



### ***Building a Healthier Polk***

The Worksite Wellness Team supports the development and enhancement of worksite wellness programs in local businesses.

## **Volume 4: Summer 2019**

### ***Featured Success Article:***

**Jenni Farrell,  
Food Service Supervisor of  
Polk County Public Schools**

### ***Nutritional Recipe:***

Sweet Potato Burritos

### ***Summer Shopping List:***

Fruits and Vegetables

### ***Fun Summer Activities:***

Keep It Moving!

## ***Featured Success Article:***



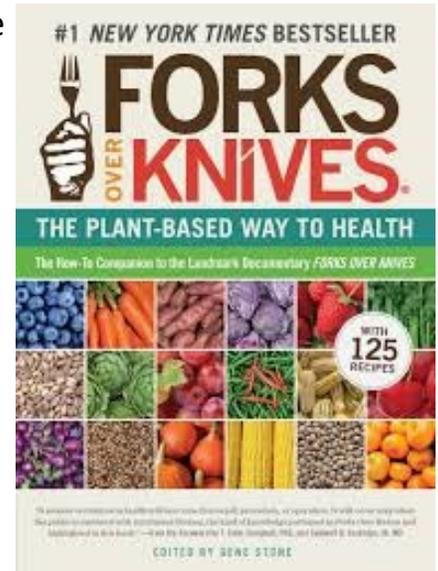
**POLK COUNTY  
PUBLIC SCHOOLS**  
STUDENTS FIRST

***Jenni Farrell***  
***Food Service Supervisor***

On March 25, 2018, I woke up and decided to become a vegan. My knowledge on the subject was limited. I knew vegans eschewed all meat and dairy products. I understood there was evidence that a vegan diet could contribute to good health, especially for those who suffer from chronic illnesses like diabetes, heart disease, cancer, and many others. And I had been told there were "replacement foods" that mimic their animal-product namesakes. Vegan hotdogs are a thing, a concept that stirs a certain amount of terror in my heart to this day. Fortunately for me, there's this fantastic invention called "the Internet," and I was able to dive right into researching a vegan lifestyle. Granted, my dive was less the elegant swan and more the comical belly-flop; but, armed with information gleaned from Forks Over Knives, and other sources, I gave my diet a healthy vegan makeover. Barring a few minor mishaps (note:

continues on page 2

always make sure you use several kinds of tasty fruits to mask the kale in your smoothies), I was all in. The results have been nothing short of amazing. So my story: I was diagnosed with Rheumatoid Arthritis (RA) in my early 20's. I'd been struggling with pain for several years prior to that, but I'd blamed it on my active participation in sports, especially track, where I competed in sprints, hurdles, and long-distance races. Once the culprit of my pain was properly identified, I gave up running and resigned myself to a lifetime of achiness and suffering. For the most part, I avoided treating my RA with drugs. I found I had a rather strong aversion to medications that came with side effect warnings that included, "... and sometimes may be fatal." While I figured that being dead would certainly take care of my arthritis issues, overall it didn't seem like my best option to treat the problem. Turns out, the solution was something so simple it's almost embarrassing that it took decades to discover. It was right in front of me all along. My diet.



On March 25, 2018, I woke up and decided to become a vegan, and I have not had a single RA flare-up since! Not one. Being pain-free has set off a chain reaction of improvements to my health. Previously, I was a walker, but my speed was somewhere between "turtle crossing a road" and "molasses pouring from a jar." Now I go out running every chance I get. I purchased a Fitbit in May. My resting heart rate was in the 70s; now it's dropped to 54. My blood pressure is 101/60. Additionally, thanks to my diet and exercise, I've shed 95 pounds. My change to a vegan diet, more accurately described as a whole-food, plant based (WFPB) lifestyle, has brought out some humorous comments from friends and coworkers. Apparently, I've "crossed to the dark side." Also, there's "less of me." But all in all, I've received a great deal of support and interest. Of course, the number one question is, "What have you been doing?" This is typically followed-up with some variation of, "What do you mean, you don't eat cheese? You are speaking words I do not understand." No, I don't eat cheese. Mind you, this was not necessarily an easy thing to give up. Previously? If a food item held still, I'd put cheese on it. But my good health is far more important than a topping of shredded cheddar



