



Workplace Wellness

Wellness in the Workplace

Your health is important, and now that many people are spending most of their day **sitting at a desk**, implementing health programs inside the workplace has become a vital piece of the healthy lifestyle puzzle.

Chronic Disease at Work

Chronic diseases such as depression and hypertension can lead to a decline in the overall health of employees, contribute to an increase in health-related expenses for employers and employees, and lead to days away from work. Many businesses have realized the benefits of health promotion, and to curb the costs of rising health care they have begun offering wellness programs to their employees. Ideally, the office should be a place that not only protects the well-being of employees but also provides them opportunities for better long-term health.

Although chronic diseases are among the most common and costly of all health problems, **adopting healthy lifestyles can help prevent them**. A wellness program aimed at keeping employees healthy is a key long-term human asset management strategy.

What is a Workplace Wellness Program?

A workplace wellness program is a health promotion activity or organizational policy designed to support healthy behavior and improve health outcomes while at work. These programs can consist of:

- Health education and coaching
- Weight management programs
- Health fairs
- Medical screenings
- On-site fitness programs

Wellness programs can also include policies intended to facilitate employee health, including allowing time to get preventive care screenings/annual physicals, time for exercise, providing on-site kitchens and eating areas, offering healthful food options in vending machines, holding “walk and talk” meetings, and offering financial and other incentives for participation. Effective workplace programs, policies and environments that are health-focused and worker-centered have the potential to significantly benefit employers, employees, their families and communities. ■

Have you spoken with our Population Health Management Consultant about the USI CORE Strategy? For more info, contact:

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Preventive Care

Preventive care consists of measures taken to prevent diseases, rather than curing them or treating symptoms. Research shows that increased use of effective preventive services will result in less suffering from ailments that could have been prevented had they been detected and treated early on. The following types of preventive care are available to adults within specified age ranges or risk groups.

Blood pressure screening: Routine measurements of adult blood pressure and treatment with anti-hypertension medication to prevent cardiovascular disease. Hypertension and related complications account for \$100 billion in medical costs every year, yet only 1 in 3 people with hypertension actually control it.

Breast cancer mammography screening: Mammograms for women age 40 or over every 1–2 years, with or without clinical breast examination.

Cervical cancer screening: Screenings for cervical cancer in women ages 21–65 with a Pap smear every three years; for women who want to lengthen the screening interval, screenings with a combination of Pap smear and HPV testing every five years, for women ages 30–65.

Cholesterol screening: Screenings for lipid disorders in men over 35/ women over 45 and treatment with lipid-lowering medications to prevent cardiovascular disease. One in 4 adults with high cholesterol will suffer a heart attack and 1 in 3 will die from coronary heart disease. Screening to detect high cholesterol is effective in identifying those who may need medication to control cholesterol levels.

Colorectal cancer screening: Screenings for colorectal cancer using fecal occult blood testing, sigmoidoscopy or colonoscopy, beginning at age 50 and continuing until age 75. About 19,000 diagnoses could be prevented annually if people get screened, yet only 1/3 of adults actually have regular screenings.

Diabetes screening: Screening for Type 2 diabetes in asymptomatic adults with sustained blood pressure greater than 135/80 mmHg (either treated or untreated).

Osteoporosis screening: Screenings for women at high risk of developing osteoporosis starting at age 60, and for all women beginning at age 65.

Tobacco use screening: Screenings for adults at higher risk; tobacco users may receive intervention and cessation support.

Vaccinations: Shots for hepatitis A, hepatitis B, herpes zoster, human papillomavirus (HPV), influenza, measles, mumps, rubella, meningitis, pneumococcal disease, tetanus, diphtheria, pertussis and varicella. Doses, recommended ages and populations vary.

Well-woman visits: Annual visits for adult women to obtain the recommended preventive services, including preconception and prenatal care.



Be Smart. Take Part. Prepare.

Download USA.gov's FREE guide: *How to Prepare for a Tornado*



A **tornado** is a violently rotating column of air that extends from a thunderstorm to the ground and is often—but not always—visible as a funnel cloud. The scale goes from an EF0 tornado, which causes light damage, to an EF5 tornado, which causes total devastation.

