Senior Leaders Walk the Walk

Health Plus hosted their Senior Leader Walk on December 2, 2014 to bring awareness to the importance of physical activity. Eleven of Vanderbilt’s top leaders attended the event, in addition to Mayor Karl Dean. We want to express our appreciation for all senior leaders that continually support Vanderbilt’s commitment to a strong culture of wellness.

Special thanks to Vanderbilt senior leaders in attendance: Nicholas Zeppos, Chancellor; David Williams, Vice Chancellor for Athletics; Susan Wente, Provost and Vice Chancellor for Academic Affairs; Eric Kopstain, Vice Chancellor for Administration; Beth Fortune, Vice Chancellor for Public Affairs; John Iutz, Vice Chancellor for Information Technology; Traci Nordberg, Associate Vice Chancellor and Chief Human Resource Officer; Marilyn Dubree, Executive Chief Nursing Officer; John Von Arb, Vice President for VHAN; Luke Gregory, Assistant Vice Chancellor, CEO of Monroe Carell Jr. Children’s Hospital, Chief Business Development Officer; and Chris Lee, Associate VMG Director.

A special thanks also goes out to the faculty and staff who attended the walk!

Don’t miss your chance to get active and chat with a senior leader at the next Health Plus walk, the annual AHA National Walking Day event coming in the spring!
The Health Plus Health Guide is Vanderbilt’s new faculty and staff interactive platform to help you maintain or achieve good health and a productive life! This new platform will allow you to access Health Plus programs, tools, and rewards in one convenient place!

After completing a one-time registration process and annual honor code you will begin on the Health Guide’s welcome page. It’s as easy as A, B, C!

From the Welcome Page you can access:

A Our award-winning 3-step Go for the Gold program, available year round

Step 1: Compass Health Assessment — Available now
Step 2: Wellness Actions Log — Complete 7 out of 10 actions — Coming in February
Step 3: Game Plan for Your Health video — Coming in May

B “Be Well Rewards”… keep up to date on fun community-wide Health Plus programs and activities to learn healthy habits to maximize well-being and earn rewards.

C And “Your Health Map”… personalized based on your health assessment to help you set and reach your own health goals. Pick a “direction” and begin your “journey” to health.

The platform also allows you to track your physical activity and other healthy habits, as well as sync your wearable fitness devices. You can access your biometric measurements (such as height, weight, and blood pressure), and use the rally feature to join teams to support each other, and even engage in a bit of friendly competition with colleagues in fun, healthy activities.

The platform is accessible via web, tablet, or mobile phone… so you can choose what’s most convenient for you to navigate through your journey.
Bite Into a Healthy Lifestyle with National Nutrition Month

How can you achieve a healthier lifestyle? One “bite” at a time!

A bite is a small action with daily commitments that lead to a greater cause. Small, steady changes over time lead to big rewards!

Readying to bite into a healthier life? Sign up for the Health Plus National Nutrition Month Challenge and start taking small steps toward your “best self.”

- Eat 2–5 servings of fruits/vegetables per day, 5 days a week.
- Reduce sodium intake by reading food labels. Look for items that contain less than 20% of the daily value for sodium per serving.
- Reduce red meat consumption to 2–3 times per week.
- Eat more whole grains by consuming at least 3 servings of whole grain products per day, 5 days a week (1 serving is equivalent to 1 slice of whole-wheat bread, 1 cup of ready-to-eat-cereal, or ½ cup of cooked brown rice, whole-grain pasta, or cooked cereal).

Register by March 6 and choose one of these small changes. Fill out weekly surveys to track your progress and receive motivational tips to keep you on track.

Participants who complete all three surveys by April 3 will receive an electronic cookbook with healthy recipes and will be entered into a drawing for a prize.

To learn more and to register, visit: http://vanderbi.lt/b65c4.

Meet the RD:
Melinda Jones, RDN, LDN, Activities Coordinator, Health Plus

What is a registered dietitian?
A registered dietitian is a food and nutrition expert who helps translate the science of nutrition into practical solutions for healthy living. They can help you on the path to a healthy weight, eating healthfully, and reducing your risk of chronic disease. All r Ds are nutritionists, but not all nutritionists are r Ds. In most states, virtually anyone can call themselves a “nutritionist.”

What led you to become an RD?
My first interest in nutrition sparked from raising beef cattle on my family’s farm. We made our own feed and the nutritional aspect of that fascinated me. I intended on majoring in animal science in order to become an animal nutritionist, but later realized I could have a greater impact on people if I became a dietitian.

What are the top 10 foods you ALWAYS have on hand?
Oats, non-fat plain yogurt, low-fat string cheese, onions, bell peppers, baby carrots, peanut butter, almonds, black beans, and apples.

