

The mission of the Tri-County Heart Health coalition is to improve the heart health habits of at-risk residents in Fulton, Henry, and Williams Counties.

Cardiovascular Health

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Partnering agencies include Community Hospitals and Wellness Centers Inc, Fulton County Health Center, Henry County Hospital, the OSU Extension offices of the three counties, the American Heart Association, and American Cancer Society

Worksite Wellness: What's the Best Policy

When talking about worksite wellness, people often use the words “program (or event)” and “policy” interchangeably. However the two words have very different meanings and implications for your company’s worksite wellness program.

A *policy* serves as a guide to acceptable procedures within an organization. Some policies are unwritten, but the most successful policies are written, which allows them to be sustainable. Written policies require little work to maintain (occasional updates), and are easier to enforce because there is something tangible to refer to. Policies change the environment and support the health of employees, and impact the underlying factors that influence health and wellness. Common worksite wellness policies include:

- Tobacco free campuses
- Healthy vending options
- Seatbelt use when driving company cars
- Paid time off for employees to attend worksite-sponsored health promotion programs during work hours
- An employee wellness committee to create and promote new health promotion activities

A program (or event) is a special event that can stand alone or support wellness policies. Examples of program or events include health fairs and screenings, weight loss, and physical activity challenges. Programs often take a significant amount of staff time to coordinate, and are usually not sustainable without that coordination.

Health programs and events are a great start to a successful wellness program, however policy changes are key to making the greatest impact possible, and sustaining your wellness initiative. The chart below compares program and policies.

Characteristics of Policy Change	Characteristics of Programs or (events)
Ongoing	One time
Repeated: Promote behavior change over time	Unique: Usually don't result in behavior change
Policy level	Individual
Part of an ongoing plan	Not part of an ongoing plan
Long term	Short in duration
Sustaining	Non sustaining
Policy Example: employees that walk at least 4 days a week for a month receive an hour or two of paid time off (or some other incentive). (ongoing)	Program Example: 12 week walking challenge for employees. The person who logs the most miles receives a prize. (limited by time)

Implementing policies is recommended for all worksites, but especially ones that do not have a lot of resources (financial or staff time). There are many sample policies your company can modify concerning just about any wellness topic. For more information, contact Jen Luca at jeluca@columbus.gov

Source: *Worksite Wellness Network Newsletter, The Heart Health Network of Franklin County*

Tobacco-free Mentors Educate



Napoleon High School students will be trained once again to be STAMP (Stay Tobacco-free Athlete Mentor Program) Mentors, an American Cancer Society tobacco prevention program for students. The mentors were selected based on their tobacco-free choices, their performance and leadership skills as a high school student, their discipline as a student-athlete, and their dedication to delivering a tobacco-free message. Twenty students will be trained to facilitate four 45-minute sessions to

students in grades 5, 6, and 7. Each session is activity based and incorporates role-play, problem-solving, games, and discussion.

The mentors work in small groups and present to the same group of students for all four sessions. This allows the younger students and mentors to begin a relationship that supports tobacco-free choices. STAMP educates the students on the danger of secondhand smoke, tobacco products, and the physiological and so-

cial consequences of tobacco use.

Tobacco smoke is the leading cause of lung cancer; and it contains more than 40 harmful ingredients that not only cause cancer, but also trigger asthma and heart attacks.

Living and working in an environment free of cancer-causing chemicals is the best way we can prevent disease. We owe it to our children to make sure that they grow up in a safe environment, free from harmful chemicals.

School Receives Award

Liberty Center School District was recently awarded a \$3,000 wellness grant from the Northern Buckeye Educational Council. The grant was submitted to

supplement the wellness efforts that were started last school year. Grant funds have been used to conduct individual health risk assessments for staff. Liberty Center plans to

review this data yearly and to develop a wellness action plan to promote wellness throughout the district.

CVH Quick Tip

Metabolism: What's the best way to boost it?

Metabolism is the process your body uses to burn calories for energy. Because metabolism naturally slows with age, you may need fewer daily calories as you get older. But your metabolism doesn't dictate your weight. To lose excess weight, include physical activity in your daily routine. The calories you'll burn will help promote weight loss. Second, start a strength training program. Muscle tissue burns more calories than fat tissue does, even when you're at rest. Whether you use hand-held weights, resistance tubing or another type of resistance, you'll reduce your body fat, increase your lean muscle mass and burn calories more efficiently.

Source: www.mayoclinic.com



Choosing Nutrient Rich Foods: March is Nutrition Month

What to eat or what not to eat? That's the question many of us struggle with every day. For decades nutrition advice has told us how to answer the question by telling us what foods and nutrients to avoid. As a result, most Americans are overweight yet undernourished.

