

TAKE CHARGE!



for health and living

October 2015



take charge

Health on Your Plate

How well do you follow the U.S. Dietary Guidelines? If your typical meal is mostly vegetables, fruit, whole-grain products and lean protein sources – good for you. The latest guidelines continue to rate this plan best for disease prevention.

Every 5 years scientists are tasked with generating the best, evidence-based dietary recommendations for more than 300 million Americans. Their ultimate goal: Help identify our nutrient needs to reduce trends in obesity and other chronic health problems related to diet.

Key findings from research by the 2015 Dietary Guidelines Advisory Committee:

1

We tend to under-consume several nutrients: vitamins A, C, D and E, folate, calcium, magnesium and potassium, as well as fiber – shortfalls are linked to several health disorders.

2

We can meet our nutrient needs with a diet high in plant foods, low-fat or nonfat dairy, seafood, legumes and nuts.

3

We over-consume saturated fat, sugars, refined starchy foods and sodium (primarily from processed foods).

4

We may resist chronic diseases by reducing saturated fat, trans fat, sugar-sweetened foods and drinks, and refined grains.

How do we foster this way of eating?

It will take a continued commitment to our future health and nutrition education in our homes, schools and society.



Protect Your Smile

Your teeth are meant to last a lifetime. Besides visiting your dentist regularly for checkups and cleanings, take these steps for healthy teeth and gums:

- **Keep your mouth plaque-free.** Plaque is the sticky bacterial substance that forms on your teeth. If you don't remove it daily, it can cause tooth decay and gum disease.

➔ Continued on page 4.

Benefits Fairs & Flu Shots

Open Enrollment
October 5 - 30

Thurs., October 8
9:30 am - 2:30 pm
City Hall –
Bertha K. Landes Rm.

Thurs., October 15
7:30 - 10:00 am
Rainier Community Center

Thurs., October 22
7:30 - 10:00 am
Bitter Lake Community Center

Flu Shot Clinics

Monday, October 5
8:00 am – 4:30 pm SMT 4050

Friday, October 16
8:00 am – 4:30 pm SMT 4050

Thursday, October 22
8:00 am – 4:30 pm SMT 4080

Understanding Your City Deferred Compensation Plan

Tuesday, October 6
12 noon – 12:45 pm SMT 4080

FSA Information Meetings

Tuesday, October 13
12:15 – 1:15 pm SMT 1660

Tuesday, October 20
12 noon – 1:00 pm SMT 4080

Tuesday, October 28
11:45 am – 12:45 pm SMT 1610

Estate Planning: Wills and Trusts

Monday, October 19
12 noon – 1:00 pm SMT 4050

Understanding Your City Deferred Compensation Plan

Wednesday, October 28
12 noon – 12:45 pm SMT 4080

Free Blood Pressure Screening

Wednesday, October 28
Stop by between 10:30 & 1:30
SMT 4096



QuikRisk™ Assessment: Are You Ready to Lose Weight?

If you're reading this, you probably want to lose some extra weight. Check the statements that apply to you:

- I will target losing no more than 1 to 2 pounds a week.
- I will choose meals that provide balanced nutrition from each food group.
- I won't rely on fad diets, products (e.g., pills) or rigid plans that are ultra-low calorie.
- I will do my best to resolve emotional eating triggers.
- I will aim for 30 to 60 minutes of exercise on most days of the week.
- I believe losing weight will improve my health.
- I am most inspired to lose weight by _____.
- I know my biggest obstacle to losing weight is _____.
- I know that weight control is a lifetime commitment.



How did you do?

The more boxes you checked, the more aware you are of the steps necessary to reach and maintain a healthy weight. Use this assessment as a conversation starter with your health care provider, especially if you have health conditions, such as arthritis or heart disease, which may affect your physical activity goals.



Knowing the causes of breast cancer is helping to prevent it. Researchers continue to find lifestyle factors and habits that alter breast cancer risk, particularly the effects of exercise, weight gain and diet.

Most recently, French researchers reviewed 38 studies published between 1987 and 2014 that involved 4.18 million women and more than 116,000 cases of breast cancer. Some findings:

1. Women with the highest levels of physical activity had an 11% to a 20% reduction in breast cancers, compared to those with the lowest activity level – regardless of type of activity, obesity and menopausal status.
2. Sedentary women who began 4 to 7 hours weekly of mainly vigorous physical activity appeared to lower their breast cancer risk by 31%.

Researchers believe that exercise reduces inflammation, boosts the immune system and lowers body weight – all factors linked to lower overall cancer risk.



