

October 2016 Newsletter

PEIA Pathways to Wellness



REST WELL. EAT WELL. FEEL WELL.



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Sitting Matters

By: Angela Watkins

Many of us work at jobs which require us to sit at our desks, engage in repetitive motions and feel tethered to our phones. Though we may not suffer the same rate of workplace injuries or deaths as our forebears who performed heavy labor, our jobs also take a toll in the form of backaches, headaches, neck aches and even vision problems. If this sounds like your experience at work, here are a few suggestions:

- 1) Stand up once per hour for a few minutes. If you can, take a brief walk.
- 2) Adjust your computer monitor so that the top line of the screen is aligned with your eyes. The monitor should be at arm's length.
- 3) Choose a chair which supports your spinal curves. Adjust the chair's height so that your hips are level with your knees.
- 4) Pay attention to your posture. Sit up straight as though you are a puppet on a string with your ears aligned over your shoulders.
- 5) If you have to sit for prolonged periods, change your position frequently.
- 6) Perform spinal twists for the relief of lower back tension.

Know Your Numbers: Understanding Cholesterol

By: Debbie Turner



Total cholesterol is based on LDL (low density lipoproteins), HDL (high density lipoproteins) and Triglyceride levels in your blood. LDL makes up the majority of cholesterol in your body. It is sometimes referred to as the 'bad' cholesterol because high levels can lead to plaque build-up in arteries. HDL is the protective cholesterol found in your blood. HDL is known as the 'good' cholesterol because having high levels can reduce your risk of heart disease and stroke. HDL can absorb unwanted 'bad' cholesterol and carry it back to the liver, which flushes it from the body. (Think of "high density" meaning it is like a heavy and can push the softer cholesterol out of the arteries.) Triglycerides are a type of fat found in your blood that your body uses for energy. A combination of high triglycerides and low HDL levels can increase your risk of heart disease.

Individuals should strive for levels of 60 and above

for HDL cholesterol. Two ways that have been found help raise your HDL level is through Exercise and an increase in Fiber intake.

Food where you can find high levels of fiber:

- **Fruit** – bananas, oranges, apples, mango, strawberries and raspberries
- **Vegetables** – generally the darker the color, the higher the fiber content; carrots, beets, broccoli, collard greens, spinach and artichokes
- **Beans** – navy, white, garbanzo, kidney and peas
- **Breads and Grains** – whole grain, brown and wild rice and barely, cereals – choose those with 5 more grams of fiber per serving
- **Nuts** – almonds, pistachios, pumpkin and sunflower seeds (use in moderation as nuts can be high in calories)

Be in control of your health and know your numbers and what you can do to improve them. Contact your local HPC to learn more about your numbers through health coaching.

Health Basics 101: Wholeness and Balance

By: Salina Lyter

What is your definition of health? What does the term mean to you? It is often difficult to define health in the absence of a negative association. For example, Merriam-Webster defines “health” as “free from disease.” A random google search on the internet defined health as “the state of being free from illness or injury.” Therefore, we seem to truly understand health in its absence.

Andrew Weil, M.D. describes health at its root, with two major aspects: wholeness and balance. By definition, “wholes” are complete, perfect, and lack nothing. The physician continues to explain that the ideal of “whole” includes not only all components, but also that these components are in an “arrangement of harmonious integration and balance.” When one scrutinizes the term, “balance,” the Latin root references a balance or scale for weighing. Dr. Weil discusses the true mystery linked to balance and uses standing on your head as an example. He reveals that “the balance point is non-dimensional, but quite real and that “at first you overshoot it,” “then overcorrect and miss it again in another direction,” and initially “your movements are exaggerated and jerky, anything but harmonious,” but, “eventually, you become conscious of the special point, if only momentarily while falling through it.” The doctor continues, “Soon you can stay in it for several moments, becoming familiar with the distinctive feeling of effortlessness, lose it even slightly, and

you must put out tremendous effort to regain it, but when you are on target, there is no work to be done. You can just enjoy the grace of the magical zone where all external forces cancel out by virtue of precise arrangement.”

For simplistic purposes, what are the basic principles of a healthy lifestyle for a human to maintain well-being? Some factors are environmentally associated: fresh air to breathe, water to drink, and healthy food to consume (nutrition), along with quality, worthy relationships. While other elements are individually related such as genetics, posture, and movement (exercise), in combination with emotion (stress management). Some key components are certainly behavior based and modifiable.

