



To Your Health

Human Resources
Helping U Succeed

Pinellas County Wellness Program | Wellness for Life

Part of Pinellas County's Total Rewards Program

Visit www.pinellascounty.org/hr/wellness or contact Wellness staff at 464-4049 or wellness@pinellascounty.org MAR 2019

LITTLE SLEEP, BIG COST

In the U.S. **3 in 10** working adults sleep 6 hours or less in a 24-hour period.

Short sleep is more common in certain professions.

| ALL SHIFTS | NIGHT SHIFTS |
|---------------------------------------|--|
| Mining and Quarrying: 41.8% | Transportation and Warehousing: 69.7% |
| Utilities and Power: 36.0% | Health Care and Social Assistance: 52.3% |
| Public Administration: 34.3% | Public Administration: 44.1% |
| Manufacturing: 34.1% | Manufacturing: 41.4% |
| Transportation and Warehousing: 32.7% | Accommodation and Food Service: 37.6% |

NIGHT SHIFT WORKERS ARE MOST LIKELY TO GET INSUFFICIENT SLEEP.

Sleeping six hours or less per night INCREASES RISK FOR:

| | | | |
|-----------------|----------------|------------------|--------------------------------|
| Obesity by: 21% | Stroke by: 22% | Diabetes by: 25% | Coronary heart disease by: 35% |
|-----------------|----------------|------------------|--------------------------------|

5 Warning Signs You Need Sleep

- 1 You start to doze off when you are driving
- 2 You are forgetful or make mistakes
- 3 You feel fatigued or lack energy
- 4 You are irritable, grouchy or lose your temper easily
- 5 You rely on caffeine to get through the day

Make it a priority to get at least **7 hours** of nightly sleep.

SLEEP WELL, BE WELL

NATIONAL HEALTHY SLEEP AWARENESS PROJECT

projecthealthysleep.org

<http://sleepeducation.org/healthysleep/infographics/little-sleep-big-cost-infographic>

National Sleep Awareness Week March 10 to 16

Join us in celebrating the annual *Sleep Awareness Week*, March 10 to 16, 2019. This year's theme "Begin with Sleep" highlights the importance of good sleep health for individuals to best achieve their personal, family, and professional goals.

How to begin?

Register for the upcoming Wellness Learning Series, *The Power of Sleep*, to learn how quality sleep can help you and how lack of sleep can hurt you. Classes begin on a staggered schedule at various locations beginning March 18. Due to popular demand, some locations have already reached capacity. New classes are being added.

[Register NOW.](#)

The Power of Sleep



Your A to Zzzzz Guide to Good Health

Tobacco Cessation



If you are a tobacco user and have not completed a tobacco cessation program by March 31, the tobacco premium deduction begins with your April 19 paycheck. Phone and online options are available.

If you complete a tobacco cessation program after March 31, the deduction can be stopped; however there will be no refund of paid premium.

View [Tobacco Cessation Resources.](#)

Colorectal Screening Options: A Call to Action



Your
UHC
Nurse
Amy

By Amy Hertog, RN, BSN, Clinical Nurse Liaison

March is Colorectal Cancer Awareness Month.

Did you know that colorectal cancer (excluding skin cancer) is the third most common in both men and women? According to the American Cancer Society, the lifetime risk of developing colorectal cancer is about 1 in 22 for men and 1 in 24 for women. The screening could save your life, so don't put it off.

The good news is that death rates related to colorectal cancer have decreased. Preventive screenings can find and remove colorectal polyps before they can develop into cancers. Additionally, early stage cancers can be identified and treated.

There are several types of tests. Doctors recommend having them beginning at age 50, or sooner if there is a family history. Each test has its advantages and disadvantages; patients should discuss the different options with their physician to determine the best course of action. Some tests require more frequent screening than others.



If you or your covered family members on the County's UnitedHealthcare plan receive a cancer diagnosis (exclusive of non-melanoma skin cancer and those in hospice), **Cancer Support Services** is available. An Oncology Resource Nurse helps individuals to better understand their diagnosis, tells them what to expect with treatment, helps them understand how to best manage symptoms and side effects and identify when symptoms are worsening, and coordinates care between providers as appropriate. Call UnitedHealthcare at (888) 478-4752 for more information.

