



Your Health Matters

***CCMHG – Your Town, County, District, Authority
Working together for your health***

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January is Family Fit Lifestyle Month!

Keeping your family healthy - it's what we all want to do, but with rising childhood obesity rates, diabetes, high blood pressure, high cholesterol, heart disease, and cancers are we actually succeeding in doing this?

We live in a fast-pace, high-tech world these days with two income families that find parents driving from work to daycare to after school activities. Fast-food brings on a whole new meaning and portable devices such as DSi's, PSP's and smart-phones, as well as in-car entertainment systems, are constantly being utilized during these trips. Even the occasional family car trip on the weekend is being monopolized by these systems and family conversations and connections are suffering!

There are so many ways to improve your family's health habits. And you may be surprised at how the smallest changes can add up over time! The Center for Disease Control encourages AT LEAST 60 minutes of physical exercise per day for children and the American Academy of Pediatrics suggests we limit our screen time (video games, television, computers, and cell phones) to just two hours per day. Yes, shut those devices off!

Fitting regular exercise into your daily schedule may seem difficult at first but the Guidelines for Americans are more flexible than ever! One hour may seem like a lot but rest assured your children may already be working towards that goal during their school day! Activity can be accumulated throughout the day in 15 minute blocks.

Encouraging good eating habits and physical exercise are the ground rules to follow throughout our lives. Kids who learn healthful behaviors as part of a family lifestyle are much more likely to continue those healthful habits throughout their lives!

Discuss with your children how physical activity is a FUN lifelong way to take care of your body and balance your food and energy rather than viewing it as a chore. Check out the tips in this issue for raising active, healthy and fit kids!

Sources: Center for Disease Control, Nourish Interactive, Everyday Health

TWO GREAT WAYS TO SAVE MONEY IN 2011

Have you heard about the **Good Health Gateway**® Diabetes Care Rewards Program? Since the Program's launch in September 2009 members who are meeting the programs' requirements have saved over \$12,000 in co-payments for diabetes medications and supplies! According to ABACUS, there are currently more than 200 members of the CCMHG enrolled! Here's what one member had to say:

"The Diabetes Program has helped me to manage my diabetes successfully. Because of the program I am able to get my medication without worry (if I have to pay the co-pay). When your supplies are also covered – yippee! , it all adds up over time. Secondly the program keeps me on track with my appointments; knowing when the last lab test was and when the next one is needed. In three simple words – I LOVE IT! It does feel like I am being rewarded for taking care of myself – for me, it's a great management tool. Thank you".

To find out if you are eligible to receive your diabetes medications and supplies for FREE visit the Good Health Gateway website at www.GoodHealthGateway.com or call the HelpLine at 800-643-8028 for assistance.

Interested in saving money on brand name medications? Try the **myMedicationAdvisor**® Program. You may be eligible to receive your brand name prescription medications for **FREE!** More than 700 CCMHG members will save over \$150,000 this year in co-pay waivers! Find out if your medication is available through the program by visiting the **myMedicationAdvisor** website at www.myMedicationAdvisor.com. You can also call the HelpLine at 877-467-3113 to register, ask if your medication is on the list, or request enrollment forms.

Start Saving Money today!! BOTH Programs are administered by Abacus Employer Health Solutions, a Cape Cod Municipal Health Group approved vendor.



*Being fit isn't just exercising and eating! **Harvard Pilgrim** wants their members to be sure to check in with their doctors and to schedule routine and preventive care appointments. You will find that HPHC recommend certain screening tests and immunizations to keep members healthy. Every year, these guidelines are updated for both children and adults. For more information log onto the Harvard Pilgrim website <https://www.harvardpilgrim.org/members> and click on Your Member Savings, Health & Wellness, Preventive care to check out your family guidelines!*

Blue Cross Blue Shield With the passage of national health care reform, certain preventive health care for adults and children are now covered with no cost share for you when provided by a network provider. This change will be applied to your health plan the next time it renews. To find out if you are up to date, check out the website at: <https://www.bluecrossma.com/healthy-times/save-money/preventive-care-thats-100-percent-covered.html>. If you have questions about coverage for preventive services, [log in to your account](#) or call Member Service at the number on the front of your ID card.



W e e l i n e s s e s

W Biometric Screenings

Someone asked me the other day, what exactly are these screenings? I thought I would take the opportunity to explain a little about this program.

According to Webopedia, "Biometrics is, generally, the study of measureable biological characteristics." In the CCMHG's program we offer employees the chance to be take part in any or all of these screenings: cholesterol, blood pressure, glucose, hearing, Ultra-violet sun damage, pulse, bone density, weight, waist measurement, and body mass index.

