing in lunch fixings for themselves and their healthy eating buddies so that no one gets out of eating a healthy lunch! It also takes the burden off having to

prep lunch for themselves every day. Try setting up one day a week to bring in healthy snacks for the office like fruit, veggies, nuts and cheese. When others see what delicious foods you bring in, the idea may catch on. You

just might have more people joining your group!

5. Practice saying "No thank you". Yes, really practice this...in a mirror if you have to. There will always be people insisting that you try their special recipe for ooey, gooey chocolate chip cookies. If these are not in your cards for the day, politely say "No thanks", thank them for their generosity, and move on. If they seem disappointed, explain your goals and your commitment to these goals. They should understand that what they are offering is not helping you get where you want to be. If they are real tough cases, get some great tips here from Sparkpeople.

6. As a coworker, be sensitive to the needs of your fellow employees. They may have serious medical conditions (like Diabetes), behavioral struggles (like an eating disorder), or allergies (like peanut or egg allergies) that you know nothing about. Bringing in treats to be nice and show affection may seem harmless, but may be an insurmountable obstacle that could actually cause harm. Try setting aside one day a month to bring in office treats so that people know ahead of time what to expect and can plan accordingly. This shows respect for them and saves you from stopping to buy donuts every day.

7. If you decide to indulge, choose your favorite and savor every bite. Be mindful and present in the moment. Make the conscious decision to eat and enjoy your choice. Keep your portion in check and eat slowly. Remember, the first three bites are always the best! After you enjoy your treat, go right back to your healthy eating plan.