on my baked potato. This is a no-brainer! On March 25, 2018, I woke up and decided to become a vegan. It was absolutely one of the very best decisions I have made in my entire life. My friends and coworkers had questions, and you may too. So here is literal food for thought: What's the difference between a vegan and a vegetarian? A vegan does not eat animal products. There are several different sub-categories of vegetarians. Some eat dairy.

Some eat eggs. Some eat fish. Basically, if it had a face or came from something that had a face, vegans don't eat it. How do you get enough protein, calcium, and other nutrients without meat and dairy? It's actually a lot less complicated than you might think. A WFPB diet is one that is a lifestyle-lifetime-life-sustaining diet. Unlike many fad, weight-loss diets out there, you are not giving up any of your important macro- or micronutrients (due to the way our produce is cleaned and processed to remove potentially harmful substances, we cannot get the B12 vitamin from plants alone. A dietary supplement is needed). You are just choosing your nutrient sources from the foods that are best for you – plants. Yes. Plants. Don't you feel deprived and hungry all the time? No. I do not feel deprived. Do I miss the cheese? Yes, though over time that's lessened considerably. But I feel great. The only thing I'm "depriving" myself of is foods that made me feel not great. Animal products aren't so hard to give up when you put it in the proper perspective like that. I'm definitely not hungry all the time—far from it. I have lost a significant amount of weight—95 pounds, but you'd never guess it by the amount of food I've consumed! Are you for real? Did you really lose 95 pounds eating plants? Yep. See the photo. I was wearing those jeans just ten months ago. How do I learn more? You can start right here, with our Wellness Department as well as the Registered Dietitian on staff at the Health Clinics. Talk to your doctor and inform them that you want to start this eating plan so they are aware. Lower numbers may mean adjustments to medications you are on. Watch the documentary Forks Over Knives.

(There's also a companion book to the documentary, and several Forks Over Knives cookbooks that have been published in the last few years.) Research The China Study. There is strong evidence out there that a plant-based diet can dramatically improve your health and dramatically decrease your risk for a host of life-threatening, debilitating diseases. Visit the Wellness Department website for recipes! What do you really have to lose? A vegan/WFPB diet is not some drug with "...serious and sometimes fatal" side effects. Give it a try—a short term commitment of just three weeks. Visit 21 Day Kickstart for daily support, recipes, grocery lists, and much more. See how great you can feel within days and weeks. Watch those important numbers improve—your blood pressure, blood glucose, cholesterol, heart rate and weight, to name a few. You have nothing to lose (but weight, if you have extra pounds to drop) and so many benefits to gain for your good health!



**Do this for you!**

## Monthly Observances continued:

### June • FRESH FRUIT AND VEGETABLE MONTH



Learn how to increase consumption of fresh fruits and vegetable—For more information visit, <https://www.unitedfresh.org/>



### June • NATIONAL SAFETY MONTH

Make a difference – spread the word about ways to reduce the risk of injuries —For more

information visit, <https://healthfinder.gov/NHO/JuneToolkit2.aspx>

### July • NATIONAL UV SAFETY MONTH

Protect yourself from prolonged sun exposure with these 4 Ways to Prevent UV Damage—For more information visit, <https://www.precheck.com/blog/july-national-uv-safety-month>



