



WELLNESS NEWS

THIRD QUARTER
2012

Inside this issue:

Type 2 Diabetes and Food Choices	2
Healthy Cooking Tips For People With Diabetes	2
Healthy Vending Results	3
Basic Guide to Portion Sizes	4
BCBSM Contact Information	4
Courthouse Flu Clinic	4
Suggestion Box	4
Did You Know?	4

CENTER FOR DISEASE CONTROL & PREVENTION (CDC) SAYS "TAKE 3" ACTIONS TO FIGHT THE FLU

1

TAKE TIME TO GET A FLU VACCINE



- ◆ CDC recommends yearly flu vaccine as the first and most important step in protecting against flu viruses.
- ◆ CDC recommends everyone 6 months of age and older to get a flu vaccine.
- ◆ CDC states vaccination of a "high risk" person is especially important.

2

TAKE EVERYDAY PREVENTIVE ACTION TO STOP THE SPREAD OF GERMS.



- ◆ Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- ◆ Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- ◆ Avoid touching your eyes, nose and mouth. Germs spread this way.
- ◆ Try to avoid close contact with sick people.
- ◆ While sick, limit contact with others as much as possible to keep from infecting them.

3

TAKE FLU ANTIVIRAL DRUGS IF YOUR DOCTOR PRESCRIBES THEM.



- ◆ CDC states if you get the flu, antiviral drugs can treat your illness.
- ◆ CDC states antiviral drugs can make illness milder and shorten the time you are sick.
- ◆ CDC states studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick.

Source: www.cdc.gov

WHO'S "HIGH RISK"?

- ◆ Children younger than 5, but especially children younger than 2 years old.
- ◆ Adults 65 years of age and older
- ◆ People who live with or care for others who are high risk.
- ◆ People who have certain medical conditions including:
 - Asthma
 - Diabetes
 - Chronic lung Disease

Visit www.cdc.gov for more information.

HAND WASHING TIPS!

- **Wet your hands** with clean, running water (warm or cold)
- **Rub your hands** together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
- **Continue rubbing** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse your hands** well under running water.
- **Dry your hands** using a clean towel or air dry them.

Source: www.cdc.gov

Type 2 Diabetes and Food Choices

You make food choices every day. Whole wheat or white bread? A side of french fries or fresh fruit? Eat now or later? Choices about what, when, and how much you eat affect your blood glucose. Understanding how food affects blood glucose is the first step in managing diabetes. According to the American Diabetes Association, following a diabetes meal plan can help you keep your blood glucose levels on track.

Control carbohydrates

Carbohydrates are foods that have the biggest effect on your blood glucose levels. After you eat carbohydrates, your blood glucose rises. Fruit, sweet foods, starchy foods (such as bread, potatoes and rice), and milk and milk products contain carbohydrates. Better choices are less processed foods with more fiber and nutrients, (such as 100 percent whole wheat bread, oatmeal, brown rice, and nonstarchy vegetables.)

Food and medicine

Insulin helps glucose move from the blood into your muscle cells, where it can be used for energy. Some oral diabetes medications help you produce more insulin or help your insulin work more efficiently, so your medications and food plan have to work together. If you take insulin shots, you need to be especially careful to match the amount of carbohydrates you eat with your insulin dose. If you consume too many carbohydrates without adjusting your insulin dose, your blood glucose might become too high. If you consume too few carbohydrates, your blood glucose might be too low. Your health care provider or a dietitian can help you match your food choices to your medication.

Eat at regular times

You can manage your blood glucose better if you eat the same amount of food at the same time every day. That keeps your glucose levels stable and helps your medication work best. Physical activity is an important way to control blood glucose, too. Try to exercise at the same time every day. That way you can build the extra calories you need for exercise into your meal plan.

Eat smart

You can eat the same foods as everyone else, but you have to pay attention to certain details. That's where your diabetes meal plan comes in. An individualized meal plan tells you the time of day to eat meals and snacks, the types of food to eat, and how much. It should include your favorite foods and emphasize these healthy foods:

- ◆ Whole grains, such as 100 percent whole wheat bread, brown rice, and oatmeal
- ◆ Nonfat or low-fat dairy products, such as nonfat milk and yogurt
- ◆ Lean meats, poultry, fish, eggs, and dried beans and peas
- ◆ Fruits and vegetables

Source: Health Ink & Vitality Communications

HEALTHY COOKING TIPS FOR PEOPLE WITH DIABETES

A healthy diet is not only critical to proper diabetes management, but will also help you stay at a desirable weight, control your blood pressure, and prevent heart disease and stroke.

Always consult your health care provider, registered dietitian, or nutritionist to get advice on planning and preparing healthy meals.

Some healthy cooking tips include:

- ◆ Use vegetable oil spray instead of oil, shortening, or butter.
- ◆ If you do use oil, use canola, sunflower, or olive oil in food preparation instead of vegetable oil.
- ◆ Steam vegetables using a low-fat broth or water.
- ◆ Season foods with herbs and spices, vinegar, lemon juice, or salsa instead of salt.
- ◆ Use low- or no-sugar jams instead of butter or margarine.
- ◆ Eat or cook cereal with skim milk or 1 percent milk.
- ◆ Use low-fat or fat-free cottage cheese, or nonfat yogurt in place of full fat versions.

