

SCCOE Workplace Wellness

VOLUME 1 ISSUE 3

APRIL 2011

A HEALTHIER
TOMORROW
STARTS
TODAY

NATIONAL WORKPLACE
WELLNESS WEEK
APRIL 3-9

- Visit page four for more information



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How to get started using

Registered Vitality members can begin their journey to optimal health through a variety of activities.

Online activities include help with tools, health calculators, courses, campaigns, and conversations.

Health calculators are located under the Plan pull-down menu, Health Tools section. They include **Lifestyle checkup** and **Pregnancy tools** with an array of topics:

- Are you ready to quit smoking?
- How does smoking affect your lifespan?
- How does smoking increase your risk of heart attack?
- How much is smoking costing you?
- Are you depressed?
- How well do you bounce back?
- What is your stress level?
- From embryo to baby in nine months

Health and fitness tools:

- Are you at risk for a heart attack?
- What is your target heart rate?
- How many calories did you burn?
- Are you at risk for osteoporosis?

- walking challenge
- Living Free: Quitting smoking
- Living Lean: Nutrition & lifestyle management
- Living Smart: Managing alcohol consumption

Campaigns guide members through issues in an encouraging way through articles, stories and interactive topics of interest, including:

- Eat well, feel well
- Arthritis
- Asthma
- COPD
- Coronary Artery Disease
- High blood pressure
- High cholesterol
- Low back pain
- Pre-Diabetes
- Pregnancy
- Type II Diabetes

Conversations are engaging online programs that focus on small, sustainable solutions, and speak directly to you and your health needs.

(Continued on page 2, Vitality)



HOW TO GET STARTED

The Classroom section is located under the Plan pull-down menu in the **Health Campus**. It offers **Courses, Campaigns** and **Conversations** to support goals by increasing your overall awareness of health risks.

Online certified trainers lead **Courses** in the

- Living Easy: Stress & resiliency
- Living Fit: A 90-day

Brought to you by



To schedule onsite Vitality registration for teams and individuals, contact Tricia Zamora at (408) 453-3616

(Vitality, continued from page 1)

They include:

- Asthma and controller medicines
- Beta-blockers to prevent another heart attack
- Daily aspirin to prevent heart attacks
- Dealing with low back pain
- Diabetes and A1c testing
- Getting active
- Healthy eating
- Healthy thinking
- Healthy weight
- Quitting smoking again

The **Healthy Habits** section, under the Plan pull-down

menu, encourages adding, scheduling and tracking regular habits to improve or maintain general well-being.

Other activities include:

- Review and activate your personal health goals under Plan> My Goals
- Sign up for an Athletic Event or Sports League under Engage > Fitness > Organized Wellness Activity
- Complete a Vitality Check™ with your physician under Plan> Vitality Check
- Complete a Fitness Assessment with a Vitality part-

ner. Locate the form under Plan > Fitness Assessment

- Schedule an appointment for a preventive screening, such as a pap smear or prostate check and have the doctor complete the form under Engage> Prevention

Remember to create goals for these activities and make them active to earn Vitality Points towards merchandise on the Vitality Mall.

Visit our wellness Web page to learn more: www.sccoe.org/staffwellness

Local supermarkets get the thumbs up

Healthier eating begins with a healthy shopping list. Three local grocers - Safeway, Trader Joes and Whole Foods - offer ways to help with healthy shopping. All were chosen as amongst America's healthiest grocery stores by a panel of health experts in the fields of nutrition, pediatrics and science.

Safeway has undergone a huge makeover. They carry organic brands, locally grown produce and the largest organic brand packaged goods. Their online Food Flex program at <http://www.safeway.com> looks

at shoppers' purchases and suggests healthier choices and money-saving tips and coupons. And they offer delivery to your home.



Trader Joe's carries healthy foods from around the world, store-brand and prepared meals containing no artificial flavors, colors, or preservatives, MSG, trans fats or genetically modified ingredients. Visit <http://www.traderjoes.com/> for a

list of gluten-free, vegan, vegetarian, fat-free, kosher and low-sodium products.

Whole Foods has organic fruits and vegetables, and prepared foods with ingredients free of artificial colors, flavors and sweeteners, preservatives and trans fat. They carry locally grown products and ready-to-cook meals. Their Web page located at <http://www.wholefoodsmarket.com/> is loaded with healthy information, menu and shopping planning, articles, recipes and coupons under the Health Starts Here section.

With the help from these three supermarkets, grocery shopping can be easier and healthier.

(reference Health.com)

Visit <http://www.fda.gov/Food/Resourcessforyou> section for a guide to understanding food-labeling information and consumer facts.

Vitality JACKPOT

Each month, all SCCOE staff are automatically entered into a drawing pool for a Vitality jackpot prize. One hundred people from all over the United States have an opportunity to win every month. Items are determined by staff's Vitality status at the time of the drawing. Active Vitality members are eligible for greater value prizes. Prizes are based on Vitality levels: blue, bronze, silver, gold or platinum.