The following screening methods include the recommended frequency from the U.S. Preventive Services Task Force:

Stool Tests

- ◆ The **guaiac-based fecal occult blood test (gFOBT)** uses the chemical guaiac to detect blood in the stool.
How often: Once a year
- ◆ The **fecal immunochemical test (FIT)** uses antibodies to detect blood in the stool.
How often: Once a year.
- ◆ The **FIT-DNA test** (also referred to as the stool DNA test) combines the FIT with a test that detects altered DNA in the stool.
How often: Every one or three years. Please note that UnitedHealthcare currently covers the FIT-DNA test every 3 years (example: Cologuard®).

Flexible Sigmoidoscopy

For this test, the doctor inserts a short, thin, flexible, lighted tube into the rectum. The doctor checks for polyps or cancer inside the rectum and lower third of the colon.

How often: Every 5 years or every 10 years with a FIT every year.

Colonoscopy

This is similar to flexible sigmoidoscopy, except the doctor uses a longer, thin, flexible, lighted tube to check for polyps or cancer inside the rectum and the entire colon. Should polyps and some cancers be identified, the doctor can find and remove them during the procedure.

How often: Every 10 years.

[Visit Amy's web page](#) or contact her at 464-5579
or by email at amy_hertog@uhc.com.

To Your Health

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Contact To Your Health at wellness@pinellascounty.org.



Register Now ...

Mobile Mammogram

Bringing 3D Mammography to You!



Did you know that **1 in 8 women** will be diagnosed with breast cancer?

EARLY DETECTION SAVES LIVES.

Breast cancer has over a 90% survival rate when caught early. Mobile Mammography is back the week of **March 18th**.

Testimonial from 2018: *"I went and did one of the mobile mammograms ...and I have to say it was a really good experience. I mean, if you must have one done, it really can't be any easier or more convenient than the mammogram bus. I made the appointment online, check in was as simple as an insurance card and three short forms, then I had it done. From the moment I stepped on the bus until I stepped back off was probably no more than twenty minutes. It wasn't at all stressful and didn't feel like a hospital or clinic."*

Schedule your appointment at www.TampaBayMobileMammography.com.

Questions? [View the flyer](#).



We want to hear from you!

TELL IT WELL
EMPLOYEE FEATURE

If you or your spouse/domestic partner has improved their life by making healthy changes, *To Your Health* wants to feature and congratulate you! Contact Jane at jgrannis@pinellascounty.org for details on how to share your story.

real appeal

Buttermilk Pancakes

You'll love this healthy twist on a classic favorite. Pair it with the best seasonal fruit available and serve with ½ cup of milk per serving for a complete breakfast.

INGREDIENTS

- ¾ cup whole wheat flour
- ⅓ cup all-purpose flour
- ⅓ cup wheat bran
- ½ teaspoon baking soda
- 2 eggs, beaten
- 1¼ cups buttermilk
- ¼ teaspoon salt
- 2 tablespoons olive oil
- Cooking oil spray



DIRECTIONS

1. In a large bowl, mix flours, bran, baking soda, eggs, buttermilk, salt and olive oil until just combined.
2. Heat a heavy bottom skillet over medium heat.
3. Spray skillet with cooking spray and drop a scant ¼ cup of batter at a time onto skillet, making 12 pancakes total (you will have to do this in batches). When bubbles appear on the surface of pancake, approximately 2 minutes, flip, and cook the other side for 2 minutes.
4. Garnish with fruit and drizzle with maple syrup before serving.

GARNISH

- 2 cups berries or chopped fresh fruit
- 2 tablespoons plus 2 teaspoons maple syrup (2 teaspoons per serving)

Serves 4.

Nutrition Facts (per serving)

| | | | |
|---------------|-----|---------------|-------|
| Calories | 318 | Total Fat | 11g |
| Protein | 12g | Saturated Fat | 2.3g |
| Carbohydrate | 47g | Cholesterol | 96mg |
| Dietary Fiber | 9g | Calcium | 145mg |
| Total Sugars | 15g | Sodium | 422mg |



SAY YES TO A TEST.

5 facts to know about colorectal cancer.

90
%

When colorectal cancer is caught early, the survival rate is **90 percent**.

100
%

With most health plans, the cost of colorectal cancer preventive screening is covered at **100 percent**.



A hidden threat: You may not have symptoms of colorectal cancer until it's advanced — and more deadly.



Less than **2/3 of U.S. adults age 50 and older** get the colorectal cancer screening they need.

Colorectal cancer is 1 of only 2 cancers that can be prevented by screening. **Cervical cancer** is the other.

1 of 2

Sources: American Cancer Society; Centers for Disease Control and Prevention; National Cancer Institute; U.S. Preventive Services Task Force

The information provided here is for general informational purposes only and not intended to be nor should be construed as medical or other advice. You should consult your own doctor and/or an appropriate health care professional to determine what may be right for you.