### August • FAMILY FUN MONTH



Each year, Family Fun Month is celebrated throughout the month of August. It is the opportune time to enjoy family with extra fun and activities. —For more

information visit, <https://nationaldaycalendar.com/family-fun-month-august/>

## *Polk Wellness Professionals*

have been working to support the development and enhancement of worksite wellness programs in local businesses across Polk County. The team has been promoting the use of the CDC Worksite Health ScoreCard, which is a free, validated self-assessment tool for businesses to evaluate their current worksite wellness programs, identify gaps, and implement evidence-based strategies for improvement. The team has now held two Wellness Exchange events, one in November of 2018 and most recently in May of 2019, that include sponsors, a featured speaker and an opportunity for members to “Exchange” wellness ideas and resources that have worked for them. Be on the lookout for more “Wellness Exchanges” in 2019.

# Community Health and Wellness Announcements:



Andrea Nikolai, MPH, RDN, LND is the Family and Consumer Sciences Agent at UF/IFAS Extension in Polk County and a registered dietitian. She teaches food and nutrition classes around the county with the goal to improve the health and wellbeing of families.

To find classes and to register: [www.polkfcs.Eventbrite.com](http://www.polkfcs.Eventbrite.com)  
Would love to see you there!

[andreanikolai@ufl.edu](mailto:andreanikolai@ufl.edu)  
863-519-1072



@Polkfcs



## Summer Class Schedule

June 11, 2019; 10-11: 00 AM **Eat to Beat Diabetes** at the Winter Haven Senior Center

July 9, 2019; 1:30-3 PM **Health Benefits of Herbs and Spices** at the Haines City Public Library

July 18, 2019; 10:15-11:15 AM **Eating Better for Less** at the Winter Haven Senior Center



Contact Abigail Elias at [aekias@flsouthern.org](mailto:aekias@flsouthern.org) for the next class schedule and more information!

## **AASDN Nutrition Specialist Workshop**

- Learn how to implement a nutrition program while adhering to state licensure laws and regulations
- Learn how to coach your clients, students, and patients through healthy lifestyle changes
- Earn CEC's (18 contact hours)
- FREE textbook with registration!

The workshop is a **continuing education provider** for:

- CDR
- NASM
- WITS
- AFAA
- YMCA
- Course petition forms are provided for all other major fitness organizations.



## Community Health and Wellness Announcements continued:



 Central Florida  
Health Care

# TEACHING KITCHEN

**UPCOMING 2019 CLASSES:**  
**Apr 4 • May 2 • Jun 6 • Jul 11 • Aug 8 • Sep 8**  
**TIME 5:30 PM - 7:00 PM**  
**LOCATION 201 Magnolia Ave SW | Winter Haven | 33880**  
**Call 863.444.0492 for more details.**

All classes are held one Thursday a month from 5:30 PM-7:00 PM and taught by Ronald Lund who is a Registered/Licensed Dietitian & Nutritionist at Central Florida Health Care. For more information or to register for a class, please call Ron at 863-444-0492 or email him at [rlund@cfhconline.org](mailto:rlund@cfhconline.org).



**EAT WELL | MOVE WELL | BE WELL**



offers a number of  
**FREE RESOURCES**  
to help tobacco users quit.

- Phone Quit, Group Quit, Web Quit and More Quit Tools cessation services available to anyone in Florida
- Counseling sessions and self-help materials available in English and Spanish
- Free nicotine replacement therapy\*
- PHONE QUIT: call **1-877-U-CAN-NOW TTY/TDD 1-877-777-6534**
- GROUP QUIT: find classes at **tobaccofreeflorida.com/quityourway**
- WEB QUIT: enroll online at **tobaccofreeflorida.com/quityourway**
- MORE QUIT TOOLS: choose what you need or use them in addition to our Phone, Group and Web services

