



Your Health Matters

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

Written by Deanna L. Desroches, Director, CC Healthy Connections, LLC

*Volume 27
August 2017*

In this issue:

Kids & Exercise

Health Providers News

Wellness Portal

\$200 Winners!

Delta Dental Mobile

Summer Step Challenge

Maintain Don't Gain

Hot Topics

Flu Vaccines

Food for Thought

***Summer Veggie Pasta
Salad***

The Last Word

Colorectal Death Rates

Kids who exercise daily do better at this

What if an hour-long game of tag each day not only made your children healthier, but also raised their test scores? New research suggests it can. A soon-to-be published study of school children who participated in an afterschool exercise program in Urbana, Illinois showed noticeable changes after nine months of increased physical activity.

For the study, one group of children played tag and other vigorous games for 70 minutes a day. The control group continued their normal activities. Neither group changed their diet and both groups were tested for fitness, body composition and cognitive skills before the program began. At the end of nine months the children who exercised showed great improvement in their scores on computerized tests that measure how well a child pays attention and processes information.



The children who were obese in the exercise group also had less visceral fat at the end of nine months, while the ones who didn't exercise had more. Visceral fat is known to increase inflammation in the body and has been linked to higher rates of diabetes and cardiovascular complications.

The American Academy of Pediatrics recommends that children get at least 60 minutes of moderate to vigorous exercise a day. A new study published in Preventive Medicine shows that most children are falling short. Among kids ages 6 to 11, 25 percent of boys and 50 percent of girls did not meet this recommendation. Teenagers fared even worse. Fifty percent of boys and 75 percent of girls were not active for at least an hour a day.

Hyannis cardiologist Elissa Thompson's best advice for parents is to get children off their devices and get them outside. "You're spending \$800 to \$1,000 for a device. Spend \$100 instead and get them a good pair of sneakers and get them walking," she said. It is not surprising that the children who exercised did better on tests, she said, when you increase your cardiac output you increase blood circulation throughout the body, including the brain. Exercising your body actually exercises your brain, she said.



Wellness Portal

We are very excited to roll out FY18's CCMHG Wellness Portal!! The portal will run from 09/01/17 - 06/30/18. It is open to ALL CCMHG Members AND SPOUSES (new this year)!

Here's how to get started:

1. Go to www.ahealthyme.com/login
2. If you already have registered for an account, login with your username and password
3. If you don't yet have an account, click on the link titled "Click here to sign up"
 - a. If you are a BCBSMA member, you will register for ahealthyme using your member ID on your medical card.
 - b. If you are not a BCBSMA member, you will be assigned a personal access code to register. If you were eligible for the program last year, you will use the same personal access code that was sent to you. If you are newly eligible this year, you will receive a letter in the mail with your personal access code. If you misplaced your letter or can't wait to receive it, you can call the ahealthyme customer service line at (888) 617-0696 to request your personal access code. You will need to tell them your first and last name and that you are a member of the Cape Cod Municipal Health Group.

Please complete your online assessment AFTER 09/01/17 but before 09/30/17 so that you will be eligible for the 25 points AND \$25 gift card!!

Our most recent \$200 drawing winners are:

Jan Hagberg – Town of Sandwich
Paula Champagne – Town of Harwich
Wellesley Marsh – Town of Harwich
Ann Pacino – Town of Barnstable



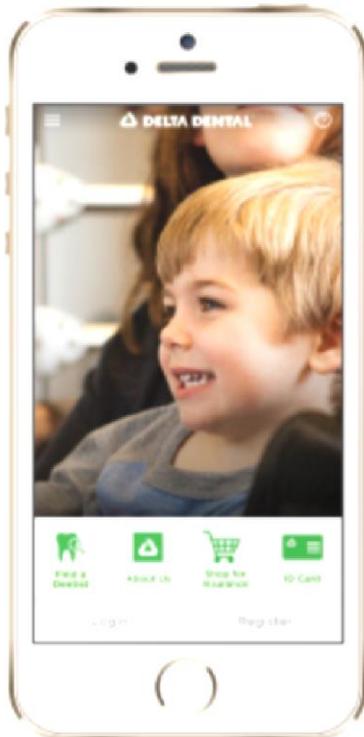


Delta Dental Mobile

Manage your benefits anytime, anywhere



Your dental health is important to Delta Dental - and to your overall health! We've designed our mobile app to make it easy for you to make the most of your dental benefits. Maximize your health, wherever you are! Access dentist search, check claims and coverage, view ID cards and more, right on your mobile device.