What is your role at Health Plus?
I coordinate nutrition information into programming for Vanderbilt faculty and staff in a way that is practical, interactive, and evidence-based.

Eating-Well Recipe

Chicken Salad

1. Bake chicken, cut into cubes, and refrigerate.
2. In a large bowl combine rest of ingredients, add chilled chicken and mix well.

Serves 5. Servings size ¾ cup. 176 calories, 6 g total fat, 27 g protein, 2 g carbohydrates, 179 mg sodium.


*To reduce sodium, omit the ½ tsp. of added salt. New sodium content for each serving will then be 120 mg.

Enjoy the taste of heart-healthy eating with this easy to prepare chicken salad. Eat it on whole-wheat toast, in a pita pocket, over a bed of dark, leafy greens, or with your favorite low-fat cracker. Leftovers can be kept safely in the refrigerator for three to five days.
Occupational Health Clinic talk:

Obesity: Gradual Progress is Key to Success

Norman C. Quesada, MD, MPH

Obesity is a growing problem in the United States. The CDC shows that no U.S. state has an obesity rate less than 20% as compared to 15% just 20 years earlier. The numbers are shocking, but the obesity problem didn’t happen overnight. Weight gain happens gradually over time, but many think the solution comes in quick fixes. This is quite the opposite. To lose weight safely, it is recommended that individuals lose gradually.

People who lose weight gradually (1–2 pounds per week) have been found to be more successful at keeping the weight off. To lose weight you must use up more calories than you take in daily. Studies have shown that 1 pound of body weight equals 3,500 calories. Therefore, in order to lose about 1 pound per week you need to reduce your caloric intake by 500 calories per day.

Follow these tips for weight loss success:

- **Choose foods you enjoy eating**, that are reasonably priced (for your budget). Include vegetables, fruit, whole grains, lean protein, and low-fat dairy.

- **Avoid hunger by eating smaller portions more frequently**. If you are hungry during your weight loss period you are unlikely to keep this change in your diet for a lifetime (remember hunger and cravings are not the same thing).

- **Physical activity should be a part of your life** whether you are trying to lose weight or not, but just like making smart food choices, finding activities that you enjoy can keep you on track for weight loss success.

- **For more tips for healthy eating strategies**, read the article “The One-Step-at-a-Time Approach” on page 6.

Pamela Duncan, MS, r D, l DN, Clinical Dietitian (BS Exercise Science) adds, “Every day we can choose to live healthier by eating fruits, vegetables, whole grains, and less fried foods, drinking fewer sodas/sweetened beverages AND to live actively by taking the stairs, walking at lunch, or choosing a fun activity which causes us to move more. Small daily changes have lifelong positive results!”

Need help making the start for your weight loss journey? The Occupational Health Clinic and Health Plus can check important health numbers, such as height, weight, and blood pressure, and connect you with Health Plus Wellness Coaches who will give you valuable resources and support along the way.

“Change is inevitable — except from a vending machine.”

— Robert C. Gallagher

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Earwax explained

Earwax is healthy — in normal amounts. Its protective, lubricating, and antibacterial properties keep your delicate, intricate ear canal and eardrum safe.

Ideally, the ear canals should never have to be cleaned. Ears should only be cleaned if enough earwax gathers to cause symptoms such as:

- **Earache**, fullness in the ear, or a sensation that the ear is plugged
- **Partial hearing loss**, which may be progressive
- **Tinnitus**, ringing, or noises in the ear
- **Itching**, odor, or discharge
- **Coughing**

Kenneth Watford, DNP, APN-BC, Assistant Professor, Vy MC Dept. of Otolaryngology adds, “Cerumen (ear-wax) impaction is an extremely common problem treated by the ear specialist. The most common cause of cerumen impaction is due to the patient’s use of cotton-tip swabs or other over-the-counter products advertised to remove cerumen. These products generally worsen cerumen impaction by causing the wax to flow further down into the ear canal, resulting in further hearing loss, ear pain, or external ear infections. Patients are strongly urged to avoid attempting to clean their own ears.”

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Source: American Academy of Otolaryngology — Head and Neck Surgery
Q:  Dear Counselor,

My partner recently had a heart attack and cardiac bypass surgery. Thank goodness, the surgery was successful! I’ve been worried because he seems to be more down than usual. He is irritable, not interested in things, can’t motivate himself to do even small activities, and seems tired all the time. Is this normal or is he depressed?

Worried

A:  Dear Worried,

I’m glad to hear that your partner’s surgery went well. There is a strong link between having medical problems and experiencing depression. People who are hospitalized for medical reasons are approximately 3 times more likely to develop depression. That likelihood increases if the person has a history of depression or anxiety. In addition, low mood has been found to have a negative effect on the recovery process.

