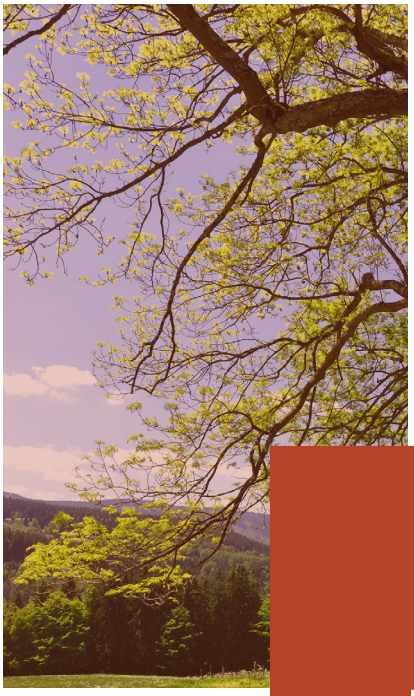
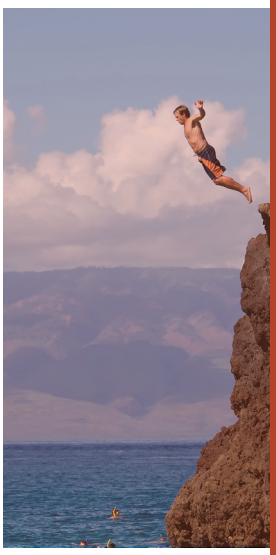
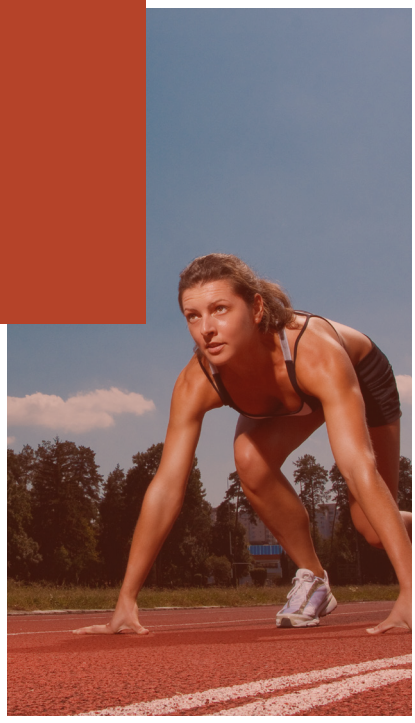


Live Well, Work Well

Quarterly Newsletter

3rd Quarter 2018





In the News | NHO | Health and Wellness | Recipes

In the News

Catch up on the latest developments of the biggest health care news that happened in the past three months.

What the WHO's Campaign Against Trans Fat Means for You

On May 14, 2018, the World Health Organization (WHO) announced their plan to urge governments worldwide to eliminate the use of artificially produced trans fat by 2023. According to the WHO, artificially produced trans fats found in junk and fried foods contribute to more than 500,000 preventable deaths annually.

What does the WHO's campaign mean for me?

The U.S. Food and Drug Administration (FDA) has taken steps over the past few years to remove artificial trans fats in processed foods. In 2015, the FDA determined that partially hydrogenated oils (PHOs) were no longer generally recognized as safe. After June 18, 2018, manufacturers can't add PHOs to foods. For foods already in production prior to the June 18 deadline, the FDA has extended the compliance date to Jan. 1, 2020.

In the meantime, you can read nutrition labels and look at the amount of saturated fat and trans fat per serving. It's also important to check the ingredient list, which is different from the nutritional label. To learn more about trans fats and their health effects, click here.

The Hepatitis A Outbreak is Far from Over

The multistate hepatitis A outbreak isn't going away anytime soon. States across the country, and most recently Tennessee, are still dealing with an outbreak of the hepatitis A virus (HAV).

What is hepatitis A?