Getting Started

Delta Dental's mobile app is optimized for iOS (Apple) and Android devices. To download our app on your device, visit the App Store (Apple) or Google Play (Android) and search for Delta Dental. Or, scan the QR code at right. You will need an internet connection in order to download and use most features of our free app.



SCAN TO DOWNLOAD
DELTA DENTAL MOBILE

Using the App Without Logging In

Anyone can use Delta Dental Mobile without logging in to access our Dentist Search, Toothbrush Timer, LifeSmile Score risk assessment and Cost Estimator.

Logging In to View Benefits

Delta Dental subscribers can log in using the username and password they use to log in to our website. If you haven't registered for an account yet, you can do that within the app. If you've forgotten your username or password, you can also retrieve these via Delta Dental Mobile.

Wellness News

Couch to 5k Running Program

Our next C25k will take place in February of 2018! The program will be in Falmouth location TBD! This gives everyone plenty of time to gain the courage to join the program! We have so many great alumni from this program and currently have started a weekly run group on Saturday mornings in Yarmouth! You do not have to be or ever had to be a runner to take part! I hope you will join me! Register for this program at signup.com. The completion of this program without missing more than one class will earn you **→25 points for our member wellness portal!**

Biometric Screenings

Our Screenings have already begun to get scheduled for this fiscal year. If you have not taken part in this program I strongly urge you, as an employer and member, to participate. Please contact me with any questions on this wonderful program! The most common referrals for follow-ups this past year were for bone density, hearing, and sun damage! These are screenings that are not part of your routine physical with your physicians. Please contact me directly at capecodhealthyconnections@gmail.com to schedule your screening today!

Summer Step Challenge

This challenge began on July 9th and required members walk a minimum of 6,000 steps or 3 miles per day! We currently have 72 members participating and we will be wrapping up August 26th and awarding random prizes to a few lucky members!! All members that successfully complete this program by logging in steps each day class will earn **→25 points for our member portal!**



Spring Walking Challenge

The Spring Walking Challenge was a great success this year again! Prize winners are listed below and those members that successfully completed the challenge were also awarded **→25 points for our member portal!**

- Gift Certificate to Marathon Sports for one pair of running/walking shoes - retail value up to \$150.00 - Kathleen Girouard, Town of Barnstable
- Garmin Vivofit w/heart rate monitor - Marcia King, Barnstable County
- Nutri Ninja Pro Blender - Leanne Gray, Mashpee Water District
- Light Up Safety Vest for walking/running - Brianna Kane, Cape Light Compact
- Food Measuring Scale - Judith Giorgio - Town of Chatham
- Water resistant sports earbuds - Marie Buckner, Town of Sandwich
- Water resistant sports earbuds - Theresa Bunce - Town of Dennis

Maintain Don't Gain Challenge

I know it's so early to be thinking about the Holidays but our weigh-ins will be taking place prior to our next publication so please be on the lookout for our flyer, Facebook posts, and twitter feeds telling you when and where to go to be weighed in! Our program will run from Thanksgiving Day through New Year's Day!!!

Hot Topics

Keeping your smartphone nearby may not be too smart!

Researchers publishing in the April 2017 edition of the Journal of the Association for Consumer Research describe a series of experiments in which 520 college students performed tasks requiring focus, attention, and novel problem-solving skills. Some were asked to leave their smartphones in another room. Others were allowed to keep them where they usually do (such as in their pocket or purse). A third group was asked to set their phones on the desk next to them.

Remarkably, performance on the tasks of attention and problem-solving varied depending on the location of the smartphone:

Scores were highest when the smartphone was in the next room.