*\*While supplies last. If medically appropriate and 18 years of age or older.*

# Community Health and Wellness Announcements continued:



## Polk County 2019 Swim Lesson Facilities

<i>Name and Contact Information</i>	<i>Type of Lessons Taught</i>	<i>Costs for Group Lessons</i>	<i>Membership Required?</i>
<b>City of Bartow</b> <b>Sam Griner Pool</b> 2250 S Floral Ave, Bartow 22830 863-534-0210 <a href="mailto:parks.info@cityofbartow.net">parks.info@cityofbartow.net</a>	American Red Cross Class levels 1-4	\$40 per session 1 hour sessions	No
<b>City of Haines City</b> <b>Lake Eva Aquatics Center</b> 555 Ledwith Ave Haines City, 33844 863-421-3700 <a href="http://hainescity.com/179/Swim-Lessons">http://hainescity.com/179/Swim-Lessons</a>	American Red Cross Ages 6 months to 14 years Beginner through advanced (M-Th 2 week sessions)	\$40 per session 30-45 min classes	No
<b>City of Lakeland</b> <b>Gandy Pool</b> 404 Imperial Blvd, Lakeland 33803 863-834-3157 <a href="https://www.lakelandgov.net/parkrec/what-to-do/play/aquatics">https://www.lakelandgov.net/parkrec/what-to-do/play/aquatics</a>	American Red Cross Beginner Level classes (M-Th 2 week Sessions)	Spring Lessons are March 18 <sup>th</sup> – 28 <sup>th</sup> at 6:00 pm \$40 per session 45 minute sessions * Summer Lessons Schedule will be out in April. Please call Gandy Pool for more information*	No
<b>City of Lakeland</b> <b>Simpson Park Pool</b> 1725 Martin Luther King Ave. Lakeland, 33810 863-834-2286 <a href="https://www.lakelandgov.net/parkrec/what-to-do/play/aquatics">https://www.lakelandgov.net/parkrec/what-to-do/play/aquatics</a>	American Red Cross Ages 4-15 years Beginner through advanced (M-Th 2 Week Sessions)	\$40 per session 2 week long sessions	No
<b>City of Winter Haven</b> <b>Rowdy Gaines Pool</b> 210 Cypress Gardens Blvd, Winter Haven 33880 863-291-5656 <a href="http://www.mywinterhaven.com/aquatics">http://www.mywinterhaven.com/aquatics</a>	American Red Cross Ages 6 months - Adult Beginner through advanced	Morning and evening sessions, M-F for 2 weeks \$35 Resident of Winter Haven \$44 Non-resident of Winter Haven	No

For more information or to find private lessons in your area please visit Abby Grace's Hope, Inc. directory at <http://www.watersafetyandsurvival.org/swim-lessondirectory.html>

### Other Locations:

Florida Southern College  
SwimSafe with April Cox  
Fountaine Gills Family YMCA  
Lakeland Family YMCA

Lake Wales Family YMCA  
Winter Haven Rec and Cultural Center  
Off the Wall Adventures  
Swim Dynamic

## Fortress Fitness

Enjoy the summer, see you in the fall; stay tuned to our page for the upcoming dates (still on 2nd Saturdays) and trainers. Thanks to all the participants who came from near and far for the workouts which are free for all! Thank you trainers for volunteering your time and fitness expertise and rearranging your schedules for #FortressFitness

For more information, please contact: Virginia Condello at the Greater Bartow Chamber of Commerce, (863) 533-7125.

Visit our Facebook, Fortress Fitness Facebook:  
<https://www.facebook.com/bartowchamber12/>



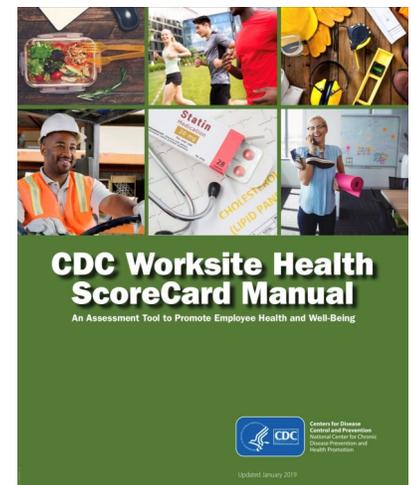
## Workplace Health Promotion

**Looking for a tool to assess your worksite wellness program and guidance on implementing evidence-based strategies? Complete the newly updated 2019 CDC Worksite Health ScoreCard!**

The updated CDC ScoreCard is now publicly available! A hard copy can be download and print here: <https://www.cdc.gov/workplacehealthpromotion/initiatives/healthscorecard/worksitescorecard.html>.