Depression can have a variety of symptoms such as sadness, irritability, feelings of hopelessness or helplessness, fatigue, loss of interest, decreased concentration, and changes in sleeping and eating patterns. Men, in particular, can have an increased risk for depression as they age, and irritability can be a significant feature.

I would recommend that you encourage your partner to speak with his cardiologist to determine if his symptoms are typical and temporary or more indicative of a major depressive episode. You may also ask your partner if it is okay for you to let his doctor know about your concerns.

Vanderbilt employees and their spouses or same-sex domestic partners are eligible for services through Work/l ife Connections-EAP (WI C-EAP). Our counselors are licensed professionals who can conduct a needs assessment and make recommendations for supportive resources at Vanderbilt or in the Nashville community. To make a confidential appointment, just call 936.1327.
SUCCESS STORY:

Wellness Commodore Start! Physical Activity Challenge

VIRG of Success Team
Vanderbilt Institutional Research Group (VIRG) Team Members: Tim O’Donnell, Danielle Marganoff, Linda Forceno (Wellness Commodore), Kyle Greer, Don Bailey, Daniel Kirby.

Congratulations to the VIRG of Success Team placing first in the Wellness Commodore Start! Physical Activity Challenge. Linda encouraged her team to get active and reminded them to use the tracker throughout the challenge. Linda says “The team challenge really helped me. I found myself constantly trying to compete.”

A total of 123 Vanderbilt faculty and staff participated in the Wellness Commodore Start! Physical Activity Challenge, logging nearly 75 million steps and doubling physical activity among participants. Thanks to all who participated in the challenge. Look for more challenges to come in 2015!

Log in to the Health Plus Health Guide to track activity using the NEW Start! Activity Tracker!

Track Activity in the New Health Plus Health Guide

You can now log your activity in the new Health Plus Health Guide using TrACK.

- Log in to the Health Guide from the Health Plus website.
- Once logged in, select TrACK in the left navigation menu.
- Under Track Your Activities, select or search for an activity and confirm your entry.

Are you currently using a wearable fitness device such as FitBit? You can now sync devices in your Health Guide to automatically log your physical activity. Get started by selecting the drop down arrow beside your name in the upper right hand corner in the Health Guide. Select “Sync Options.” Select “Add an Account.” Connect your device.

For questions contact Health Plus at 343.8943.

WEIGHT CONTROL:

The One-Step-at-a-Time Approach

If you’ve had trouble sticking to a healthful eating strategy, it could be that you’re trying to make too many changes all at once.

Let your body get used to one change, then add another. Here are some one-step ideas to incorporate. Practice each until it becomes a habit, then add another.

• Eat at least 5 servings of fruits and vegetables daily.
• When you eat salad, have your dressing on the side and stick to the serving size (usually 2 tablespoons). Dip your fork into the dressing before you take a bite of salad.
• If you eat white bread, switch to 100% whole-wheat bread or one made with grains such as brown rice, buckwheat, sorghum, millet, or quinoa.
• Control your portions. Use a measuring cup to help you visualize a proper serving size.
• Use a small food scale to weigh meat, poultry, and fish. Limit your daily intake to no more than 6 ounces (cooked weight).
• Limit fried foods.
• If you get hungry between meals, eat a piece of fruit, a container of low-fat yogurt, or a serving of nuts (be sure to measure out the nuts so you don’t eat too much).
• If you snack at night, measure your portions to prevent mindless eating.

You can cut the amounts of fat, sodium, and sugar in recipes by a quarter to a half and still retain the flavor.
upcoming events

Events: February

**FEB 4**
**Know Your Numbers – Count On Your Heart, American Heart Month**
Health *Plus* will be offering height, weight, and blood pressure screenings 11:00 a.m. – 1:00 p.m. at One Hundred Oaks, r oom 26102-26104

**FEB 5**
**OHC Comes to You**
An Occupational Health nurse will be available to provide immunizations, TB skin tests, and flu shots to Vanderbilt faculty and staff. 1:30 p.m. – 4:00 p.m. at Monroe Carell Jr. Children’s Hospital, r oom 2104

**FEB 6**
**Know Your Numbers – Count On Your Heart, American Heart Month**
Health *Plus* will be offering height, weight, and blood pressure screenings 11:00 a.m. – 1:00 p.m. at Green Hills Office Building, r oom 3148

