



Volume 3: Spring 2019
Featured Success Article:
Tammie Miller, CNA at
Florida Presbyterian Homes
Submitted by Alison Kennedy
from the Wellness Department

Worksite Wellness Team

Building a Healthier Polk

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

Seasonal Recipes:

Berry Overnight Oats
Chia Breakfast Parfait

Spring Shopping List:

Fruits and Vegetables

Fun Spring Activities:

Keep It Moving!



Reference: Live 5-2-1-0. Retrieved from <https://www.live5210.ca/about-live-5-2-1-0/>

This article was written by Angela Hatzantonis, Nutrition & Dietetic student from Keiser University. During her internship at Polk County Schools, she encouraged adults to follow the 5-2-1-0 healthy living theme, which was developed by the U.S. Department of Health for students.

Let's Get Moving!

Small steps can make the biggest impact—especially when it comes to our health. 5-2-1-0 is a program originally created for children to prevent or help treat early age diabetes. However, adults can benefit from this approach too! This concept requires four daily steps that include: eating “5” servings of fruits and

continues on page 2

vegetables, reducing screen time to “2” hours or less, exercising for at least “1” hour, and consuming “0” sugary drinks every day.



But why is this approach beneficial?

- A diet abundant in fruits and vegetables has many advantages. A few examples of these advantages are: weight control or weight loss, reducing risk of chronic diseases, getting essential vitamin and mineral intake, and lessening cravings for sugary or processed snacks. Apples, baby carrots, bananas, oranges, broccoli, celery, and salad are some tasty snack ideas to increase your intake! Pair your vegetables with hummus or your fruit with peanut butter for an extra flavor boost!
- Screen time normally means sitting around. More sitting around means an increased risk of weight gain. If you have a desk job, take a break to stand or walk around a few times a day!
- Exercise not only helps prevent chronic disease, but it also helps improve other aspects of life as well. Increasing exercise will also increase your mood, energy, and ability to sleep at night. You can simply walk your dog, ride a bike, go on a jog, swim, or lift some weights at your local gym!
- Energy drinks, soda, juice—these are a few examples of sugary drinks that are often consumed on a daily basis. They are full of calories that lead to weight gain. Water, tea, coffee (without cream and sugar), or sparkling water are a few examples of drinks that could reduce these cravings!

Let’s dig deeper into sugar!

On average, individual Americans consume about 66 pounds of sugar per year! For some people, cutting out sugar might be the hardest of the four steps. Added sugar is everywhere and it is hard to avoid it. It is hidden in our packaged foods, sauces, condiments, drinks, snacks, etc. While avoiding added sugar at all costs is the healthiest route to go, it is not exactly practical for everyone.

But what is the difference between added sugars and naturally-occurring sugars?

Natural sugars are derived from fruits, vegetables, and dairy. Fruits and vegetables contain fiber, which slows the digestion of sugar. They also contain an abundance of vitamins, minerals, and other health benefits. Sugary snacks and drinks are processed with added sugars that lack the fiber and nutrients, which makes it harder on the liver—especially in large amounts. Remember, fruits and vegetables contain natural sugars that reduce the risk of chronic diseases; added or processed sugars from foods and drinks increase the risk of diseases.

What amount of added sugar is safe?

Consuming zero added sugars is the healthiest route, but it’s not always practical. When consuming sugary snacks or beverages, be careful with the amount that you are ingesting. According to the American Heart Association, the recommended daily intake of sugar (if you are going to have added sugars) is 9 teaspoons (tsp.) for men, 6 tsp. for women, 4 tsp. for preschoolers, 3 tsp. for children between 4 and 8, and 5-8 tsp. for preteens and teens. However, when looking at a Nutrition Facts label, it does not indicate the teaspoons of sugar in the serving size but the grams of sugar. How many grams of sugar can we have on a daily basis?

	Teaspoons per day	Grams per day
Men	9	36
Women	6	25
Pre-teens/teens	5-8	20-32
Children 4-8 years	3	12
Pre-schoolers	4	16

Featured Success Article:



FLORIDA PRESBYTERIAN
H O M E S

Tammie Miller, CNA

Tammie is a CNA who performs many roles at Florida Presbyterian Homes; but she primarily works as the scheduler and trainer for various departments on campus. In 2016 she saw a picture of herself at Christmas and did not like what she saw. Tammie said, "It was my reality check!" At that point she weighed 297 pounds. She blamed her weight gain on having a busy life and not realizing what had happened to her. On her birthday March 29, 2017 she started walking with her mom just one lap around the park. It was 5,000 step, but it took her 30 minutes to complete.