Scores were lowest when the phone was on the desk.

The impact of the smartphone's location was most dramatic among those who reported being most reliant on their phones.

The effect of the smartphone was not altered by having the phone powered off (vs. set to silent mode) or placed face down (vs. face up).

These findings suggest that having a smartphone nearby can be distracting even when it's not in use. It may be that the power, convenience, and connectivity provided by smartphones come at a "cognitive cost." The authors of this new study call it "brain drain." And it may be more common — and more profound — than we realize.



the benefits of flu vaccination 2015-2016

The estimated number of flu **illnesses prevented** by flu vaccination during the 2015-2016 season:

5 million
as many people use Denver International Airport in one month



DATA: Influenza Division program impact report 2015-2016, <https://www.cdc.gov/flu/about/disease/2015-16.htm>.

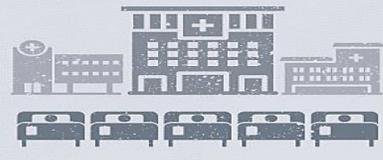
The estimated number of flu **medical visits prevented** by vaccination during the 2015-2016 season:

2.5 million
equal to the population of Portland, Oregon



The estimated number of flu **hospitalizations prevented** by vaccination during the 2015-2016 season:

71,000
enough to fill every registered hospital bed in the state of Texas



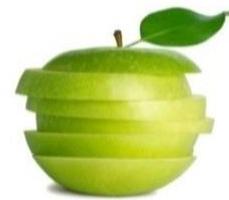
NGIRDg-607 | 12.08.2016



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

get **vaccinated**
www.cdc.gov/flu

Food for thought



5 foods that fight high cholesterol

It's easy to eat your way to an alarmingly high cholesterol level. The reverse is true too - changing what you eat can lower your cholesterol and improve the armada of fats floating through your bloodstream. Fresh fruits and vegetables, whole grains, and "good fats" are all part of a heart-healthy diet. But some foods are particularly good at helping bring down cholesterol. How? Some cholesterol-lowering foods deliver a good dose of soluble fiber, which binds cholesterol and its precursors in the digestive system and drags them out of the body before they get into circulation. Others provide polyunsaturated fats, which directly lower LDL. And those with plant sterols and stanols keep the body from absorbing cholesterol. Here are 5 of those foods:

1. **Oats.** An easy way to start lowering cholesterol is to choose oatmeal or a cold oat-based cereal like Cheerios for breakfast. It gives you 1 to 2 grams of soluble fiber. Add a banana or some strawberries for another half-gram.
2. **Beans** are especially rich in soluble fiber and take a while for the body to digest, so you feel full for longer after a meal. That's one reason beans are a useful food for folks trying to lose weight. With so many choices - from navy and kidney beans to lentils, garbanzos, black-eyed peas, and beyond - and so many ways to prepare them, beans are a very versatile food.
3. **Nuts.** A bushel of studies shows that eating almonds, walnuts, peanuts, and other nuts is good for the heart. Eating 2 ounces of nuts a day can slightly lower LDL, on the order of 5%. Nuts have additional nutrients that protect the heart in other ways.
4. **Foods fortified with sterols and stanols** extracted from plants gum up the body's ability to absorb cholesterol from food. Companies are adding them to foods ranging from margarine and granola bars to orange juice and chocolate. They're also available as supplements. Getting 2 grams of plant sterols or stanols a day can lower LDL cholesterol by about 10%.
5. **Fatty fish.** Eating fish two or three times a week can lower LDL in two ways: by replacing meat, which has LDL-boosting saturated fats, and by delivering LDL-lowering omega-3 fats. Omega-3s reduce triglycerides in the bloodstream and also protect the heart by helping prevent the onset of abnormal heart rhythms. *Source: harvardhealthpublications*

Summer Veggie Pasta Salad

- 1 16 ounce box of your favorite pasta
- 1 10 ounce bag microwavable green beans
- 1 pint red tomatoes
- 1 pint yellow tomatoes
- 1 large orange or red pepper
- ¾ cup chopped red onion
- 1 can no-salt added corn, drained
- ¾ cup of your favorite Italian Dressing



Cook pasta according to directions until al dente. While pasta is cooking, microwave green beans to package directions. Halve the red and yellow tomatoes and transfer to serving bowl. Dice the bell pepper and add to bowl along with red onion, corn, and Italian dressing. Halve the green beans and add to bowl. Toss to combine. Drain pasta, rinse under cold water and transfer to bowl. Toss to mix all ingredients. Refrigerate until ready to use.

