

WOW!

WORKING ON WELLNESS

CITY OF GRAND PRAIRIE WELLNESS NEWSLETTER ★ FEBRUARY 2014

Updated Smoking Ordinance

The Grand Prairie City Council voted and passed an update to the current Smoking Ordinance, which now:

1. Bans all smoking in restaurants; even those with a bar inside;
2. Bans smoking in all enclosed, indoor places where the public is permitted;
3. Bans smoking in health care facilities, all city facilities (with the exception of some park entertainment venues), and common areas in multi-family housing units such as apartment complexes;
4. Creates a 25-foot distance requirement from entrances of all public places; and
5. Prohibits the sale, use, or possession of electronic smoking devices by those under 18.

Smoking is still allowed in the 12 grandfathered bars that have existed since 1985, at Lone Star Park, the bowling alley when junior leagues are not playing, in private businesses that do not have public access, in private places of employment, and in bingo halls.

February is American Heart Month

Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women.

The term “heart disease” refers to several types of heart conditions. The most common type in the United States is coronary heart disease (also called coronary artery disease), which occurs when a substance called plaque builds up in the arteries that supply blood to the heart. Coronary heart disease can cause heart attack, angina, heart failure and arrhythmias.

Cardiovascular disease, including heart disease and stroke, costs the United States \$312.6 billion each year. This total includes the cost of health care services, medications and lost productivity. These conditions also are leading causes of disability, preventing Americans from working and enjoying family activities.

The situation is alarming, but there is good news—heart disease is preventable and controllable. We can start by taking small steps every day to bring our loved ones and ourselves closer to heart health. To improve your heart health, quit smoking, eat a healthier diet and exercise at least 30 minutes a day.

CDC

Heart Healthy Foods

Filling up on fiber may save your heart. The more total, insoluble and fruit and vegetable fiber that you consume, the lower your risk of both coronary heart disease and cardiovascular disease, a new UK study reports.

While the traditional explanation for fiber's benefits has been its ability to lower blood cholesterol, recent studies suggest fiber may actually help feed the good bacteria that live in your large intestine, explains Christopher Gardner, PhD, professor of medicine at the Stanford Prevention Research Center. The more fiber you eat, the more bugs you produce to keep your metabolism and body healthy—including your heart.

The United States Department of Agriculture recommends eating 38 grams of fiber per day, and since different bugs eat different types of fiber, it's important to ensure you're eating a variety of foods, adds Gardner.

So what foods are high in fiber?

- Lentils
- Beans
- Peas
- Oatmeal
- Broccoli
- Apples
- Bran flakes
- Berries



Men'sHealth

Naturally Slim is Back!

We must have at least 30 participants to offer the program.

Have you already completed Naturally Slim? Try Naturally Slim Advanced!

Past participants experienced positive changes, including but not limited to:

- An average of 12.6 pounds of weight lost per person
- As much as 25 pounds of weight lost
- Improved blood sugar, cholesterol and blood pressure levels
- Decreased BMI

In order to participate in the program, each employee MUST:

1. Be benefit eligible (this includes Opt-Outs);
2. Commit the necessary time each week (1-2 hours) to complete online courses and assignments from March 10 to May 12, 2014;
3. **Complete 9 of the 10 weekly ONLINE classes and short quizzes (6 of 7 classes for NS Advanced)** – these are time restricted, and there will be absolutely no exceptions; and
4. **Agree to the following:** Failure of the employee to complete ANY of the requirements of the program will result in automatic repayment of \$150 (\$25/pay period automatic payroll deduction until repaid) OR \$75 for NS Advanced participants (\$25/pay period automatic payroll deductions until repaid).

The application for this program will open Monday, February 10.

At that time the application link and registration instructions will be provided.

All applications must be completed by February 21.

For more information about Naturally Slim or Naturally Slim Advanced, visit Raving Fans!

Step it Up!

You've heard it from your doctor, from your pedometer-toting pal and maybe even your mother: You need your 10,000 steps a day! But, according to recent research, merely reaching the 10,000-step milestone doesn't mean much if health and fitness are what you're after.