Drug research: More sophisticated drugs are becoming available to both treat and prevent breast cancer. Targeted prevention therapies are now recommended for women at very high risk.

Other breast cancer drugs have been identified, and are in the early stages of clinical trials. Meanwhile, with the mapping of the human genome, scientists are learning more quickly how genes influence breast cancer.

Being a Team Player, Remotely

More than 34 million American workers telecommute at least some of the time, and that number is expected to grow to 63 million by 2016, according to a Forrester Research report.

Keeping a team working effectively when some of the members work from home presents unique challenges. Here's how to stay on track:



- **When communicating about a sensitive or complex topic,** schedule a face-to-face conversation if possible. If you can't meet, chat via videoconference or telephone, rather than relying on more impersonal methods. Remote communication is quick and handy, but it often leaves out the nuances of body language, facial expression and tone of voice.
- **Participate in corporate culture.** You might find that working alone remotely is more productive for knocking more items off your to-do list. However, you miss out on the social interaction and general vibe that define your team. Visit the home office regularly, and attend company programs, conferences and events.
- **Document and share everything.** Create procedures and best practices to ensure everyone is on board with expectations, documentation, schedules, deliverables and other items. Use collaboration software if possible to provide equal access to information.





Stop Germs Cold

Colds and flu viruses are highly contagious. In fact, we are infectious a day before we even have symptoms, and 5 to 7 days after getting sick. To help stop the spread of germs, remember:

- ✓ **Carry tissue.** Use it, not your hands, when sneezing or coughing. No tissue? Turn your head away from others and sneeze or cough into your sleeve.
- ✓ **Wash your hands often.** Use soap and warm water for 20 seconds, especially after blowing your nose or touching objects or surfaces that sick people have touched.
- ✓ **Wipe down surfaces** such as a steering wheel or remote control before using them.
- ✓ **Don't share things** such as phones, computers or eating utensils – especially if you're contagious or want to avoid germs. Avoid touching things in public places whenever possible.
- ✓ **Carry hand sanitizers.** Alcohol-based solutions can reduce but not eliminate microbes.

Best safeguard: Keep your fingers and hands out of your eyes, nose and mouth to block the pathway of germs.



eating smart

QuikQuiz™: What's Your Fruit and Vegetable IQ?

You know it's important to eat more vegetables and fruits, but what do you know about fresh produce? Test your knowledge of these remarkable, colorful sources of vitamins, minerals and fiber.

1. Starchy vegetables such as squash and beets are very high in calories, similar to grain-based side dishes such as pasta and rice (refined or whole grain). T F
2. Tomatoes contain an antioxidant called **lycopene**, which is linked with lowering the risk of heart disease and cancer. To absorb the most lycopene, eat tomatoes cooked instead of raw. T F
3. Fresh vegetables and fruits are more nutritious than frozen ones. T F
4. Brightly colored fruits and vegetables are the only healthy ones. T F

ANSWERS

1. **False** – Hardy vegetables such as squash, beets and rutabaga have 70 to 80 calories per 1 cup. Starchy side dishes such as rice and pasta have 170 to 230 calories per 1 cup.
2. **True** – Raw tomatoes have less absorbable lycopene than cooked tomatoes. Your best bet? Cook tomatoes with a bit of healthy fat such as olive oil for maximum lycopene absorption (see the recipe below).
3. **False** – Produce is picked, packed and frozen within hours of harvest, which locks in vital nutrients that can degrade in fresh produce with time and handling. Sometimes frozen vegetables have more nutrients than fresh. **Bottom line:** Fresh or frozen, eat your vegetables and fruits.
4. **False** – While dark leafy greens and brightly hued orange vegetables and fruits are packed with nutrients, they aren't the only ones. Pale-colored garlic, onions, cauliflower and mushrooms also have important health benefits. Choose vegetables from every color of the rainbow; include the white, beige and brown ones, too.

By Cara Rosenbloom, RD

best bites Tip of the Month: **Whole Fruit**

Choose fresh, whole fruit instead of fruit juice. Whole fruits contain desirable heart-friendly fiber, but have less sugar and fewer calories than juice. Plus, whole fruits are unprocessed, so they retain more antioxidants and vitamins than pasteurized juice. If juice is a must, stick to a half-cup serving to minimize your sugar intake.