If one can coalesce these fundamentals, as in the insightful description Dr. Weil offers pertaining to health, one should achieve the World Health Organization’s more positive, versatile definition of the term “health,” “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

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Let's Talk Grains!

By: Grace Matthews



A grain product is any food made from wheat, rice, oats, cornmeal or barley. Grains are important sources of many nutrients such as dietary fiber, B vitamins and minerals and can be refined or whole wheat. Whole grains contain the whole grain kernel, which includes the bran, germ and endosperm of the kernel. Eating whole grains can reduce the risks of heart disease, stroke, cancer, diabetes, and obesity. You can find whole grain in food items such as whole wheat bread or brown rice.

Refined grains have had the bran and germ of the kernel removed by a process called "milling". These

grains are stripped from the dietary fiber, iron and B Vitamins that are found in whole grains. The grains are refined to make the texture finer and to improve the shelf life and are then enriched, meaning that Iron and certain B Vitamins (thiamin, riboflavin, niacin and folic acid) are added back to the grain after processing. Examples of refined grains include white bread and white rice.

Your daily grain intake will vary depending on a variety of traits including, but not limited to age and gender. At least half of your grains consumed each day should be whole grain. Benefits of whole grains include:

- Dietary Fiber- reduces high cholesterol and lower risk of heart disease, obesity, and type 2 diabetes. This fiber is also important for bowel function, reducing constipation.
- B Vitamins- play a key role in metabolism and helps the body release energy from protein, carbohydrates and fat. Folate helps form red blood cells.
- Iron -carries oxygen through the blood.
- Minerals- Magnesium is used in building bones and releasing energy from muscles. Selenium protects cells from oxidation and is important for a healthy immune system.

Whole grains are an important part of a healthy diet and replacing refined grains with whole grains you will be able to enjoy a healthier you!

A Quick Boost: Caffeine

By: Janelle Humphrey-Rowan, ND Naturopath

On a daily basis approximately 80% of adults in the United States consume one of the most commonly used psychoactive drugs in the world- caffeine. Caffeine is naturally found in certain leaves, beans, and fruits of over 60 plants worldwide. It can be produced synthetically and added to food, beverages, supplements, and medications. The FDA classifies caffeine as both a drug and a food additive. Caffeine promotes stimulation of the sympathetic nervous system (SNS), or the part of the nervous system that controls involuntary reactions particularly increasing heart rate and blood pressure. Since the SNS initiates what is referred to as the “fight or flight response,” caffeine causes an adrenaline-like energy response. It has been shown to improve concentration, memory retention, and reaction time. It is also known to provide an endorphin-like pleasure response and resistance to pain.

Common sources include: coffee, soda, tea, energy drinks and supplements, chocolate, weight loss supplements, and some medications. The FDA and the American Medical Association (AMA) classify a “moderate intake” of caffeine as “generally recognized as safe (GRAS).” This means that if you consume a moderate amount of caffeine, it is generally safe for the people on whom it has been studied. Most of these studies have only been done on adults. Low to moderate intake is considered to be 130 - 300 mg per day. High doses are above 400 mg per day. Heavy caffeine consumption is more than 600 mg/day. It is estimated that the average daily caffeine consumption among Americans is about 280 mg/day (approx. 2 cups of coffee), while some people consume more



than 600 mg daily (approx. 4 cups of coffee). A ‘cup’ is usually understood to contain 5 oz. in the United States. The caffeine content of coffee is influenced by the type of bean used, its origin, the roast, and various coffee preparation methods. Robusta coffees are known to have about twice as much caffeine as Arabica. Instant coffee generally contains less caffeine than roast and ground coffee. Darker roasts have higher percentage levels of caffeine than lighter roasts. It's very difficult to “standardize” the caffeine content of coffee beverages since numerous variables need to be considered.

Usage of caffeine in powder and tablet forms is strongly discouraged. These varieties offer a large amount of caffeine in a small dose and may carry minimal or insufficient labeling by not indicating the consequences of an overdose. Tablet forms generally offer 100-200 mg of caffeine per tablet.