In the study, published in the *Journal of Physical Activity & Health*, 70 adults wore a pedometer for four days. The pedometer logged steps taken but also pace, classifying walking as "aerobic" if the wearer was taking 60 or more steps per minute for at least one minute or "non-aerobic" if the wearer was taking fewer than 60 steps and/or walking for less than one minute.

The participants who took the most steps at a brisk pace came out on top, with more desirable results in terms of body fat percentage, body mass index, waist circumference and blood pressure, *Runner's World* reported.

While the research points to the importance of upping your intensity, it certainly doesn't mean slow walkers should give up: Some activity is always better than nothing.



Huffington Post

Nature's Prozac

Good news for anyone with mild depression (or the winter doldrums): New research has found a spice that can help. In a recent study published in *Phytotherapy Research*, 1,000 mg daily of curcumin – an active compound in the spice turmeric – proved to be just as effective at treating depression as fluoxetine, the antidepressant better known as Prozac. "We studied the effects of curcumin on patients with major depressive disorder," says study author Ajay Goel, PhD, director of epigenetics and cancer prevention at Baylor University Medical Center. "It's possible it may help alleviate short-term mood issues, too."

Curcumin inhibits the production of monoamine oxidase, an enzyme that, at high levels, is linked to depression. Meanwhile, adds Dr. Goel, its anti-inflammatory properties make the compound a good supplement for anyone, whether you need a lift or not.



Prevention

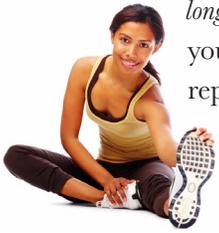
Laugh Your Way to a Healthy Heart

Health experts now have proof that laughter is a good medicine. A good belly laugh can send 20% more blood flowing through your entire body. One study found that when people watched a funny movie, their blood flow increased. Laughter might just be the perfect antidote to stress. When you laugh, the lining of your blood vessel walls relaxes and expands. So have a good giggle. Your heart will thank you.

WebMD

Mind Over Matter

It's possible to use your mind to motivate your muscles, finds new research published in *Medicine & Science in Sports & Exercise*. Instead of thinking *How much longer?* during your next workout, say these magic words to yourself: *I can do it*. Exercisers who used motivational self-talk



reported that workouts felt significantly easier, compared with a control group who let their minds wander. Another bonus: The upbeat thinkers also exercised longer. Self-encouragement makes you feel stronger, which reduces how difficult your current pace seems, explains Samuele Marcora, PhD,

of the University of Kent at Medway. A couple of other pep talks that could prevent you from throwing in the towel: *I can push through this* and *I'm feeling good*.

Prevention

A Sugary Problem

80% of all packaged foods contain sugar, even many items that don't seem particularly sweet, says Nicole Avena, PhD, a neuroscientist with New York Obesity Research Center at Columbia University. Bread, pepperoni and other cured meats, ketchup, tomato sauce in jars, peanut butter (even many "all-natural" brands), savory crackers – these are just a few of the unexpected foods that contain surprise amounts of non-naturally-occurring sugar, making it hard for us to stay below the American Heart Association's recommendation of six teaspoons per day.

The idea of a "sugar addiction" isn't just a concept broadcast far and wide by your green-juice-obsessed neighbor. Experiments with both people and animals have shown that sugar affects the brain in the same way that morphine and other opioids do, and when sugar-addicted rodents were suddenly taken off the stuff, they went through withdrawal – complete with the shakes and anxiety. They had become chemically dependent, explains Avena. Humans get hooked, too. The more sugar we eat, the more we want, Avena says, and we need increasing amounts of it to keep producing the same euphoric effects. That's one of the main reasons people who say they're just going to have a tiny scoop of ice cream (and really mean it) end up eating four scoops.



While there are a million ways to lose weight, feel better and improve your health, giving up added sugar – as unfathomable as that might seem to those of us who live for sweet rewards, motivators and indulgences – is the only strategy that health care providers everywhere would support. If you're sold on the idea of avoiding sugar, then you'll have to watch out for high-fructose corn syrup, too. And cane syrup. And molasses. Agave. Caramel. Dextrose, glucose solids, d-mannose...there are more than 50 names for sugar, and many of them are cryptic and easy to overlook.

Huffington Post

10 Minutes to a Healthier Heart

Don't avoid exercising because you're short on time. Even quick workouts can benefit your heart.