INFO31

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Are You Tracking What You Eat?

From the [Nutrition Action Newsletter](#)

How many calories are you eating in a day? How many calories do you actually need? Are you getting the right nutrients?

There are a variety of apps you can download to keep track of your daily food intake. [Learn the pros and cons of several food tracking apps](#), including MyFitnessPal.

Getting a Grip on Gum Disease

From *Welcoa's Self-Care Bulletin*



It may not seem like an obvious link, but early research points to the importance of good oral health as prevention for certain health conditions, including heart attack. Gum disease is common in many adults. [Read further](#) to learn about taking care of your teeth and gums.

Your Feet Matter!

From www.Healthline.com

Feet have 33 joints, 26 bones, and more than 100 muscles, tendons, and ligaments. It is no surprise countless problems can plague them.

Feet are your foundation and literally carry you everywhere you walk. Ensuring your feet are in good health can prevent misalignment of other joints all the way up through the spine (after all, your ankle bone is connected to your knee bone, is connected to your hip bone, etc.). Improve your posture and prevent pain and improve other parts of your overall health.

[Check out this article](#) for exercises you can even do at your desk!



Blood Drives

Consider donating blood at these locations, on these dates:



March 21, Tax Collector, 1663 Gulf to Bay Blvd, Clearwater, 10:00 - 1:00

April 4, ERB - Public Works, 22211 Hwy. 19 N., Clearwater, 12:00 - 5:00

April 10, North County Tax Collector, 29399 US Hwy. 19 N., Clearwater, 11:00 - 4:00

April 11, Downtown Clearwater Courthouse, 315 Court St., 11:00 - 4:00

April 16, Mid-County Tax Collector, 13025 Starkey Rd., 8:00 - 1:00

April 17, Utilities Building, Clearwater, 14 S. Fort Harrison Ave., 8:30 - 1:30

www.oneblood.org



Quarterly Incentive Payout Schedule

The Incentive Payout Schedule has been updated. The wellness incentives are reported and processed quarterly. It can take about 8 weeks to process once the quarter ends. To learn more about the Wellness

Incentive Program, visit www.pinellascounty.org/hr/incentive.

| Incentive Payout Schedule | |
|--------------------------------------|-------------------------------|
| Activities Completed Within: | Incentive Rewarded in: |
| January to March (First Quarter) | June |
| April to June (Second Quarter) | September |
| July to September (Third Quarter) | December |
| October to December (Fourth Quarter) | March (of the following year) |

March 2019 Group Fitness Classes



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--------|
| | 7 to 7:30 am Spin* Instructor: Casey (3/5, 3/12, 3/19, 3/26) | | 7 to 7:30 am Spin* Instructor: Casey (3/7, 3/14, 3/21, 3/28) | |
| 12:15 to 12:45 pm Spin* Instructor: Ashley (3/4, 3/11, 3/18, 3/25) | 12:15 to 12:45 pm Full Body Blast Instructor: Ashley (3/5, 3/12, 3/19, 3/26) | 12:15 to 1:00 pm Killer Abs & Back Instructor: Isiah (3/6, 3/13, 3/20, 3/27) | 12:15 to 12:45 pm Full Body Blast Instructor: Ashley (3/7, 3/14, 3/21, 3/28) | |
| 12:30 to 1:15 pm **NEW** Lunch Crunch Instructor: Jane (3/11 & 3/25) | | 5:15 to 6:15 pm Yoga Instructor: Kelli (3/6, 3/13, 3/20, 3/27) | 5:15 to 5:45pm Spin* Instructor: Casey (3/7, 3/21, 3/28) NO CLASS 3/14 | |
| 5:30 to 6:00 pm Spin & Body* Instructor: Ashley (3/4, 3/11, 3/18, 3/25) | 5:45 to 6:30 pm FitMix Instructor: Lisa (3/5, 3/12, 3/19) NO CLASS 3/26 | | 5:30 to 6:15 pm Killer Abs & Back Instructor: Isiah (3/7, 3/14, 3/21, 3/28) | |

* Separate orientation required for Spin class.

All group fitness classes are held in the Wellness Center located in the basement of the old courthouse at 324 S. Fort Harrison Ave. in downtown Clearwater, and are free for all members. If you're not a member yet, contact our staff to schedule an orientation at wellness@pinellascounty.org.

Classes are subject to change.

See [exercise class descriptions](#) and [satellite fitness center locations](#).

Pinellas County Wellness Program
 (727) 464-4049

www.pinellascounty.org/hr/wellness