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Exercise 101: The Beginner's Guide

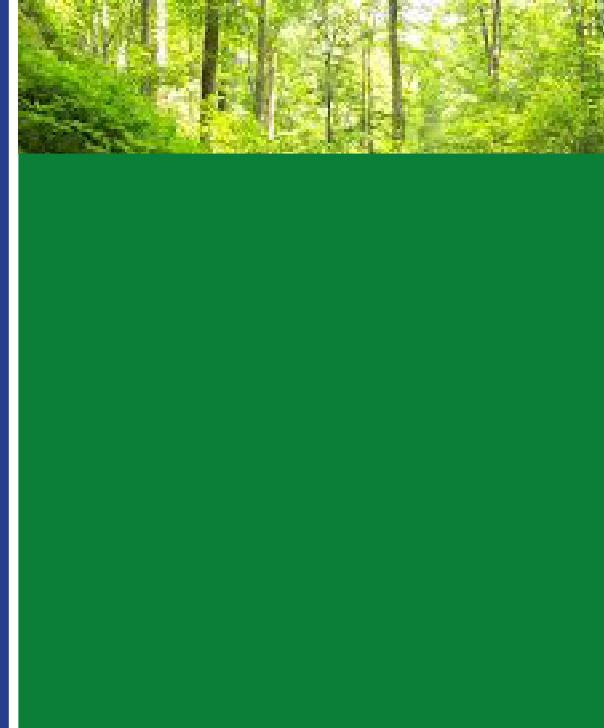
By: Corey Clendenin



Congratulations! You are ready to start exercising and taking that first step to a healthy body and less stressed mind. "Exercise is the magic pill," states Michael Bracko, EdD, FACSM, chairman of the College of Sports Medicine. "Exercise can literally help cure and prevent some forms of heart disease. Physical activity helps with arthritis, strengthening the mind and body, and treating or reversing depression." The most rewarding and well known fact about exercise is that it will help almost everyone reduce their body weight resulting in not only feeling better but becoming healthier overall. But, just like everything in life, there is a catch. The full benefits of physical activity can only be reached over time. This does not mean you have to spend hours at the gym. It simply means that an active lifestyle is a commitment that everyone should consider. To prevent boredom, try

a variety of exercises, regardless of the level. Below is a quick guide to get yourself started with an exercise routine. Step one includes evaluating your current fitness level. Before you start any fitness regimen, you should consult with your doctor. It is especially important to note anyone with major health conditions should get a doctor's clearance to begin a new program. A great way to evaluate your fitness level is to take advantage of the PEIA Pathways to Wellness Work It Out Program. This is a free fitness assessment conducted at your worksite. It will give you a baseline of your current cardiovascular levels, endurance, strength, and flexibility. This is a great starting point for anyone, not just individuals who are new to exercise. Step two is to set a goal. Do you want to participate in a 5K? Reduce your stress levels? Maybe you want to become healthier and live a better life. Whatever the goal is, make sure you set one and write it down. Share it with your health coach, friends, family, or co-workers so they can support you during your journey. People who set goals and write them down are more likely to achieve the best results. Make sure your goals are clear, attainable, and realistic. "Start off low and slow," says Cedric Bryant, chief exercise physiologist with American Council of Exercise. In Bryant's opinion, "Beginners usually start off too aggressively, only giving up when they end up tired, sore, or injured. Generally speaking, when people go about it too aggressively early in the program,

Region Summaries



1 Region 1 (Hancock, Brooke, Ohio, Marshall, Wetzel, Tyler, Doddridge, Marion, Harrison, Pleasants, Gilmer): As schools come back into session, programs are picking up in the northern region. An overview of the PEIA Pathways to Wellness program was given at the Marion County Transit Authority and materials presented to CENTRA in Harrison County. “The Stress Antidote” presentation took place at the Brooke County Public Library in Wellsburg. The WV State Tax Department in Wheeling wrapped up the Dynaband Challenge. John Manchin Senior Health Care Center completed the Eating Out and 5-A-Day Challenge and participated in the “Food Allergy Awareness” presentation. Site visits were conducted at various state and local government agencies in Brooke, Doddridge and Gilmer Counties. Schools were visited in Hancock, Brooke, Ohio, Marshall, Marion, Harrison, Pleasants, Tyler, Wetzel, Gilmer, and Doddridge counties. The Fairmont State University farmer’s market continues to successfully take place every Monday. CENTRA, Doddridge County Elementary, Middle, and High Schools, as well as the Doddridge County Board of Education will be participating in the Back on Path Program. Follow up Work It Out Assessments are scheduled for Doddridge County Middle School. We are currently scheduling programs, individual health coaching, and Work It Out assessments for the remainder of the year.

2 Region - (Monongalia, Taylor, Barbour, Preston, Lewis): The beginning of another new school year is just around the corner and most school sites are excited to jump back into Pathways to Wellness. To kick off the new school year, Valley Elementary at Preston Co. will sponsor a health fair. On the other end of Preston Co., the team at WV Military Authority is excited to begin the H20 Go and Walking program challenges. At Barbour Co., members of the BOE office just completed the Walking and H20 Go challenges. The Belington Wellness Center is gearing up for a new Yoga class as well as the Stress Relief series. In Taylor Co., the DHHR team is set for a day of health coaching with Cardio checks. The team at Pruntytown Correctional Center continues with the Dyna Band challenge.