Tammie confessed that she did not set goals for herself, reasoning, "I did not set goals because I didn't want to fail." She told herself to just add a lap each Friday and to keep walking a little farther each week. Tammie admits, "Before exercising I would always feel tired and had constant back pain. It was especially difficult getting up and off the floor; tying her shoes was the most difficult activity."

Tammie told me that she wore a size 5XL. Finding clothes to fit was difficult and she usually had to buy them in the men's department. She goes on to say, "A Wal-Mart trip had to be split into two trips; one trip for groceries and another trip for everything else. "It was very difficult to walk so long when shopping for everything at once."

Due to Tammy's daily exercise and healthier eating, she has lost 107lbs and has gone from size 26 to size 12! She no longer drinks soda, and opts for 8 bottles of water a day. She doesn't eat after 6:00pm, and has better portion control eating from a saucer. She didn't want a crazy diet, and found success by limiting her portion sizes. "It is important not to deny



Tammie Miller

October 2018

"Florida Presbyterian Homes is pleased to announce Tammie Miller as the Employee Wellness Star for the 3rd Quarter of 2018. Her journey to a healthy lifestyle has been nothing short of miraculous."



FLORIDA PRESBYTERIAN H O M E S

Tammie Miller, CNA Success Story continues...

yourself the foods you enjoy—just eat smaller portions. Since this lifestyle change, she testifies, “I have a better quality of life, breaths better, and wear normal size clothes. Plus, I can sit in a chair without worrying if I actually fit in it or not!”

The wellness department has helped her in a variety of ways. “The wellness department has been a source of encouragement and has provided helpful exercise information. It has been nice talking to Alison Kennedy-Hand about what to do for my workouts or how to change-up a workout. Group exercise classes have been motivating, and help keep me going!”

Tammie was asked what advice would she give someone who is contemplating losing weight? Her response was, “Start with baby steps, take your time, and don’t set large goals. It takes time; be patient.” Great Job Tammie! We are proud of your hard work and dedication to being a healthier YOU!

Sincerely,
Alison Kennedy-Hand
Florida Presbyterian’s Wellness Director

Florida Presbyterian Homes
16 Lake Hunter Drive - Lakeland, FL 33803
Phone: 863-688-5521 or Marketing: 863-577-6001
Email: info@fphi.org



See original post at
<http://www.fphi.org/tammie-miller-shines-as-third-quarter-employee-wellness-star/>

See many other success stories at
<http://www.fphi.org/news/>



Tammie Miller
Christmas 2016

Monthly Observances: Spring 2019 Wellbeing Calendar

April

Apr 1-6

Apr 7-13

Apr 14-20

Apr 21-27

Apr 28-30

World Health Day (4/7)

Encourage employees to do something good for their health.



Earth Day (4/22)

Incorporate plants into your workspace to increase attentiveness and lower blood pressure.

Mindfulness Seminar

Live in the moment and hold a meditation / mindfulness practice to help employees combat stress at work.

April is National Stress Awareness Month. Incorporate mindfulness, deep breathing exercises, and focus on positivity to lower stress levels at work. Download this paper to learn how to best manage stress in your organization: <http://bit.ly/2LQv9Ds>

May

May 1-4

May 5-11

May 12-18

May 19-25

May 26-31

Occupational Health and Safety Week (5/5-5/11)

Maintain a healthy workforce by preventing injuries on the job.



Practice Mindful Leadership

Join Joe Burton, CEO of Whi, in this webinar replay to learn how to power down, up, and forward: <http://bit.ly/2s9bC8A>



Memorial Day (5/27)

No Tobacco Day (5/31)

Refrain from tobacco consumption in order to increase lung health

May is National Mental Health Month. Focus on healthy aspects of your daily life to promote mental wellbeing.

June

Jun 1

Jun 2-8

Jun 9-15

Jun 16-22

Jun 23-30

Global Wellness Day (6/8)

Identify ways in which you can live a healthier life and create goals to help you get there.



World Productivity Day (6/20)

Focus on the overall health and wellbeing of your organization for increased productivity levels.