Tip: I used fresh steamed beans, grilled corn removed from cob and Wishbone Robusto for a bold flavor. You can also add shredded/diced chicken or tuna for an easy and yummy main course salad.

Nutritional Information: Makes 10 servings; Per serving: 252 calories; 5.5g fat, 0.5 sat fat; 0mg cholesterol; 203mg sodium; 42.9g carbs; 5.5g sugars; 7g protein; 3g fiber

Colorectal Cancer Death Rates Up For Young Whites



The Last Word

A new report about colorectal cancer reveals an unexplained trend: Death rates are rising among white people under the age of 55 but dropping for African-Americans in the same age group. "The rise is confined to whites, and that's very surprising," says the report's lead author, Rebecca Siegel, the strategic director of surveillance information services at the American Cancer Society.

The Cancer Society report covers the years 1970 to 2014. It tracks changes in the death rate from colorectal cancer among people between the ages of 20 and 54, who have historically been less likely than older people to develop the disease. The report's authors analyzed 242,637 deaths to reach their conclusions.

When doctors find this disease early, it's highly curable. It happens when abnormal cells grow in the lining of the large intestine or the rectum. It can strike both men and women, and it has the second highest rate of cancer deaths in the U.S.

In 1970, 6.3 out of 100,000 people under 55 died from the disease. That rate dropped to 3.9 by 2004. That's when it started to climb among white people. Over the next 10 years, their death rate increased from 3.6 to 4.1 out of 100,000. It's a much different story for young African-Americans. Their death rate has remained higher than that of whites, but it has continued to slowly and consistently decline, from 8.1 per 100,000 in 1970 to 6.3 in 2014.

Cleveland Clinic colorectal cancer specialist James M. Church, MD, says he thinks improved access to care for African-Americans helps explain the continuing drop in deaths. "Care has been changing and improving," he says. Siegel agrees. "Declines in blacks are due primarily to improvements in treatment for [colorectal cancer], which very likely attenuated the rise in whites.

Darrell M. Gray II, MD, a gastroenterologist at Ohio State University Comprehensive Cancer Center, says researchers don't know what's behind the change in mortality rates. "This study did not examine income, geography, insurance status, or history of prior colonoscopy or screening, factors that we know influence colorectal cancer outcomes," says Gray, who specializes in prevention and screening of colorectal cancer. "We can't assume access to care is what is contributing to the disparity, particularly as access has traditionally been most limited among minority and low-income populations."

What are the symptoms?

Colorectal cancer doesn't have early warning signs, so it's important to get checked. Finding it early means it's more curable. As the disease gets worse, you may see blood in your stool or have pain in your belly, bathroom-related troubles like constipation or diarrhea, unexplained weight loss, or fatigue. By the time these symptoms appear, tumors tend to be bigger and harder to treat.

Obesity, which greatly raises the odds of having colorectal cancer, has increased in whites and African-Americans, Siegel says. And both groups get too little physical activity, which also is linked to the disease. These similar patterns should lead to similar outcomes, but they don't. "That's concerning, because we don't know why," says Siegel.