3 Region - (Upshur, Tucker, Hardy, Grant, Pendleton, Randolph): Pendleton – DHHR participated in health coaching/cardio checks. FES to begin H20Go program and PCHS and PCHMS will begin the six week walking program. Grant – City of Petersburg concluded 6 week walking program but will continue to wear pedometers. They will begin a healthy eating class with WVU

extension and will participate in the WIO program in the early fall. DHHR completed health coaching/cardio checks.

Hardy –Hardy County DOH is finishing up with their healthy eating class and began their 6 week walking program. The Division of Rehab participated in health coaching/cardio checks and would like to participate in the healthy eating classes with WVU extension. Eastern Community College completed the 6 month follow up assessments for the WIO program with great success stories. The Senior Center is interested in a WVU Extension Healthy Eating Class.

Randolph – Huttonsville Correctional Center and Division of Rehab are finishing up with their healthy eating classes provided by WVU extension. Both sites also participated in onsite health coaching/ cardio checks. DHHR participated in health coaching/cardio checks. DHHR completed WVU health eating class and are beginning the six week walking program! Upshur – Email out to schools to encourage participation in wellness program when school resumes, trying to identify worksite coordinators. Tucker – Tucker County Courthouse is nearing the end of their six week water challenge, with health coaching/cardio checks scheduled for the fall. A new Weight Management site has opened in Tucker County with several talking about taking advantage of this opportunity.

4 Region - (Monroe, Mercer, McDowell, Wyoming, Raleigh, Summers): Region 4 welcomed Bluefield State faculty back from summer break by taking the 30 day fitness calendar challenge. Raleigh Board of Education is gearing up for the Work It Out Assessment Program along with participating in health coaching. New River Community College Mercer, Beaver and Ghent campuses are taking on the Back on Path Walking Challenge to welcome their faculty back to school. Athens School in Mercer County is planning a Zumba class to begin this month. City of Bluefield wrapped up their walking program and will be ready to participate in our Weigh to Go challenge. Mercer DHHR is holding Eating Smart, Being Active with WV Extension Service.

5 Region - (Greenbrier, Nicholas, Webster, Pocahontas, Fayette, Braxton): Region 5 has continued to see interest in the Work It Out program. WV DEP and WV DHHR Braxton County both hosted WIO and completed the fitness assessments with health coaching. WV DEP Fayette County started the TRI Me program and began the H2O Go challenge for their Nutrition month. As we continue to recover from the June floods, many activities have been

rescheduled. With schools getting ready to start, there are many Back on Path programs in the works to kick off the new school year.

6 **Region - (Jefferson, Berkeley, Morgan, Mineral, Hampshire):** Region 6 has been keeping busy. Lifestyle coaching picked up in region 6 this month. Mineral County Health Department finished their Zumba class. The DHHR in Martinsburg and DHHR in Morgan County ended the Back on Path Walking Program. Martinsburg DHHR are staying hydrated as they started the H20GO Challenge earlier this month. They are looking forward to the dynaband demonstration next month. The DHHR in Jefferson County will participate in an overview program about the Work it out program and lifestyle coaching benefit.

7 **Region - (Kanawha (non-school sites), Boone, Logan, Calhoun):** Region 7 concludes the summer season with multiple pop-up farmers markets around Kanawha County. Two, new steady markets launched during the heat's height at the Lottery Building and Hillcrest Office Park. Both locations include multiple worksites and established markets continue to thrive. Tai Chi classes ended at DHHR while the Office of Insurance Commission began a Yoga class. In Lincoln County, with the emerging school year, Duval PK-8 hosted a stress management presentation and health coaching sessions were conducted at the local DHHR office. The Bureau of Medical Services held the first of three presentations associated with Tri-Me, emphasizing a component in each realm: physical activity, nutrition, and stress management. As the fall season approaches, Region 7 rises!

8 **Region 8- (Mingo, Mason, Wayne, Cabell, Lincoln, Putnam):** Cabell Huntington Health Dept has farmer Scott Freeman selling fresh produce in the parking lot of their workplace every week. In Mason County, Lakin Hospital has completed their fitness class, Zumba. They also began the Back on Path program. In Putnam County, the courthouse is continuing the dynaband program. Crum Elementary School is participating in WVU Extension Services Class for "Eating Smart Being Active." New sites are participating in PEIA Wellness Programs including Davis Creek Elementary, Southside Elementary, Huntington High School, Huntington Middle School and Central City Elementary.