— Cara Rosenbloom, RD



Oven-Roasted Tomatoes

EASY | RECIPE

From Personal Best®

- 4 cups **grape** or **cherry tomatoes**
- 2 cloves **garlic**, coarsely chopped
- 1 **shallot**, coarsely chopped
- 2 tbsp **olive oil**
- 1 tsp each dried **oregano** and **basil**
- ¼ tsp each **salt** and **pepper**



Directions: Preheat oven to 400°F. Line a rimmed baking sheet with aluminum foil or parchment paper. In a medium-size bowl, combine all ingredients. Mix well. Pour contents onto baking sheet, using a spatula to scrape out the olive oil and herbs. Bake for 25 minutes. Serve as a side dish, or on pasta, chicken, spaghetti squash or toasted baguette slices.

Makes 4 servings. Per serving:

103 calories | 2g protein | 7g total fat | 1g saturated fat | 5g mono fat | 1g poly fat | 0mg cholesterol | 8g carbohydrate | 1g sugar | 2g fiber | 159mg sodium

Stay in Touch

Keep those questions and suggestions coming!

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News & Notes

Open Enrollment is October 5 – October 30.

Here are some benefit tips as you plan for 2016:

- **Review Plan Changes** in the Open Enrollment Highlights at personnelweb/benefits/home.aspx
- **Go to a Benefits Fair** (see page 1).
- **Enroll online** (from home or work) if you have changes for 2015. Go to www.seattle.gov; “City Employee Resources” in the “Need Help” section. After logging into Employee Self-Service, choose *Open Enrollment* under Benefits.
- **Review your Seattle Shares** charitable giving contributions.
- **Enroll/Re-enroll** in a Health Care or Dependent Care Flexible Spending Account.
- **Review your AD&D and Life insurance beneficiaries** on Employee Self-Service.
- **Get your flu shot.** Find schedule at personnelweb/benefits/home.aspx.

Make your
2016 benefits
changes by
October 30



top safety

Trick or Treat?



During Halloween Safety Month, make sure October 31 is a treat for everyone by advising children to follow these simple guidelines:

- ✓ Trick or treat in groups and make sure an adult is with younger children.
- ✓ Wear well-fitting costumes – avoid masks and long, trailing costumes, as these could be a tripping hazard.

Have fun and keep safety in mind.

- ✓ Costumes should be light-colored and flame-resistant with reflective strips so children are visible at night. (Also put reflective tape on bikes, skateboards and brooms, too.)
- ✓ Never enter a home unless you are with an adult who says you can enter.
- ✓ Walk only on sidewalks and look both ways before crossing the street.
- ✓ Avoid eating homemade treats – eat only factory-wrapped treats.
- ✓ Use a flashlight, and walk, don't run, from house to house.

expert advice

– Elizabeth Smoots, MD, FAAFP

Q: Avoid post-exercise ache?

A: Any type of physical activity that uses your muscles in unaccustomed ways may result in sore muscles. Soreness that develops after exercise is **delayed onset muscle soreness**. It usually starts 12 to 24 hours after exercise and is at its worst 24 to 72 hours after exercise.

Microscopic tears in the muscle cause the pain and swelling. Resting and icing the injury help relieve the discomfort. Seek medical care if the pain or swelling becomes severe or your urine becomes dark.

You can avoid or minimize delayed onset muscle soreness by not making sudden major changes in your physical activities. Instead, gradually change the intensity, frequency, duration and type of exercise you do to allow your body to adjust. Also give your muscles time to recuperate from activities that produce soreness before doing them again.

Protect Your Smile

➔ Continued from page 1.

- **Brush teeth 2 to 3 minutes at least twice a day.** Always use a soft-bristled toothbrush and gently brush along the gumline. Brushing too hard can damage your teeth. Replace your brush once the bristles show wear.
- **Floss thoroughly at least once a day** to remove plaque and any particles between teeth that your toothbrush misses.
- **Other dental health tools** include toothpaste, power toothbrushes, flossing picks, oral irrigators, and mouth rinses; your dentist can advise you about these items.
- **Know the signs of gum disease (gingivitis):** Visit your dentist when you notice swollen, tender gums; receding gums; signs of bleeding when you brush or floss; gums

that have turned from healthy pink to red; and bad breath. With better cleaning, you can reverse gum disease.

- **Choose nutritious, wholesome foods,** essential for dental health and preventing gum inflammation. Sugary foods and drinks produce acids that erode tooth enamel and cause decay; carbonation increases acidity. Brush, or rinse your mouth after eating.

- **Using tobacco products** stains teeth and raises the risk of gum disease and oral cancer.



Final note:
Only use
your teeth to
chew food.