Hepatitis A is a highly contagious liver infection. It most often spreads when a person unknowingly ingests the HAV from contaminated objects, drinks or food. It can also spread from close contact with an infected person. Hepatitis A can range from being a mild illness lasting only a few weeks to a severe illness lasting months. In some cases, it can result in death.

How should I protect myself?

The best way to prevent hepatitis A is to get the HAV vaccine. Practicing good hygiene—like washing your hands after using the bathroom, and before preparing and eating food—can help also prevent the illness.

Contact your doctor and your local or state health department if you have questions or concerns about potential exposure to hepatitis A.

Is it Safe to Eat Romaine Lettuce Yet?

On April 10, 2018, the Centers for Disease Control and Prevention (CDC) along with several other government bodies, announced an E.coli outbreak linked to romaine lettuce. The announcement included a strong call to action: throw out your romaine lettuce.

Details of the Outbreak

This particular outbreak of E.coli was linked to an extremely harmful strain of E.coli, E.coli 0157:H7, which can cause kidney failure and even death. As of May 15, 2018, the last CDC update, 172 people from 32 states have been infected. Of those infected, 75 have been hospitalized, including 20 people who developed hemolytic uremic syndrome, a type of kidney failure. One death was also reported.

So, is it safe to eat romaine lettuce?

Two months later, you're probably wondering if it's safe to eat romaine lettuce yet. The hesitancy is definitely warranted given how many people became sick. According to the CDC, it is most likely safe to consume romaine lettuce again. Romaine lettuce typically has a 21-day shelf life, and the FDA reported that the last shipments of contaminated lettuce were harvested on April 16, 2018. This means that it is very unlikely that stores or restaurants are selling or serving the lettuce in question. For more information on this outbreak, please click here.

NHO

Learn more about national health observances from the past three months in this section.

April – Alcohol Awareness Month

Alcohol Awareness Month is celebrated every April and is dedicated to raising awareness about alcohol abuse or misuse. Those who drink alcohol excessively on a regular basis may experience weight gain, fatigue, short-term memory loss, and many other adverse health effects, including liver disorders, gastrointestinal problems, cardiovascular problems, diabetes complications, bone loss and increased cancer risks. To avoid developing any of these costly chronic conditions, limit your alcohol consumption.

May – Mental Health Month

Every May, Mental Health America and their affiliates across the country lead the initiative to bring awareness to mental health. Mental health affects how you handle stress, relate to others and make healthy choices. Because it helps you focus at work, overcome obstacles, get along with the people around you and remain healthy, mental health is your greatest asset.

This year's Mental Health Month theme is *#4Mind4Body* and is designed to focus on how overall well-being plays into mental health. For more information on this initiative, visit Mental Health America's website.

June – Alzheimer's and Brain Awareness Month

Worldwide, 47 million people are living with Alzheimer's disease or other forms of dementia. To raise awareness and funds for these diseases, the Alzheimer's Association sponsors Alzheimer's and Brain Awareness Month.

Alzheimer's is one of the top 10 leading causes of death in the United States, and it is the sixth-leading cause of death in adults. Research shows that keeping the brain healthy may help prevent Alzheimer's. To learn more about Alzheimer's and Brain Awareness Month, click here.