June is Employee Wellbeing Month. Check out our site here to learn how organizations can create healthier, happier, and more engaged and productive workforces: <http://bit.ly/2s7GKF9>

Monthly Observances continued:

April • STRESS AWARENESS MONTH

Stress Awareness Month has been held every April, since 1992. During this annual thirty day period, health care professionals and health promotion experts across the country will join forces to increase public **awareness** about both the causes and cures for our modern **stress** epidemic. —For more information visit, <https://www.awarenessdays.com/awareness-days-calendar/stress-awareness-month-2019>

May • BIKE MONTH

National Bike Month is a celebration of cycling held every May in the United States. It is sponsored by the League of American Bicyclists and celebrated in communities from coast-to-coast —For more information visit, <https://bikeleague.org/bikemonth>

May • HIGH BLOOD PRESSURE EDUCATION MONTH

Sponsored by the Centers for Disease Control and Prevention (CDC) and recognized by the **National Heart, Lung and Blood Institute (NHLBI)**, **National High Blood Pressure Education Month** raises awareness about the impact of **hypertension**. —For more information visit, <https://healthinsight.org/events-list/2-uncategorised/858-may-is-national-high-blood-pressure-education-month>

June • FRESH FRUIT AND VEGETABLE MONTH

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

The Worksite Wellness Team

has 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 held three focus groups across the county in 2018 to better assess the challenges local business face in implementing worksite wellness programs and held the first Wellness Exchange. Be on the lookout for more in 2019!



Worksite Wellness



Vision

Reduce the obesity rate (BMI>30) in Polk County to less than state average from 36.9% to 26.4%

Community Health and Wellness Announcements:

Fortress Fitness

Fortress Fitness is a free community workout open to all ages, levels and abilities. The workouts are held on the second Saturday of each month running through May of 2019. Workouts begin at 9:00 a.m. Trainers volunteer their time and talents to provide a free community workout.

Fort Blount Park is located in downtown Bartow on the corners of Broadway Avenue, Main Street and Davidson Street, across from the Polk County Courthouse and the Polk History Center. Use 102. W. Main Street, Bartow, Florida for GPS.

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/>

Remaining Workouts Dates

(Second Saturday of the Month)
at Fort Blount Park, Bartow

April 13

Windy Collins, Yoga

May 11

Jude Dauphin
Uptown Fitness, Circuit Training



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
Would love to see you there!

andreanikolai@ufl.edu
863-519-1072

@Polkfcs



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.



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.*

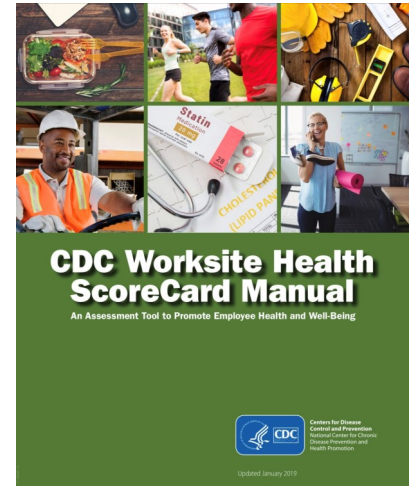
Workplace Health Promotion

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/worksite-scorecard.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/>

5-2-1-0 excerpt continues:

Challenge Yourself!

As you can see, it is easy to over-due added sugars. Especially in packaged snacks and drive-thru drinks. The best way to avoid added sugars is to avoid the sugary drinks and food. Let's do our best and consume less! Do your health a favor and be aware of your added sugar intake. Take part in the 5-2-1-0 challenge! Consume "5" servings of fruits or vegetables, limit screen time to "2" hours, exercise for "1" hour, and consume "0" sugary drinks and snacks!

Reference:

Pleimling, Amy, RD. (2017, July 7). *5-2-1-0 For Healthy Kids—And you!* Retrieved from https://www.huffingtonpost.com/amy-pleimling/5210-for-everyone_b_6672034.htmls

Sugar Science. (n.d.). *How Much Is Too Much?* Retrieved from <http://sugarscience.ucsf.edu/the-growing-concern-of-overconsumption.html#.XEsq5lxKjIU>

Workplace Health Promotion continued:



2019 Polk County Community Health Assessment

We want to hear from you! Polk Vision along with our local not-for-profit hospitals, the health department, and other partners are working together to get the community's perspective on the most pressing health and wellness needs in Polk County. Information collected will be used to develop programs and services to address the identified issues and measure impact.

