

Special Heart-Health Issue!

Pg. 2

-Join Now! Step Up for a Healthy Heart!

Pg. 3

-The Three Best Ingredients for a Healthy Heart

Pg. 4

-What you need to know about the Zika Virus

Pg. 5

-Healthy, Easy Recipe

-Contact Us



Join now!
Step Up for a
Healthy Heart
Walking
Challenge!

February is Heart Month!
Stay heart healthy by
teaming up with your

colleagues in the *Step Up for a Healthy Heart* walking challenge! *Step Up for a Healthy Heart* is a 4-week walking competition for all PCS employees. Prizes will be awarded to the top 3 teams AND the top 3 individuals with the highest steps!

See page 2 for details!

“Regular exercise is the single most important key to heart health. And it’s FREE!”
-Cleveland Clinic,
clevelandclinic.org/
healthhub

Amazing Facts About Your Heart!
Find more facts [here](#).

1 The more education you have, the lower your risk of heart disease



2 A normal heart valve is about the size of a half dollar



3 The first heart pacemakers plugged into a wall socket



5 The number of heart attacks PEAKS on Christmas Day, followed by December 26th and New Year's



6 The first heart cell starts to beat as early as ...

4 WEEKS

Join Now! *Step Up for a Healthy Heart* Walking Challenge!

Register by Feb. 10!

Like other forms of regular moderate exercise, walking improves your heart health and reduces your risk for heart disease by lowering your cholesterol, blood pressure, and risk for diabetes, obesity, inflammation, and mental stress. Join *Step Up for a Healthy Heart* and challenge yourself and your colleagues to walk for a healthier heart!

Joining the challenge is easy!

Humana Members: Using your HumanaVitality app or website and any compatible device or app, find the challenge listed under “Sponsored Challenges” and join or form a team with your colleagues. For questions, please contact Jessica O’Connell at pcs.oconnellj@pcsb.org. Humana participants cannot join as individuals, you must be on a team.



Don’t have Humana? You can still participate! Contact Kara Hager at hagerk@pcsb.org to join the challenge separately as a non-Humana individual participant. Employees without Humana insurance can only join the challenge as an individual and cannot form a team with a Humana insurance participant. *Please note:* you must have a device or app that tracks your steps, and you will be required to submit proof of your steps at the end of each week.

Walk away with prizes!

Every week we will be drawing 3 random employees to receive their choice of wellness prizes! In addition to weekly prize drawings, grand prizes will be awarded to every team member on the top 3 teams with the highest steps (team prizes only available for Humana participants):

- 1st place: \$50 Target gift card for every member on your team
- 2nd place: \$25 Target gift card for every member on your team
- 3rd place: \$10 Target gift card for every member on your team

Any Individual (Humana and non-Humana participants) with the highest steps will win:

- 1st place stepper: \$100 Target gift card
- 2nd place stepper: \$50 Target gift card
- 3rd place stepper: \$25 Target gift card



100 Vitality Points!

Earn up to 100 Vitality Points!

If this is the first challenge you’ve joined this month you will receive 50 points. And when you join a team, you will receive another 50 points!

Important Dates and Deadlines:

February 10 – Last day to register

February 15 – Challenge begins!!

March 14 – Challenge ends

March 17- Winners announced in SMART START!

Questions?

Contact Kara Hager at hagerk@pcsb.org, or Jessica O’Connell at pcs.oconnellj@pcsb.org

Three Best Ingredients for a Healthy Heart

As Americans are smartening up about the preventative measures we can take to avoid heart disease, we're looking to the kitchen to provide some answers. And fortunately, there are quite a few to be found. Research has discovered powerful compounds deep in the heart of some of our favorite meal builders. Keep these three tips in mind as you're thinking up your next delicious (and nutritious) meal.

Olive Oil

Not only is this awesome oil good for your heart, it's good for your brain, too! According to the *New England Journal of Medicine*, consuming more than four tablespoons a day can lower your risk of heart attack, stroke and heart disease. Olive oil is loaded with monounsaturated fat, which can help lower cholesterol and control insulin levels. But be advised as you're deciding which extra virgin olive oil (EVOOs) to buy at the grocery store. Recent studies have found that a good amount of imported EVOOs are adulterated versions and as a result, don't offer the same health benefits. Studies found that domestics were much more likely to be the real deal. Opt for local varieties at the grocery store or your local farmer's market to ensure you're getting the most heart-healthy bang for your buck. If the option is available, do a bit of taste testing, and be a snob about it. Swish it around in your mouth and note the peppery kick in your throat as you swallow. Good EVOO should linger.