You can also complete the survey using the CDC's interactive tool which is available on the home page, on the right-hand side of the page: <https://www.cdc.gov/workplacehealthpromotion/initiatives/healthscorecard/index.html>. This page also includes several other links to more information.

Even if you've completed the CDC ScoreCard in the past, now is a great opportunity to reassess your business!



### **Worksite ScoreCard**

The newly revised and updated CDC Worksite Health ScoreCard includes four new health topic areas that have been developed since the release of the last update in Winter 2014. The new topics include:

- Cancer (8 questions).
- Alcohol and Other Substance Use (6 questions).
- Sleep and Fatigue (6 questions), and
- Musculoskeletal Disorders (7 questions).

### **What is the CDC Worksite Health ScoreCard**

The CDC Worksite Health ScoreCard (ScoreCard) is a tool designed to help employers assess the extent to which they have implemented evidence-based health promotion interventions in their worksites. The CDC Worksite Health ScoreCard assists employers in identifying gaps in their health promotion programs, and helps them to prioritize high-impact strategies for health promotion at their worksites including: organizational supports, tobacco use, nutrition, physical activity, weight management, stress management, depression, high blood pressure, high cholesterol, prediabetes and diabetes, heart attack and stroke, maternal health and lactation support, vaccine-preventable diseases, and occupational health and safety.

**For more information on the CDC, please visit <https://www.cdc.gov/>**

## **Workplace Health Promotion continued:**

# Mental Health First Aid For Human Resources Professionals



BayCare Life Management invites you  
to attend an exclusive training course

**Thursday, June 6 | 8:30am–4:30pm**

**BayCare System Office**  
West Building, Classroom 7  
2985 Drew St. | Clearwater

*Lunch will be provided.*

**Registration is required as space is limited.**

**Register by May 31: (727) 940-2837**

*The \$100 course fee will be collected by credit card when you register.  
For course-related questions, email [BayCare.MHFA@BayCare.org](mailto:BayCare.MHFA@BayCare.org).*

### **Course Description**

Learn how to spot mental health issues and connect those suffering symptoms or a crisis with the right care in this eight-hour training.

**For more information on the Mental Health  
First Aid program: [BayCare.org/MHFA](http://BayCare.org/MHFA)**

18-288846-0118



## Workplace Health Promotion continued:



6th Annual Health & Wellness Conference

# thrive!

*putting on your oxygen mask*

**SAVE THE DATE**

**JUNE 13, 2019**

**8:30 AM – 4:30 PM**

**Hilton St. Petersburg Carillon Park**

Through a combination of unique and engaging sessions, conference attendees will have an opportunity to learn interpersonal skills and self-care practices to improve their professional effectiveness and personal well-being. Here are some of the expected takeaways:

- Explore aspects of mental, physical, and emotional wellness
- Hear practical ways to achieve self-renewal and reduce stress
- Improve communication, emotional intelligence and leadership competence

***“Taking care of yourself is the most powerful way to begin to take care of others” -Bryant McGill***

Registration Link Click Here:  
<http://bit.ly/2ShpAUB>



**REACH YOUR TARGET AUDIENCE**  
Interested in becoming a sponsor or vendor?  
Contact: [info@tampabayhealth.org](mailto:info@tampabayhealth.org)





### *Fun Summer Activities*

**Family Fun Run**

**Frisbee Golf**

**Walk on the Beach**

**Go Geocaching**



We Care's Diagnostic Coordinator, Shana and Patient Outreach Coordinator, Robin are busy at the Heartland for Children Child Welfare Provider Fair in Bartow! It is ALWAYS a great thing when we can get out and spread the word about the resources available right here in Polk County!