Tornadoes can cause fatalities and devastate a community in seconds. When a tornado threatens, your goal is to go to the safest place for protection before the tornado hits and take measures for personal cover.

- Tornadoes can strike in any season, but occur most often in spring and summer. They can occur at all hours, but are most likely to occur between 3 pm and 9 pm.
- About 1,200 tornadoes hit the US every year. Winds can reach more than 200 miles per hour, and damage paths can be more than 1 mile wide and 50 miles long.
- Most injuries and fatalities from tornadoes are caused by being struck or cut by falling or wind-borne debris.



Communication

Practice how you will communicate with family members. In a dangerous situation, your first thoughts will be the safety of your family and friends. In case you are not together when authorities issue a tornado watch or tornado warning, practice how you will communicate with each other. Remember that sending texts is often faster than making a phone call.

Keep important numbers written down in your wallet, not just stored in your phone. It is sometimes easier to reach people outside your local area during an emergency, so choose an out-of-town contact for all family members to call or use social media. Decide where your household members will meet after the tornado. Visit www.ready.gov/make-a-plan for Household Communication Plan templates.

Help Get Prepared

If a tornado threatens, go to a small, interior, windowless room such as a closet or bathroom on the lowest level (underground is best). Protect from debris by covering up with cushions, a sleeping bag, blanket, etc. Kneel down, bend over into a ball, and cover your head and neck with your arms.

If you spend time outdoors or in locations that may not offer protection such as mobile homes/offices, malls, big retail stores, gyms or vehicles, plan ahead during a tornado watch so you'll be able to reach protection if needed.

Supplies (For a complete list, visit: www.ready.gov/build-a-kit)

Following are suggested supplies to have in the event of severe damage:

- A battery-powered or crank-operated flashlight and radio.
- First aid kit and manual.
- Whistle/air horn to notify rescuers in case you're trapped by debris.
- Food and water for a day or two; Consider dietary considerations
- Nonelectric can opener
- Cash and credit cards
- Medications/medical supplies
- For children: items such as stuffed animals, books, games, etc.
- Store important documents electronically and/or in a fireproof, waterproof box.
- Review insurance policies/lists of your home/business' contents.
- **Need help?** Visit www.ready.gov/financialpreparedness

Happy Healthy Eating!

Buckwheat flour combined with whole-wheat flour creates fiber, protein, niacin and other B vitamins. Ground flaxseeds contain omega-3 fatty acids, vitamin B6, magnesium and folate. Blueberries add a splash of color and flavor along with vitamins C and K, manganese and antioxidants!

Blueberry and Flaxseed Pancakes

- 3/4 cup buckwheat flour
- 3/4 cup whole-wheat flour
- 2 Tbsp. ground flaxseed
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 cup skim or low fat buttermilk
- 3/4 cup skim milk
- 2 large eggs
- 1 Tbsp. canola oil
- 1 Tbsp. honey
- 2 cups rinsed, drained blueberries
- Vegetable cooking spray
- Maple syrup as desired

In a large bowl, combine flours, flaxseed, baking powder, baking soda and salt. In a separate bowl, mix together the buttermilk, skim milk, eggs, oil and honey.

Pour the egg mixture into the dry ingredients and stir just until the batter is lightly mixed together. (If the batter appears too thick, add a bit more of the skim milk to thin it out.) Lumps are okay (over mixing makes for hard pancakes). Fold in the blueberries.

Preheat a large skillet over medium heat. Spray the skillet with cooking spray. Use about 1/4 cup of batter for each pancake. Cook for about 2 to 3 minutes per side on medium to medium-high heat. The pancakes are ready to flip when bubbles start to appear. Turn the pancake over only once when golden brown. Makes 4–6 servings.

Per serving: 220 calories, 6g total fat (1g saturated fat), 33g carbohydrate, 9g protein, 6g dietary fiber, 600 mg sodium. ■