Looking Ahead…

July – Juvenile Arthritis Month

August – National Immunization Awareness Month

September – National Preparedness Month

Health and Wellness

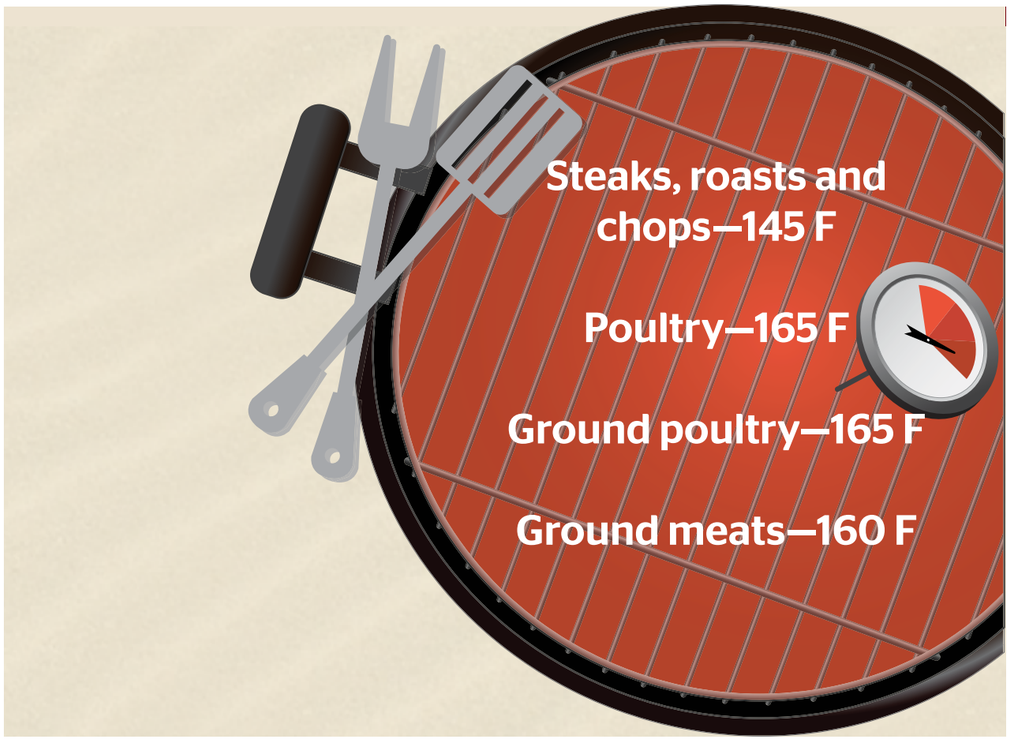
Remain on top of the latest trends in health and wellness with the three articles in this section.

Grilling Out? Keep These Simple Safety Tips in Mind

Though grilling is an extremely popular way to prepare food in the summer, it can also be dangerous. According to the most recent U.S. Fire Administration data, gas and charcoal grills account for an average of 10 deaths and 100 injuries annually.

This year, keep the following safety suggestions in mind when you go to fire up your grill:

- Make sure your grill is at least 3 feet away from other objects including your house, trees and outdoor seating.
- Remember that starter fluid should only be used with charcoal grills and never with gas grills.
- If you suspect that your gas grill is leaking, turn off the gas and get the unit fixed before lighting.
- Do not bring your grill into an unventilated or enclosed space such as the garage or inside of your home.
- Do not let children and pets play near the grilling area when cooking until the grill is completely cool.



Yoga: An Exercise for Your Heart and Mind

Yoga is an ancient Sanskrit word meaning “to join” or “to unite” in practice. The practice of yoga involves performing a variety of poses, called asanas, along with breathing exercises and meditation to cleanse and unify your body, mind and spirit. These combined actions increase blood circulation, which can stimulate the body to “flush out” toxins.

Regular practice of the stretches, twists, bends and inversions have many physical and mental health benefits. Yoga will help you become more aware of your body’s patterns of movement, posture and alignment, thereby increasing your flexibility and fitness level. Not only that, but yoga is often used as a stress management and relaxation technique.

Avoid Heat Illness While Exercising Outside

Summer heat can be more than uncomfortable—it can be a threat to your health, especially if you’re exercising outside. In hot or humid weather, it’s essential to take precautions, like drinking additional water, to help lower your body’s temperature and to replace what you lose through sweating. In addition to drinking plenty of water, here are some steps you can take to prevent heat illness or exhaustion while you work up a healthy sweat:

- Dress for the weather. Wear lightweight, light-colored clothing made of natural fabrics and a well-ventilated hat.
- Think cool. Take a cool shower or apply a cold compress to your pulse points to quickly lower your body’s temperature.
- Pick your time wisely. If it’s an extremely hot day, choose to work out either in the morning or evening to avoid being outside during the hottest part of the day.