9 **Region 9 - (Clay, Ritchie, Wood, Wirt, Jackson, Roane, Kanawha County Schools):** Region 9 is off to a great start leading into the fall months. Many sites, like the Dunbar Annex School Board office, are participating in the Pathways Work It Out program and health coaching. They have also signed up for the Back on Path walking program and Dynaband exercise program. WVDRS staff has taken advantage of PEIA Pathways and offerings by the WVU Ext. Program. Work It Out has grown over the last few months, with many sites signing up. The Roane County DHHR signed up for this intervention along with health coaching. Farmer's markets have also done well in region 9 this summer. A new market will soon be running at VanDevender Middle School in Wood County.

Health Basics 101 (Continued from Page 3)

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A Quick Boost (Continued from Page 5)

The FDA sets limits on caffeine-containing supplements at 200 mg per dose, a threshold at which acute caffeine toxicity is thought to occur. Also according to the FDA, 1 tsp of powder can equal up to 25 cups of coffee and can be lethal. These forms have contributed to the increase in fatalities due to caffeine, especially in teens and young adults, due to its growing availability on-line. The agency currently recommends that consumers avoid these forms and is considering taking regulatory action for these types of products. Potentially negative effects of caffeine consist of: increased blood pressure and heart rate, increased urine flow, insomnia, nervousness, restlessness, jittery or shaky, stomach irritation, heartburn, nausea and vomiting, and increased respiration. Larger doses might cause headache, anxiety, agitation, chest pain, and ringing in the ears. Very high doses can cause irregular heartbeat and even death. Caffeine can interact with several medications and alcohol. Talk to your doctor regarding caffeine intake especially with stimulants, antibiotics, asthma medications, MAOIs, anticoagulants/ antiplatelets, antidepressants, and antidiabetic drugs. Several apps exist to help track caffeine intake: Caffeine Tracker (Android), Coffee Tracker by Fast Builder Unlimited (iPhone, iPad), and UP Coffee by Jawbone (iPhone, iPad).

Resources:

<http://www.emedicinehealth.com/caffeine-page3/vitamins-supplements.htm#Interactions>
<http://www.mayoclinic.org/>
<http://www.medicinenet.com/caffeine/article.htm>
<http://www.nlm.nih.gov/medlineplus/caffeine.html>
<http://www.webmd.com/vitamins-supplements/ingredientmono-979-CAFFEINE.aspx?activeIngredientId=979&activeIngredientName=CAFFEINE>

Exercise 101 (Continued from Page 6)

The Pathways 30 Day beginner's exercise program is available by visiting www.peiopathways.com. Remember, you don't always have to join a gym to start a program. The 30 Day beginner's program can be done at home, outside, or at a gym. Very little equipment is needed and it can all be supplied by the Pathways to Wellness staff or found at a local store for little cost.

This list of key words and phrases often used in an exercise program will be an easy and quick reference guide.

- Aerobic/Cardiovascular Activity: Exercises that temporarily speed up your heart rate and breathing. Examples including: brisk walking, jogging, running, cycling, and swimming.
- Maximum Heart Rate: An estimate of your maximum heart rate during exercise. Begin with your age in years subtracted from 220. (Example: 30 years old, 220-30= 190 is max heart rate.) You do NOT want to exercise for long periods at your maximum heart rate.
- Flexibility/stretching: Workouts or exercises that help enhance the range of motion of joints, tendons, and muscles. With age, muscles and tendons tend to get tight and shorten. Begin exercise sessions with a short warm up. Stretching cold muscles and tendons can lead to injury. Warm ups can include walking, jumping jacks, etc.
- Strength, weight, or resistance training: Exercises that improve strength and function of muscles. Activities can be done with weights, resistance machines, body weight, or resistance bands (Dynaband). (Household objects like canned food or milk jugs (empty or full to any degree) can be used as "weights" too.)
- Warm Up: Prepares your body for the stress of exercise. Warm ups include an activity that gets the blood flowing, heart rate slightly elevated, and sends blood to the extremities like the arms/legs. Examples including walking, light cycling, etc.
- Cool Down: This is a less strenuous exercise right after a difficult time frame of exercise. For example: walking at a slow rate to reduce the heart rate right after walking at a fast pace. Stretching is also a part of the cool down phase of the workout.