- ◆ Drink 100 percent fruit juice that has no added sugar.
- ◆ Eat chicken or turkey without the skin.
- ◆ Broil, roast, stir-fry, or grill meats. Always buy lean cuts of meat.
- ◆ Use lemon or lime on fish and vegetables instead of butter or sauces.
- ◆ Buy whole-grain breads and cereals.

Physicians and other experts can direct you to helpful resources that further cover meal planning, offer healthy recipes and cooking tips, suggest exercise programs, give you tips to manage your weight, and more.

Log into your member account with BCBSM and visit [BlueHealth-Connections](#) for more information.

HEALTHY SNACKS COMING SOON!!!

THANK YOU TO ALL THAT PARTICIPATED IN THE HEALTHY VENDING SURVEY!!
RESULTS ARE IN AND HEALTHY SNACKS ARE ON THEIR WAY.
AND THE WINNERS ARE.....

COURTHOUSE

- ◆ Vitamin Water
- ◆ Propel
- ◆ Baked Lays, Regular
- ◆ Baked Doritos
- ◆ Baked Cheetos
- ◆ Sunchips
- ◆ Skinny Cow Products
- ◆ 100 Calorie Products
- ◆ Snackwell Products
- ◆ Fiber Plus Products
- ◆ Dole Fruit Cups
- ◆ Cheese Sticks

HEALTH DEPARTMENT

- ◆ Vitamin Water
- ◆ Propel
- ◆ Baked Lays, BBQ
- ◆ Baked Garden Salsa
- ◆ Sunchips
- ◆ Snackwell Products
- ◆ 100 Calorie Products
- ◆ Skinny Cow Products
- ◆ Granola Bars
- ◆ Fiber Plus Products
- ◆ Dole Fruit Cups
- ◆ Cheese Sticks

Jail

- ◆ Vitamin Water
- ◆ Arizaona 1/2 & 1/2
- ◆ Baked Lays, BBQ
- ◆ Baked Garden Salsa
- ◆ Sunchips
- ◆ Wheat Thins
- ◆ Snackwell Products
- ◆ Skinny Cow Products
- ◆ 100 Calorie Snacks
- ◆ Nutrigrain Bars
- ◆ Granola Bars
- ◆ Cheese Sticks

DORM

- ◆ Vitamin Water
- ◆ V-8 Splash
- ◆ Baked Cheetos
- ◆ Baked Garden Salsa
- ◆ Sunchips
- ◆ Wheat Thins
- ◆ Vanilla Waffers
- ◆ Nutrigrain Bars
- ◆ Granola Bars
- ◆ Dole Fruit Cups
- ◆ Cheese Sticks
- ◆ Peanut Butter Crackers

**Monroe County
Human Resources**

- Frank Spreeman
HR Director
Phone: 734-240-7301
- Audrea Armstrong
HR Deputy Director
Phone: 734-240-7298
- Julie Hegyi
Benefits Specialist
Phone: 734-240-7253



**SEND US YOUR
SUGGESTIONS!!**

**WELLNESS
SUGGESTION
BOX LOCATED ON THE
MONROE COUNTY
INTRANET PAGE**

BCBSM CONTACTS

- BCBSM Customer Service:
(800) 752-1455
- BCBSM Fraud Hotline:
(800) 482-3787
- Medco Home Delivery:
(800) 778-0735
www.medco.com
- BCBSM Health Decision Support Tool/Health Care Advisor:
www.bcbsm.com
- BCBSM Network Provider Locator (24/7):
(800) 810-2583
www.bcbsm.com



EMPLOYEE FLU CLINIC

Thursday, November 1, 2012
10:00 a.m.- 12:00 p.m. on the 2nd floor of the
Courthouse Annex/employee break room.

Flu Shots are **Free** to:

- ◆ Employees (Full-time and Part-time)
- ◆ Dependents covered by the County's Health Plan

Influenza vaccine are also available at the Monroe County Health Department. For information about flu shots, call the hotline @ 734-240-7878.

Size Does Matter!

Basic Guidelines to Portion Sizes:

1 cup = baseball

1/2 cup = light bulb

10 oz or 2 tbsp = golf ball

3 oz chicken or meat = deck of cards

3 oz of fish = checkbook

It is all too easy to misjudge correct portion sizes.

Go to WebMD and print a portion size guide.

Did You Know?

SUGAR DRINKS ARE LINKED TO DIABETES?

Drinking sugar-sweetened soft drinks and fruit punches seem to boost the risk for type 2 diabetes and obesity. A study in 2004 in the Journal of American Medical Association found that women who drink at least one sugar-sweetened beverage a day increased their risk for type 2 diabetes by 83 percent. Woman having at least one sugar drink a day also gained more weight than those who drank other beverages.

Source: Health Ink & Vitality Commutations