Does spending an hour at the gym seem daunting – and something you really don't have time for? Fitness experts say you can work out 10 to 15 minutes at a time and still reduce your risk for heart disease. The American Heart Association recommends all adults get at least 150 minutes of moderate physical activity each week, which includes:

- Brisk walking
- Jogging or running
- Biking
- Swimming
- Jumping rope

Now, let's tackle those 150 minutes – break it up! 150 minutes each week breaks down to 30 minutes, five days a week. Want to break it up even more? Just make sure you are getting at least 10 minutes of aerobic activity at a time. Try 15-minute increments, twice a day, five days a week. That means you could sneak in a 15-minute walk on your lunch hour and spend 15 minutes walking in the evening. There's your daily exercise – and perhaps, a better looking you!

Be sure to check with your physician before beginning an exercise routine.

UnitedHealthcare

24% of men who have a heart attack die within a year. In women, the figure is 42%. Heart disease kills more women each year than cancer, lung disease and accidents combined. Nearly 1 in 3 women will die from heart disease.

UnitedHealthcare

Employee of the Month



Lee Harriss, Special District

Administrator for the Finance

Department, has been named Employee of the Month for February. Harriss has been a city employee for 13 years, and she was one of the few who were trained during the Lawson conversion. Harriss has since used this training to help her fellow employees maneuver Lawson's various functions. She has been praised as a patient and helpful resource, and she has a history of providing excellent customer service to both her internal and external customers.

Harriss cares for people's needs with high integrity, and she takes her responsibilities seriously. Harriss' FY 2014 special districts budgets were processed successfully and without any challenges during the public hearing. As a result of this job well done, she received compliments from the City Manager in the recent managers' bimonthly meeting. Harriss is also diligently sharpening her skills. In May 2014, Harriss will graduate with her Master of Business Administration degree.

\$20 billion the amount in medical costs that could be saved each year if Americans reduced their sodium intake by 1,200mg per day.

CDC

Message from the Manager

I'm excited that Grand Prairie has expanded our wellness program community-wide with the city's new GetFitGP initiative. This program is focused on decreasing childhood obesity and increasing the health of all residents through physical fitness and healthy food options. Using an informative website, gptx.org/GetFitGP, residents are encouraged to pledge a healthy lifestyle, take advantage of our world class park system, wellness programs, the community garden program, farmers market and many other great resources for staying fit. You will continue to see promotions for the GetFitGP program throughout the year. A Chase the Chiefs fun run and 5K is scheduled for March 29 at the Farmers Market.

Another healthy lifestyles initiative in Grand Prairie is an update to the smoking ordinance, which was passed by the city council on Jan. 21. The city's Public Health Advisory Committee held a public meeting in October 2013 for citizen input and conducted a web-based survey, which showed that more than 85 percent of respondents were more likely to visit a non-smoking restaurant and overwhelming numbers supported smoking prohibitions. The new ordinance bans smoking in all public places, which includes city buildings, and bans smoking within 25 feet of public building entrances.

Choosing good health as a lifestyle is a great way to start out 2014. Thank you for all you do to keep our city a safe, healthy place to work, live and play.

Tom Hart
City Manager

Eat This, Not That

Love sour cream but hate the fat and calories that come with it? Use plain, fat-free Greek yogurt instead! Greek-strained yogurt is thicker than regular yogurt, so it provides the same creamy texture and tang as sour cream. But unlike fatty sour cream, Greek yogurt is heart healthy. It's packed with protein, calcium, zinc, vitamins B12 and B6 and potassium. It also contains healthy probiotic cultures that keep your digestive system in check and that enhance immune function. Try mixing it with a couple spoonfuls of Ranch Salad Dressing mix to create a satisfying dip for veggies, dollop some on a baked potato or spread some on top a taco. You can also use Greek yogurt in place of eggs and oil in baked goods.



	Fage Plain, Fat-Free Greek Yogurt	Daisy Pure & Natural Sour Cream	Daisy Light Sour Cream
Calories	18	60	40
Protein	3g	1g	2g
Carbohydrates	1g	1g	2g
Fat	0g	5g	3g

Fage, Daisy, Livestrong