It's time for a change in the way we think about food. By choosing nutrient-rich foods that provide the most nutrients per calorie, we can build healthier diets and start down a path of health and wellness.

The nutrient-rich foods way of eating emphasizes choosing foods based on their total nutrient package, including vitamins and minerals, instead of choosing foods based only on what they don't contain—saturated fat, sugar and salt. It offers a positive foundation to help you build overall healthier eating habits and meet personal nutrition needs over a lifetime.

Choosing nutrient-rich foods first is a positive and realistic way to think about eating and focuses on enjoying food instead of avoiding it. Because nutrient-rich foods are familiar, easy to find and represent the five basic food groups, achieving balance and building a healthier diet is simple and stress-free.

Selecting nutrient-rich foods and beverages first is a way to make better choices within your daily eating plan. Choose first among the basic food groups:

- Brightly-colored fruits and 100% fruit juice
- Vibrantly-colored vegetables and potatoes
- Whole, fortified and fiber-rich grain foods
- Low-fat and fat-free milk, cheese and yogurt
- Lean meats, poultry, fish, eggs, beans and nuts.

(Source: www.eatright.org)



Go Red for Women



National Wear Red Day

February 6, 2009

one day a year, what you wear is a matter of life and death

Most of the time, selecting clothing isn't that critical. But on Wear Red Day, it's vitally important. That's because it helps raise funds to fight the No. 1 killer of American women: cardiovascular disease, the cause of one in every 2.6 female deaths. By wearing red and making a donation of \$5 or

more, you can help us raise \$35 million for heart research and education programs, our goal for 2009. Wear Red Day is also the time to make an important promise to yourself—the promise to love your heart by doing everything you can to reduce your risk factors. To learn more, visit goredforwomen.org.

(Information provided by www.americanheart.org)

Fulton County Schools Receive Wellness Grants



Evergreen Local Schools recently received a grant from the Northern Buckeye Educational Council for \$3,930 to continue their staff wellness efforts during the 2008-2009 school year. 117 staff are participating in a weight loss challenge called "Weigh in for Wellness". Initial weigh-ins included cholesterol screenings, blood pressures, BMIs and waist measurements. The challenge will continue through April. Last year, over 100 Evergreen staff members participated in a walking challenge for cash prizes, pedometers, water bottles, and other incentives.

Fayette Elementary School was awarded a mini-grant from Action for Healthy Kids, Zone 1 for \$500 to implement a virtual "Walk Across America" program for students in K-6 grade. 252 students tracked a combined total of 17,703,000 steps (8,851.5 miles) on pedometers during the school day for seven weeks in the Fall. A poster of the United States was

hung in the hall to show their "walk across America" which started them in Fayette, OH down to Key West, FL across to San Diego, CA up to Portland, OR over to Washington, DC and back to Fayette, OH. Students could keep their pedometers at the end of the challenge to encourage them to continue their physical activities.

Archbold Elementary School also received an Action For Healthy Kids mini-grant to implement a breakfast program for the 2008-2009 school year. Their \$800 grant has assisted with promoting breakfast at the school Open House in August, taste-testing opportunities, classroom challenges, and giving out jump ropes for most breakfast participation. Students will complete the breakfast grant activities with "milk mustache" photos to make posters of Archbold students, clubs and athletes.

"Healthy U" Program Offered in Fulton County

Fulton County employees have the opportunity to attend a *Chronic Disease Self-Management Workshop* this Spring. Persons with a chronic disease or living with someone with a chronic disease will learn techniques to deal with nutrition, pain, fatigue and frustration; exercises to improve strength and flexibility; appropriate use of medications; and communicating with health professionals. Developed by Stanford University, this program has shown significant improvements in the overall general health of participants.

Where: Fulton County Health Dept
When: Tuesdays, March 3 to April 7, 2009
5:00 pm — 7:30 pm

A second workshop will be conducted in Fall 2009 for Fulton County community members. For more information or to register, please contact Gina Veres at the Fulton County Health Dept at 419.337.0915 or e-mail gina.veres@odh.ohio.gov.

Healthy Ohio Website

Check out the website for the Healthy Ohio Program at www.healthyohioprogram.org for information on health promotion, disease prevention, health equity, tobacco use prevention, and obesity prevention.

Healthy Ohio is a key component of Governor Ted Strickland's comprehensive health care reform initiative and is located in the Ohio Department of Health (ODH). Healthy Ohio's goal is to improve the health of all Ohioans to create a better quality of life, assure a more productive workforce and equip students for learning, while also contributing to the more efficient and cost-effective use of medical services.

At the website, you can find the Buckeye Best Healthy Schools 2008-2009 application due March 31, 2009. Also look for the Healthy Ohio Healthy Communities, Healthy Worksites, and Healthy Parks and Recreation applications due out later this year.

Healthy

The State of Living Well.