The report reveals another mystery: Colorectal cancer deaths in whites also rose among people ages 50 to 54, about when screening for the disease should begin. Federal health guidelines recommend that most men and women get a colonoscopy every 10 years, beginning at age 50. Stool tests also can screen for cancer, but colonoscopies better detect suspicious growths and can remove them before they develop into cancer. “It’s quite surprising that this age group, which we’re supposed to be screening, is seeing an increase in death rates,” Siegel says. “It’s a small increase, but it’s just begun.” A possible explanation: **Only 46% of people in this age group get screened.**

“We need to encourage people to call their doctor on their 50th birthday and schedule a test,” she says. The rise in colorectal cancer cases and deaths in young people may eventually lead to changes in screening guidelines. Siegel says the American Cancer Society is reviewing its own guidelines. Church recently shared research that suggests a different screening strategy. Because many colorectal cancers in young people develop in easy-to-reach areas, 40-year-olds may benefit from a flexible sigmoidoscopy, a less invasive screening procedure than a colonoscopy. Follow this link for the full article at [WebMD](#).

CCMHG Members are very fortunate to have such a great Incentive Program. This year’s postcards are out and ready to be completed by you! Get that colonoscopy and receive \$50.00!!

| | |
|--|---|
| <p style="text-align: center;">Take part in the Cape Cod Municipal Health Group Incentive Program!</p> <p>Make regular preventive health screenings a priority in your life and earn an incentive. Cape Cod Municipal Health Group subscribers and spouses can earn an incentive for completing the appropriate, recommended preventive screenings:</p> <ul style="list-style-type: none"> • Health Screening: Subscribers and spouses who have a cholesterol and blood pressure screening at their doctor’s office will be eligible for a chance to win one of 300 \$50 American Express Gift Cheques. • Mammogram: Women subscribers and spouses age 40 and over (or recommended by a physician) who have a mammogram will receive a \$25 American Express Gift Cheque. • Colonoscopy: Subscribers and spouses age 50 and over (or recommended by a physician) who have a colonoscopy will receive a \$50 American Express Gift Cheque. <p>Your participation in the incentive program is completely confidential. Your employer will not be notified if you do or do not participate.</p> <p style="text-align: center;">Here’s how you can earn your incentive:</p> <ol style="list-style-type: none"> 1. Complete all appropriate health screenings between July 1, 2017 - June 30, 2018. 2. Have your health care provider sign and date the certification form for each screening you complete. 3. When you have completed all applicable screenings, return the original certification form to: LMR Processing Center P.O. Box 3850 Plymouth, MA 02361 4. Returned form must be postmarked by July 6, 2018. You can submit one form only. 5. You will receive your Gift Cheque approximately 6-8 weeks after receipt of your certification form.¹ <p style="text-align: center;">Prevention and early detection saves lives. Schedule your screening today!</p> <p><small>¹ Health Screening Drawing will be held in July 2018.</small></p> | <p style="text-align: center;">Cape Cod Municipal Health Group Incentive</p> <p style="text-align: center;"><small>Certification Form Complete all that apply.</small></p> <p>Please note that this incentive program is only for employees and spouses of municipal units that participate in Cape Cod Municipal Health Group.</p> <div style="border: 1px solid black; padding: 5px;"> <p>Health Screening</p> <p>I certify that the member has had a cholesterol screening and blood pressure screening between July 1, 2017 - June 30, 2018.</p> <p>Signature of licensed healthcare provider _____ Date Completed _____</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>Mammogram</p> <p>For women subscribers and spouses age 40+ (or recommended by a physician)</p> <p>I certify that the member has had a mammography screening between July 1, 2017 - June 30, 2018.</p> <p>Signature of licensed healthcare provider _____ Date Completed _____</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p>Colonoscopy</p> <p>For subscribers and spouses age 50+ (or recommended by a physician)</p> <p>I certify that the member has had a colonoscopy screening between July 1, 2017 - June 30, 2018.</p> <p>Signature of licensed healthcare provider _____ Date Completed _____</p> </div> <p>Name: _____</p> <p>Address for Gift Cheque mailing purposes: _____</p> <p>Street: _____</p> <p>City: _____ State: _____ Zip: _____</p> <p>Town/Group subscriber works for: _____</p>  |
|--|---|

All of the programs listed in this publication are also listed on the Cape Cod Healthy Connections Website calendar: capecodhealthyconnections.com along with signup links!

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, Health & Wellness Consultant, Cape Cod Healthy Connections, LLC capecodhealthyconnections@gmail.com 508-631-7263