All of our screenings are guidelines and not diagnostic in nature. The staff of nurses on-site are able to determine if something seems irregular and may be in need of further evaluation from your physician. In the past we have been able to detect diabetes, pre-diabetes, hearing damage, pre-cancerous cell formations, and bone density loss. It never ceases to amaze me how much this program helps employees!

All information collected is completely confidential and is not shared with your employer. Listed below are screenings scheduled through April 15th below:

- **Wixon Middle School: January 19th**
- **North Falmouth Elementary: January 21st**
- **Morse Pond School: January 25th**
- **The Lawrence School: March 7th**
- **Town of Provincetown: March 9th**
- **BWB Elementary: March 10th**
- **Town of Brewster: March 16th**
- **Ezrah Baker Elementary: March 21st**
- **Town of Barnstable: April 1st**
- **Town of Falmouth: April 5th**
- **HM Charter Middle School: April 7th**
- **Town of Dennis: April 14th**



If your employer is not taking part in this program, please ask why!

N e e w s

N Kick Butts

Unfortunately we had to cancel our January Provincetown program due to poor sign-ups! I am hopeful that we will be able to run a successful class in that area during the next fiscal year as we have six individuals who are interested!

If you know someone who would like to participate in this program please have them contact me! As of this writing I am working on our next site – if your employer is interested in hosting, please let me know!

N e e w s

N Health Improvement Program (HIP)

Our Barnstable Program has started up with a full class! Looking forward to seeing how the participants progress through this six week class!

Hot Topics

Did You Know?

Over the past three decades, childhood obesity rates in America have tripled, and today, nearly one in three children in America are overweight or obese. One third of all children born in 2000 or later will suffer from diabetes at some point in their lives; many others will face chronic obesity-related health problems like heart disease, high blood pressure, cancer, and asthma.

Source:
<http://www.letsmove.gov>

82

Percentage of adults who do not meet the government's exercise recommendations. Aim to do 150 minutes of moderate exercise (or 75 minutes of vigorous activity) a week, and do full-body strength training at least twice a week.

Source: American Journal of Preventive Medicine

School Smarts!

Try making your next sandwich with Arnold's Multigrain Thins instead of the usual 12 grain bread. You will lose 120 calories while only sacrificing 2 whole grains! Your kids will thank you!



What is it?

Corn Sugar – What the Corn Refiners Association wants the FDA to rename the much-maligned high-fructose corn syrup. Because studies have linked HFCS with obesity people have been avoiding products made with it, says Kathleen Melanson, PhD, RD, University of Rhode Island. Since HFCS is present in a staggering amount of food in the US, and in most foods marketed to children, there are doubts as to whether it can be consumed in moderation. Whatever it is called, do your best to limit your intake!

QUICK FACT:

Less than an hour of daily exercise reduces depressive symptoms and improves self-esteem in overweight children according to the Journal of Pediatric Psychology.

Ground Rules for the Interactive Child – Too much time in front of a TV or computer screen can be bad for your kid's health. But how much is too much and how can parents be monitor children and guide them to the best content? For starters, "the computer, TV, and video games should be in a public place if that's possible," says Richard Gallagher, PhD, director of special projects at the Institute for ADH and Behavior Disorders. Regardless of equipment location, you should establish and Internet policy and TV rules to lay the groundwork for safe and healthy plugged-in time. Remember that the limits you establish should not included interactive educational videos or Internet use for school work.

Here are some additional rules you may want to consider: Be a role model and limit your own TV and screen time and pick shows that set positive examples; opt out of watching TV and suggest other activities such as an art project or sport; use a program guide to plan what your children watch rather than just aimlessly channel surfing; and watch along with your kids and talk about shows and even commercials. It's an open door to discuss issues about morality, real-world topics, and the underlying purpose of ads, including how they can be misleading! Source: www.EverydayHealth.com

Food for thought...



USDA'S Tips for Families

- 1. Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.
- 2. Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.
- 3. Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
- 4. Get your calcium-rich foods.** To build strong bones serve low-fat and fat-free milk and other milk products several times a day.
- 5. Go lean with protein.** Eat lean or low-fat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
- 6. Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
- 7. Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

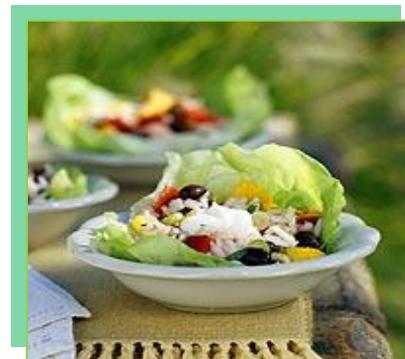


Find out more information on The USDA's website: www.mypyramid.gov. Among the information you will find is the MyPyramid Ten Tips Nutrition Education Series which provides consumers and professionals with high quality, easy-to-follow tips in a convenient, printable format. These are perfect for posting on a refrigerator. These tips and ideas are a starting point. You will find a wealth of suggestions here that can help you get started toward a healthy diet. Choose a change that you can make today, and move toward a healthier you.