**FEB 6**
**Wear Red Day – Count On Your Heart, American Heart Month**

**FEB 10**
**Know Your Numbers – Count On Your Heart, American Heart Month**
Health *Plus* will be offering height, weight, and blood pressure screenings 11:00 a.m. – 1:00 p.m. at The Commons Center

**FEB 13**
**Know Your Numbers – Count On Your Heart, American Heart Month**
Health *Plus* will be offering height, weight, and blood pressure screenings 11:00 a.m. – 1:00 p.m. at 3401 West End, Suite 380, East r oom

**FEB 18**
**Know Your Numbers at the Love Your Heart Expo**
**Love Your Heart with Weight, Blood Pressure, Glucose, and Cholesterol Screenings**
Health *Plus* will offer Know Your Numbers and Vanderbilt Heart and Vascular Institute will offer cholesterol and glucose screenings (while supplies last) as well as an opportunity for one-on-one counseling from a Vanderbilt cardiologist and registered dietitian. 10:30 a.m. – 1:00 p.m at 1 ight Hall, North 1 obby

**FEB 18**
**Boomers, Elders, And More**
**Information and Communication vs. Denial and Guilt**
Gretchen Geagan, Owner of 1 ife-I inks, and Eunice Gerth. Noon – 1:00 p.m. at 1 ight Hall, 437

**FEB 19**
***Babies & You Class**
**Facing the Challenges of Pregnancy**
Michelle Collins, PhD, Certified Nurse Midwife, Program Director Vu SN Nurse-Midwifery Program. Noon – 1:00 p.m at 1 ight Hall, 415

**FEB 23**
**Know Your Numbers – Count On Your Heart, American Heart Month**
Health *Plus* will be offering height, weight, and blood pressure screenings 11:00 a.m. – 1:00 p.m. at Baker Building, 1 obby

**FEB 26**
**Know Your Numbers – Count On Your Heart, American Heart Month**
Health *Plus* will be offering height, weight, and blood pressure screenings 7:00 a.m. – 10:00 a.m. at Monroe Carell Jr. Children’s Hospital, r oom 2104

Events: March

**MAR 5**
**OHC Comes to You**
An Occupational Health nurse will be available to provide immunizations, TB skin tests, and flu shots to Vanderbilt faculty and staff. 1:30 p.m. – 4:00 p.m. at Monroe Carell Jr. Children’s Hospital, r oom 2104

**MAR 18**
**Boomers, Elders, And More**
**Warning Signs Mom & Dad Need In-Home Care Services**
Pat Wissel, Owner of Preferred Care at Home, will speak on signs a loved one may need in-home care, what services in-home care provides, the average cost for care, and who pays for the care. Noon – 1:00 p.m. at 1 ight Hall, 437

**MAR 19**
***Babies & You Class**
**Nutrition: Eating for Two**
Melinda Jones, r D, l DN, Health *Plus*. Noon – 1:00 p.m at 1 ight Hall, 415

For a full list of upcoming events visit our website.

* *Babies & You is a prenatal health program offered by Health *Plus* for full-time Vu employees, spouses, and dependents. The classes are provided monthly with a $50 incentive for those who register in their first trimester, attend at least 3 monthly classes, and go to all prenatal provider appointments. For more information, class location, or to register online, visit healthplus.vanderbilt.edu.*
In this Issue:
Your Guide to the NEW HealthPlus Health Guide
Weight Control: One-Step-at-a-Time Approach
Bite Into a Healthy lifestyle in March with National Nutrition Month
Earwax Explained
Have a topic you want to see covered? Email us at health.wellness@vanderbilt.edu.

Leading by Example
Eric Kopstain
(continued from page 1)
What other healthy habits do you find important?
Good sleep. I am very sleep sensitive. I find that I don’t function at my best if I don’t set a sleep schedule and stick to it.

How does Vanderbilt help you maintain a healthy lifestyle?
The dining options on campus make it easy to find high quality and nutritious food.

The Healthy Pulse
ON FACULTY AND STAFF AT VANDERBILT

Vanderbilt’s Population Eating Mostly or Only Low-Fat Foods

Each and every year for the first nine years (2003 – 2011) of the Go for the Gold program, the percent of Vanderbilt employees eating mostly or only low-fat foods increased. This trend is noteworthy since a recent analysis of the GFTG data by the Vanderbilt Health & Wellness team demonstrated that eating a low-fat diet turns out to be one of the most important daily modifiable behaviors in our population. This is one example of how the health risk assessment data are carefully de-identified and then analyzed to learn how to make the wellness program more effective for you.

Vanderbilt’s Health & Wellness team will continue to provide evidence-based and data-driven wellness programs that are designed to improve your long-term health outcomes.

Note: Health risk Assessment wording changed in 2012. Subsequent data will be analyzed separately.