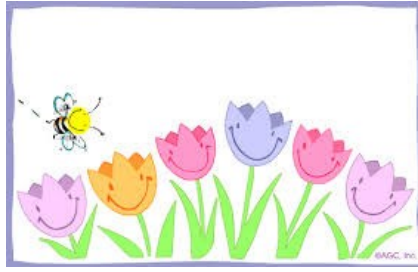
We encourage you to take 15 minutes to fill out the survey below. Your voice is important to ensure these organizations have the best understanding of the needs of our community.

Please forward this survey to your staff, the population that you serve, your community partners, etc., as our goal is to get survey responses that are demographically representative of our county.

Here is the link to the 2019 Polk Community Health Assessment English survey: <https://www.surveymonkey.com/r/POLKHEALTH>

If you need the survey in Spanish, you can change the language through the drop down box in the top right corner of the survey, or please use this link to go directly to the 2019 Polk Community Health Assessment Spanish survey: <https://www.surveymonkey.com/r/POLKHEALTH?lang=es>

The survey is also available in Haitian Creole via the following link: <https://www.surveymonkey.com/r/polkreole>



Fun Spring Activities

Bike Riding

Canoeing

Nature Walks

Zip Lining

Nutrition & Recipes:

Submitted by Debbie Zimmerman, MBA, CWHC

Do you ever struggle in the morning getting the children out of bed and dressed; walking and feeding fur-babies; preparing and serving breakfast for the family; and, driving to and arriving at work on time? Many people claim the drive through window is the best place to eliminate the morning hassle and possibly save a few minutes. This fast-food ritual may sacrifice our health in the process? With proper planning, these over-night recipes can be made in advance and ready for those mornings when time is of the essence:

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Spring Shopping List

Apricots
Asparagus
Artichokes
Avocados
Bananas
Broccoli
Cabbage
Celery
Garlic
Kiwifruit
Limes
Lemons
Mushrooms
Onions
Peas
Pineapples
Radishes
Rhubarb
Spinach
Strawberries
Swiss Chard
Turnips

[https://www.seasonalfoodguide.org/
florida/late-march](https://www.seasonalfoodguide.org/florida/late-march)

Seasonal Recipes:

Submitted by

Debbie Zimmerman, MBA, CWHC

Berry Overnight Oats



INGREDIENTS: Makes 2 Servings

- rolled oats (1 cup)
- raspberries or mixed berries (such as blueberries, strawberries, and blackberries) (1 cup)
- low-fat nondairy milk, plus more for serving, if desired (1 cup + 1-2 tbsp.)
- chia seeds (1/2 tbsp.)
- coconut nectar or pure maple syrup (2 tbsp.)
- pinch of sea salt (to taste)

INSTRUCTIONS;

In a bowl or large jar, combine the oats, berries, nondairy milk, chia seeds, nectar or syrup, and salt. Cover and refrigerate overnight (or for at least several hours). Serve with more milk to thin, if desired, and also try some additional add-ins. When serving, you can add other toppings, including more berries, sliced ripe banana, a sprinkle of cocoa nibs, or 1 to 2 tablespoons of hemp or pumpkin seeds.

View recipe at

<https://www.pcrm.org/good-nutrition/plant-based-diets/recipes/berry-overnight-oats>



Chia Breakfast Parfait

INGREDIENTS: Makes 3 Servings

- unsweetened vanilla almond milk (2 cups)
- chia seeds (1/2 cup)
- maple syrup (3 tbsp.)
- vanilla extract (1/2 tsp.)
- mixed berries (2 cups)
- Fresh mint sprigs

INSTRUCTIONS;

In a medium bowl, combine the almond milk, chia seeds, maple syrup, and vanilla extract. Whisk to combine. Cover the bowl with plastic wrap and refrigerate for 6 hours or overnight. The next day, spoon the chia pudding and mixed berries in alternating layers into three small mason jars. Finish with a layer of berries and top with fresh mint.

View recipe at

<https://www.pcrm.org/good-nutrition/plant-based-diets/recipes/chia-breakfast-parfait>

The Worksite Wellness Team

meets 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, April 5

Friday, May 3

Friday, June 7

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

Worksite Wellness Team Members



Liz Antaya – Co-Chair; Stahl & Associates Insurance

Debbie Zimmerman – Co-Chair; Polk Co Public Schools

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>