Staff who are not members at the time of the drawing have six weeks to register, complete the Health Risk Assessment (HRA) and claim their prize. Sample prizes staff may choose

from include:

- Bronze - \$15 iTunes gift card, Escali Primo Digital Scale and Gaiam Total Body Balance Ball kit with DVD
- Silver - Apple iPod shuffle, Brother sewing machine and Panasonic digital camera
- Gold - Nintendo Wii, Flip SlideHD video camera and Toshiba 19-inch LCD/DVD combination TV
- Platinum - Apple MacBook lap-



top computers, Apple iPad and seven-night stays at the Hyatt

The SCCOE has 20 lucky win-

ners since last fall.

October

- Godfred Oduro - Special Ed
- Koren Santos Aguirre - State

Preschools

Marsha Rowan - Special Ed

November

- Rosa Gutierrez Alvarez - Food Srvs
- Valerie Valdivia - Head Start
- Ngan Ho - Special Ed

December

- Haleh Sharifi - Special Ed
- Jess Molina - Warehouse Srvs
- Mary Mellor - Special Ed
- Sandra Hassey - Special Ed

January

- Brenda Brillantes - Alternative Ed
- Karen Copp - Special Ed
- Kristine Duarte - Accounting Srvs
- Marsha Murray - Special Ed
- Melissa Mendez - Special Ed
- Vicki Carson - Special Ed

February

- Binh Luong - State Preschools
- Kirk McFarland - Special Ed
- Mary Gitmed - Special Ed
- Rita Escalante - Special Ed



Jane Fry, Judy Kritikos, Chris Lam-Vasquez, and Yen Lam of team Street Walkers.

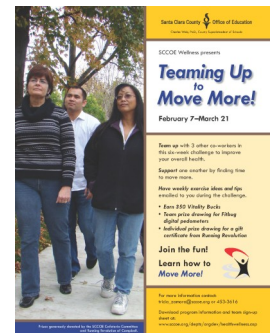


Debbie Boer, Patty Tijerina and Pam Brandon of Team Red Hot enjoying their group walk

Teaming Up to Move More Challenge

Congratulations to the 72 SCCOE employees who participated in the "Teaming Up to Move More" challenge. Seventeen teams from Chandler Tripp, Cory, Della Maggiore, Gateway, Glenview, Orchard, Pathfinder, Ridder Park, San Jose City College, and Steindorf participated by pledging to exercise at least two times a week. They walked; hiked; swam; ran; played tennis; did

balance ball and group exercises, yoga and zumba, exercise on videos, and circuit training; and some enlisted in a boot camp. This group had fun, stayed fit and committed to moving more.



April 3-9 is National Workplace Wellness Week

On Mar 16, 2011 the Santa Clara County Board of Education unanimously adopted a resolution recognizing April 3-9, 2011 as National Workplace Wellness Week at the Santa Clara County Office of Education.

The Board and The County Superintendent of Schools encourage the promotion of a healthy workplace and believe it is a vital part of our success as employees and individuals.

The resolution states that; WHEREAS, the Santa Clara County Office of Education (SCCOE) recognizes the importance of workplace well-

ness as a strategy to help maximize employees' health and well-being;

WHEREAS, a comprehensive worksite wellness program is essential to maintain and improve the health of SCCOE staff since a significant part of a their day is spent at work;

WHEREAS, employees who improve their health reduce their probability of chronic health conditions, lower out-of-pocket medical costs, reduce pain, have greater levels of energy, and experience increased productivity, and satisfaction with their lives and jobs;

WHEREAS, employee health costs in the

United States have doubled from 1990 to 2001 and are expected to double again by 2012 and are the fastest growing labor cost component, thus posing a serious and a growing challenge;

WHEREAS, employers struggle to find strategies to reduce the cost of health care, as well as the indirect costs associated with higher rates of absenteeism, presenteeism, disability, and injury;

WHEREAS, the American Heart Association reports addressing risk factors early can make a difference and \$5.6 billion in heart disease costs could be saved if one-tenth of Americans began a regular walking program.



walk more + eat well =
live longer

Commit to a healthy lifestyle

Physical inactivity doubles the risk of heart disease, our nation's No. 1 killer of men and woman. Regular exercise can help reduce the risk and increase life expectancy.

Visit the SCCOE staff wellness Web page at www.sccoe.org/staffwellness and locate the pledge to make the [commitment](#) to take control of your health. Sign it and

hang it in a place frequented.

Come to a Lunchtime Fitness Clinic. "Keeping Fit from Head to Toe" is Thursday, April 7 from 12:30 to 1 p.m. in the Rider Park Guadalupe Room. Register [online](#) at the professional development calendar.

Register for Vitality, and earn rewards for keeping healthy. Check out the step-by-step [instructions](#).

Learn about wellness discounts for [Blue Shield](#) and [Kaiser](#) members. Visit the SCCOE Staff Wellness Facebook page at www.facebook.com/staffwellness. Share wellness activities and staff photos from your worksite, post healthy articles and recipes, or invite staff to join your sports team or start a wellness discussion.



There are 1,440 minutes in every day. Schedule 30 of them for physical activity.