## *Summer Shopping List*

- Avocados
- Bell Peppers
- Carambola
- Cantaloupe
- Carrots
- Eggplant
- Guava
- Lychee
- Mango
- Mushrooms
- Oranges
- Papaya
- Peanuts
- Potatoes
- Passion Fruit
- Radishes
- Sweet Corn
- Tomatoes
- Watermelon

<https://www.freshfromflorida.com/Consumer-Resources/Buy-Fresh-From-Florida/Crops-in-Season>

# ***Nutritional Recipe:***

Submitted by  
Debbie Zimmerman, MBA, CWHC



## ***Sweet Potato Burritos***

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Sweet potatoes are the dietary staple of Okinawans, the longest-lived people on Earth who are known for maintaining mental clarity into old age. Sweet potatoes are rich in beta-carotene, a powerful antioxidant that strengthens your memory and your immune system.

### **INGREDIENTS:** Makes 4 Servings

- sweet potatoes, peeled and diced (2 cups)
- frozen corn kernels (1 cup)
- low-sodium black beans, drained and rinsed (1 15-ounce can)
- very thinly sliced green onion (1 teaspoon)
- fresh lime juice (1 tablespoon)
- chili powder (1 teaspoon)
- sea salt (to taste)
- freshly ground black pepper (to taste)
- 8-inch whole-wheat tortillas, warmed (4)
- prepared salsa (1 cup)
- shredded lettuce (2 cups)

### **INSTRUCTIONS:**

Place the sweet potatoes in a medium saucepan and add water to come an inch up the sides. Place over medium-high heat and bring to a boil; cook for 5 minutes, or until the sweet potatoes are tender.

Add the corn and cook 1 more minute. Drain and transfer to a large bowl. Add the black beans, green onion, lime juice, and chili powder; season with salt and pepper to taste. Divide the filling among the tortillas, top with the salsa and lettuce, roll the burritos, and serve.

Source: [www.PCRM.org](http://www.PCRM.org)

## *Polk Wellness Professionals*

meet 8:30–10:00 am  
the first *Friday* of  
every month at the  
*Executive Board Room*  
located inside the  
*United Way of Central  
Florida Building* at  
*5605 US-98, Lakeland*

### ***Team Meeting Dates for 2019***

*Friday, June 7*

*We will not be meeting  
in July or August!*

For more  
information and to  
RSVP for events,  
please contact:

**Jenna D. Levine, MPH, CPH**  
Community Health Improvement Planner  
Florida Department of Health in Polk  
County Community Health Services  
1290 Golfview Avenue, Bartow, FL 33830  
Office: (863) 578-2142  
Cell: (863) 220-3297

## **MEET OUR Polk Wellness Professionals**



**Liz Antaya** – Co-Chair; Stahl & Associates Insurance

**Debbie Zimmerman** – Co-Chair; PhytoFit

**Kelly Andrews** – Kelly Andrews, LLC

**Sarah Betzer** – Bank of Central Florida

**Juli Davis** – Florida Department of Health

**Donna Kay Dinkins** – Senior Solutions Group

**Schatzie Haines** – Worksite Team Member

**Alison Kennedy-Hand** – Florida Presbyterian Homes

**Jenna Levine** – Florida Department of Health in Polk Co.

**Brittany Lynn** – BayCare Health Systems

**Karen Moore** – Peace River Center

**Andrea Nikolai** – University of Florida IFAS Extension

**Laurel Smith** – Polk State College Wellness Coordinator

**Marie Wilmot** – FIPR Institute and Phosphate Research

Visit our webpage at <http://portal.polkvision.com/worksite-wellness-team>