Salsa, Black Bean, and Rice Salad

Ingredients

2 cup(s) brown rice, cooked, chilled
 1 can(s) beans, black, (15 ounces) rinsed and drained
 2 cup(s) tomato (es), chopped
 1 cup(s) pepper(s), red, bell, chopped
 1 cup(s) corn, whole kernel frozen, thawed
 2 scallion(s) (green onions), thinly sliced
 2 tablespoon cilantro
 1 cup(s) salsa
 4 ounce(s) cheese, Reduced Fat Pepper Jack, cut into grated (optional)
 Lettuce leaves
 1/2 cup(s) sour cream, light (optional)



In a large bowl, stir together chilled rice, black beans, tomatoes, sweet pepper, corn, green onions, and cilantro; add salsa. Toss to coat. If desired, stir in cheese. To serve, line 6 salad bowls or plates with lettuce leaves. Top with rice mixture. Serve with sour cream. Makes 6 servings.

Nutritional Data: per 1 cup serving: Calories: 285.9; Total Fat: 7.8g; Saturated: 5g; Cholesterol: 23mg; Sodium 348mg; Carbohydrate: 40g; Fiber: 7.7g; Sugars 4g; Protein 15.8

Nutritional Data: per 1 cup serving omitting cheese and sour cream: 214.8 calories; Total Fat: 3g; Saturated: 2.4; Cholesterol: 7.4; Sodium: 215.8; Carbohydrate: 38.7; Fiber 7.7; Sugars 2.7; Protein 9.1

Recipe modified from Diabetic Living

Do's and Dont's for Parents

Adapted from The University of Pittsburgh Medical Center

- **Do be supportive.** Kids need to know that you love and respect them unconditionally and that their weight does not define their self-worth. Kids who feel loved and confident are more likely to be able to make positive lifestyle changes and feel good about themselves while they are doing it.
- **Don't be the "food police."** Watching over your kids like a hawk and creating a list of "forbidden foods" is likely to backfire. Kids whose diets are severely restricted will often resort to sneaking food and even bingeing in private.
- **Do teach your children about balanced nutrition.** The whole family should have a basic understanding of what constitutes a healthful diet. If you need help, ask your doctor for a referral to a registered dietitian.
- **Do involve the children in shopping, menu planning, and cooking.** It is helpful for kids to be involved and feel like they have some control over their diet.
- **Do have several healthy snacks on hand.** It is normal for kids to get hungry between meals. Healthful snacks will keep them going throughout the day. Kid-friendly choices include apple slices with peanut butter, yogurt with granola, dried fruit and nuts, and pre-cut vegetable sticks with low-fat dip.
- **Don't use food as punishment or reward.** Kids should understand that food is fuel for a healthy body, as well as a source of pleasure. Associating food with punishment or reward may distort children's views of the role of food in their lives.
- **Do have your kids eat their meals and snacks at the table.** Kids (and adults) who eat while watching TV or doing other activities are more likely to overeat because they are not paying attention to how much they are eating.
- **Do encourage physical activity.** This may be one of the most important things you can do for your kids. Regular exercise is vital to weight control, as well as to health. While team sports or community activity programs are great, it is also a good idea for parents to exercise with their kids and make it a family affair, such as walks after school or weekend hikes.
- **Don't give your children any weight-loss remedies or medicines.** Many are not safe for children and could cause harmful side effects. Talk to the pediatrician before giving any weight-loss medicine.
- **Do encourage your child to get plenty of sleep.** Not getting enough sleep may increase your child's risk of obesity. Depending on your child's age, he/she may need 9-11 hours of sleep each night.

The Last Word

*"What every child needs is a loving, caring adult who is passionately, wildly committed to that child",
Geoff Angle, PhD MPH, associate professor
psychiatry and neurology and director of the
Institute of Infant and Early Childhood Mental Health
at Tulane University.*

IT DOESN'T HAVE TO BE A BRIGHT AND SHINY SUMMER DAY TO INTEREST A CHILD IN A WALK! MAKE IT AN ADVENTURE AND YOU NEVER



KNOW WHERE YOU MAY END UP OR WHAT YOU WILL DISCOVER! THE ADDED BONUS OF SPENDING SOME QUALITY TIME TOGETHER IS PRICELESS!

Your Health Matters is a quarterly publication for municipal employees and family members of the Cape Cod Municipal Health Group. All questions and correspondence should be directed to Deanna L. Desroches at dldesroches@comcast.net or 508-362-6106.