Expert tip: Keep olive oil away from your stove and other sources of heat. Storing it at cooler temperatures will make it last longer.

Whole grains

The hearty amount of fiber in whole grain foods makes them a good choice to promote heart health. Not sure what's truly "whole" and what's not? One easy way to identify authentic whole grains is to look for the whole grains stamp of approval. Any product marked with this

stamp is recognized by the Whole Grains Council and must meet the guidelines of the stamp program. Check for the stamp when buying bread, tortillas, pasta, cereal, snacks, flour, baking mixes and bread crumbs. You can also check out the [Whole Grains Council website](#) while making your grocery list. They have a searchable library of every product that meets their requirements.

Expert tip: Don't like the flavor or texture of whole wheat? Look for white whole-wheat flour. It's milder in flavor, but still has all of the nutrition.

Seasonings

Using seasonings when cooking is a good way to cut down on sodium without cutting down on flavor. Consider these tips if your dishes need some spicing up:

- If want to add more bite, look to fresh hot peppers. After removing the membrane and seeds, chop the peppers up finely and remember, a little goes a long way with these fire-starters.
- Add vinegar or citrus juice to give fruits and veggies a burst of flavor. Do this at the last moment to avoid over-saturating food.
- Beware of prepackaged dressings and seasonings. Oftentimes, these are loaded with excess salt. Instead, make your own by grinding fresh herbs with a mortar and pestle. You'll find the fullest flavor without the added salt.
- Add zest to your meals with a pinch or two of dry mustard. Or, mix it in with water to lend a sharp flavor to any dish.

Expert tip: The ratio for fresh to dried herbs is 3 to 1. So, when a recipe calls for 1 teaspoon of dried herbs, you can also use 3 teaspoons of fresh.

Sources

<http://www.cnn.com/2013/02/26/health/five-things-olive-oil/index.html>

<http://www.marksdailyapple.com/is-your-olive-oil-really-olive-oil/#axzz2ielCX6MI>

<http://www.mayoclinic.com/health/health-tip/HT00439>

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyCooking/Healthier-Preparation-Methods-for-Cooking_UCM_301484_Article.jsp

What You Need Know About The Zika Virus

Florida Gov. Rick Scott declared a state of emergency last week in the seven counties where people have been diagnosed with the Zika virus: Miami-Dade, Hillsborough, Lee, Santa Rosa, Broward, St. Johns, Osceola.



There have been nine people in total who have been diagnosed with the Zika virus in Florida, though health officials believe that all of them contracted the disease while outside of the U.S.

Below is current information about the virus. Health officials are still learning about this virus so this information may change.

For more information, please refer to the Centers for Disease Control and Prevention: <http://www.cdc.gov/zika/index.html>

Zika Virus Information

Zika was reported in May 2015 in South America and since then has spread throughout the Americas. The virus spreads to humans primarily through infected *Aedes aegypti* mosquitoes. Once a person is infected, the incubation period for the virus is approximately 3-12 days. Symptoms of the disease are non-specific but may include fever, rash, joint pain, and conjunctivitis. It appears that only about 1 in 5 infected individuals will exhibit these symptoms and most will have mild symptoms. It is not known if pregnant women are at greater risk of infection than non-pregnant individuals.

Zika During Pregnancy

Zika during pregnancy has been associated with birth defects, specifically significant microcephaly (abnormal smallness of the head associated with incomplete brain development). Transmission of Zika to the unborn has been documented in all trimesters. The rate of transmission from the mother to her unborn child and the rate with which infected unborn manifest

complications is still largely unknown. The absence of this important information makes management and decision making in the setting of potential Zika virus exposure (i.e. travel to endemic areas) or maternal infection, difficult. Currently, there is no vaccine or treatment for this infection.

What can I do to protect myself and family?