If you’re outside working out and begin to experience symptoms of heat exhaustion such as dizziness, clammy skin, blurred vision or difficulty speaking, immediately get to an air-conditioned space to cool off and drink plenty of water. If you believe you are experiencing heat stroke, seek medical attention.

Eggs over Kale and Sweet Potato Grits

Makes: 4 Servings

DIRECTIONS

1. Heat oven to 350 F.
2. Coat four individual soufflé dishes or ramekins with 1 tsp. vegetable oil.
3. Make three to four slits in the sweet potato. Microwave the sweet potato until just soft.
4. When the sweet potato is cool enough to handle, peel and cube it. Puree cubes in a food processor.
5. Heat remaining vegetable oil in saucepan. Sauté kale in heated pan for about 5 minutes.
6. In a separate medium saucepan, bring water and milk to a boil. Add the grits and pureed sweet potatoes. Cook for 5 minutes. Remove from heat. Stir in sautéed kale.
7. Divide the mixture evenly among the four prepared dishes.
8. Make four depressions in the grits mixture with the back of a large spoon.
9. Carefully break one egg into each depression.
10. Bake uncovered for 30 minutes until the eggs are cooked. Let cool for 10 minutes before serving.

INGREDIENTS

- 1 large sweet potato
- 2 cups fresh kale (chopped)
- 1 Tbsp. vegetable oil (divided)
- 1 ½ cups water
- 1 cup nonfat milk
- ¾ cup quick cooking grits
- ¼ tsp. salt
- 4 large eggs

NUTRITIONAL INFORMATION FOR 1 DISH (¼ OF RECIPE)

- Calories—280
- Total Fat—9 g
- Saturated Fat—2 g
- Cholesterol—185 mg
- Sodium—410 mg
- Total Carbohydrates—38 g
- Dietary Fiber—4 g
- Total Sugars—7 g
- Added Sugars Included—0 g
- Protein—12 g
- Vitamin D—1 mcg
- Calcium—150 mg
- Iron—3 mg
- Potassium—579 mg

Grilled Fish Tacos with Peach Salsa

Makes: 4 Servings

DIRECTIONS

Salsa

1. In a medium bowl, stir together peaches, bell pepper, onions, jalapenos, cilantro, and lemon or lime juice.
2. Cover and refrigerate until ready to use.

Fish Tacos

1. Heat grill or grill pan over medium-high heat. Using paper towels, pat fish dry and transfer to plate.
2. In a small bowl, stir together chili powder and low-sodium adobo and sazon seasonings.
3. Rub fish with spice mixture to coat completely.
4. Place fish on hot greased grill grates.
5. Cook, flipping once until fish is opaque and flakes easily with a fork, about 8 minutes. Fish should be cooked to 145 F.
6. To serve, fill each tortilla with ½ fish fillet and about cup of salsa.

NUTRITIONAL INFORMATION FOR 2 TACOS

Calories—330	Total Sugars—18 g
Total Fat—5 g	Added Sugars Included—11 g
Saturated Fat—2 g	Protein—27 g
Cholesterol—55 mg	Vitamin D—3 mcg
Sodium—380 mg	Calcium—104 mg
Total Carbohydrates—44 g	Iron—3 mg
Dietary Fiber—3 g	Potassium—590 mg

INGREDIENTS

Salsa

1 cup peaches (peeled and chopped)

½ cup red bell pepper (finely chopped)

¼ cup red onion (finely chopped)

1 whole jalapeno (seeded and finely chopped)

1 Tbsp. fresh cilantro (finely chopped)

2 tsp. lemon or lime juice

Fish Tacos

4 tilapia filets, 4-6 ounces each

1 Tbsp. chili powder

¼ tsp. low-sodium adobo seasoning

1 package low-sodium sazon seasoning

8 corn tortillas or 6-inch flour tortillas (warmed)