Reduce your risk by preventing mosquito bites including:

- Wear long-sleeved shirts and long pants.
- Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.
- Use Environmental Protection Agency (EPA)-registered insect repellents. All EPA-registered insect repellents are evaluated for effectiveness.

If you have a baby or child:

- Do not use insect repellent on babies younger than 2 months of age.
- Dress your child in clothing that covers arms and legs, or
- Cover crib, stroller, and baby carrier with mosquito netting.
- Do not apply insect repellent onto a child's hands, eyes, mouth, and cut or irritated skin.
- Adults: Spray insect repellent onto your hands and then apply to a child's face.

How is it transmitted?

- **Through mosquito bites:** Zika virus is transmitted to people primarily through the bite of an infected mosquito. These mosquitoes typically lay eggs in and near standing water in things like buckets, bowls, animal dishes, flower pots and vases. Mosquitoes become infected when they feed on a person already infected with the virus. Infected mosquitoes can then spread the virus to other people through bites.
- **Rarely, from mother to child:** A mother already infected with Zika virus near the time of delivery can pass on the virus to her newborn around the time of birth, but this is rare. It is possible that Zika virus could be passed from a mother to her baby during pregnancy. To date, there are no reports of infants getting Zika virus through breastfeeding.
- **Through infected blood or sexual contact:** Spread of the virus through blood transfusion and sexual contact have been reported.



Heart-Healthy, Easy Recipe

Sweet and Spicy Snack Mix Serves 12

Ingredients:

2 cans (15 ounces each) garbanzos, rinsed, drained and patted dry
 2 cups wheat squares cereal
 1 cup dried pineapple chunks
 1 cup raisins
 2 tablespoons honey
 2 tablespoons Worcestershire sauce
 1 teaspoon garlic powder
 1/2 teaspoon chili powder

Directions:

Heat the oven to 350 F. Lightly coat a 15 1/2-inch-by-10 1/2-inch baking sheet with butter-flavored cooking spray. Generously spray a heavy skillet with butter-flavored cooking spray. Add garbanzos to the skillet and cook over medium heat, stirring frequently until the beans begin to brown, about 10 minutes. Transfer garbanzos to the prepared baking sheet. Spray the beans lightly with cooking spray. Bake, stirring frequently, until the beans are crisp, about 20 minutes. Lightly coat a roasting pan with butter-flavored cooking spray. Measure the cereal, pineapple and raisins into the pan. Add roasted garbanzos. Stir to mix evenly. In a large glass measuring cup combine honey, Worcestershire sauce and spices. Stir to mix evenly. Pour the mixture over the snack mix and toss gently. Spray mixture again with cooking spray. Bake for about 10 to 15 minutes, stirring occasionally to keep the mixture from burning. Remove from oven and let cool. Store in an airtight container.

Source: <http://www.mayoclinic.org/healthy-lifestyle/recipes/sweet-and-spicy-snack-mix/rcp-20049721>

Nutritional analysis per serving , Serving Size: 1/2 cups	
Total fat 2 g	Monounsaturated fat .5 g
Calories 194	Saturated fat 0g
Protein 5 g	Sugars 3 g
Cholesterol 0 mg	Sodium 218 mg
Total carbohydrate 39 g	Trans fat 0 g
Dietary fiber 5 g	

Share your story!



Have you been successful in meeting a wellness goal because of a PCS Wellness Program? Have a recipe you'd like to share or topic you'd like to see in an upcoming issue? We'd love to hear about it! Please contact Kara Hager, Employee Wellness Coordinator, at hagerk@pcsb.org.

Contact us, we'd love to hear from you!



For questions related to the Employee Wellness Program, contact your Employee Wellness Coordinator:

Kara Hager, Phone: 727-588-6031, Email: hagerk@pcsb.org

For questions related to Humana health insurance programs, contact your Humana on-site personnel:

Janet Lang, PCS Account Advisor, Phone: 727-588-6367, Email: pcs.langj@pcsb.org

Heather Keegan, RN, PCS Patient Advocate
 Phone: 727-588-6137, Email: pcs.Keeganh@pcsb.org

Jessica O'Connell, RN, PCS HumanaVitality Wellness Nurse
 Phone: 727-588-6134, Email: pcs.oconnellj@pcsb.org

