

**A HEALTHIER  
TOMORROW  
STARTS  
TODAY**

**SCCOE WORKPLACE WELLNESS**

**VOLUME 1, ISSUE 8**

**OCT 2011**

**October is Breast Cancer Awareness Month**

- Leading a healthy lifestyle can help reduce your risk of breast cancer
- To learn more, visit Susan G. Komen for the Cure website at: <http://ww5.komen.org/>

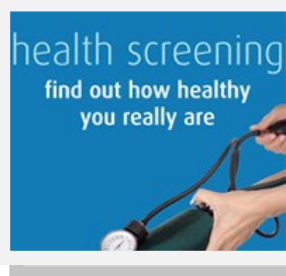
**Upcoming Events**

*Wellness Talk: Stress and Resiliency During Tough Economic Times* Wed., Nov. 2, 12-1 p.m.

For more information, contact  
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 Organization Development ~ Human Resources MC 264  
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[www.sccoe.org/staffwellness](http://www.sccoe.org/staffwellness)

**Free health screenings earn *Vitality* Points**

**K**now your numbers! Knowing more about your health status can help you reduce your risk of costly health problems, better manage any conditions you may have, and prevent health problems down the road. No matter what your numbers, the most important thing to know is that they can all be helped by healthy lifestyle choices. Even small changes in physical activity, nutrition, and smoking habits can have a major impact on your heart health.



One in three adults in the U.S., or 74 million people, have high blood pressure or pre-hypertension. Between 1996 and 2006, the number of deaths from high blood pressure rose by more than 48 percent. The higher blood cholesterol level, the greater the risk for developing heart dis-

ease or having a heart attack.

Everyone aged 20 and older should have their blood cholesterol measured at least once every five years. There are three main components. Not all cholesterol

is bad. HDL (good), LDL (bad), and triglycerides combined give you a "lipid profile" score, but the three individual scores are important. LDL is the most important number for heart health. Every point of LDL decrease makes a difference. For every point you raise your HDL, you reduce your risk of coronary disease by two percent.

Following are the numbers to strive for:

- Total cholesterol of 200 mg/dL or lower
- HDL ("good" cholesterol) of 50 mg/dL or higher for women, or 40 mg/dL or higher for men

- Optimal LDL is 100 or lower. If you have other major risk factors, like pre-existing cardiovascular disease or diabetes, your doctor may want your LDL closer to 70
- Triglycerides of less than 150 mg/dL

Blood pressure consists of two numbers: Systolic pressure measures the pressure of blood against artery walls when the heart pumps blood out during a heartbeat, and diastolic pressure measures the same pressure between heartbeats, when the heart fills with blood.

- Normal blood pressure is below 120/80
- Pre-hypertension is 120 to 139 (systolic) and/or 80 to 89 (diastolic)
- Hypertension, also known as high blood pressure, is 140 or higher (systolic) and 90 or higher (diastolic)

BMI is calculated from two numbers: weight and



**September 1 kicked off the second year of Vitality at the SCCOE! Each year, you must complete your Health Risk Assessment (HRA) to keep your Vitality membership active. Take or retake your HRA today.**

Men	Women	Risk Factor
BMI Less than 20.7	BMI Less than 19.1	Underweight, lower BMI = greater risk
20.7 to 26.4	19.1 to 25.8	Normal, very low risk
26.4 to 27.8	25.8 to 27.3	Marginally overweight, some risk
27.8 to 31.1	27.3 to 32.2	Overweight, moderate risk
31.1 to 45.4	32.3 to 44.8	Severe overweight, high risk
Greater than 45.4	Greater than 44.8	Morbid obesity, very high risk

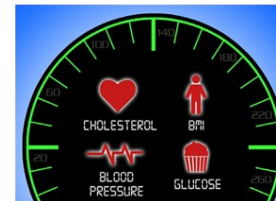
height. As BMI rises, the risk for some diseases increases.

If you can only remember one number, remember your waist size. It has a direct connection to heart disease. For women, a waist

size of 35 or more inches, and for men more than 40 inches increases risk of cardiovascular disease, diabetes, metabolic problems, high blood pressure, and abnormal cholesterol. Losing just one

inch off your waist improves heart health numbers. It is a much better indicator than weight, because you can gain weight and still lose waist inches if you're working out and gaining lean muscle mass.

**Know your numbers!**



(Reference www.webmd.com)

## Health screening dates, times, and locations

Learn your numbers and take control of your health! Small steps make a big difference. Take the next step and schedule your free health screening.

SCCOE will offer free health screenings in October and November for all permanent SCCOE staff. BaySport Inc. preventive services will provide the six-minute confi-

Date	Time	Location
Tues, Oct. 11	8:00 a.m.-12:00 p.m.	Ridder Park
Wed, Oct. 12	12:00-4:00 p.m.	Ridder Park
Thurs, Oct. 13	12:30-3:30 p.m.	Erickson
Mon, Oct. 24	11:00 a.m.-2:00 p.m.	Rouleau
Tues, Oct. 25	12:00-3:00 p.m.	Baldwin
Wed, Oct. 26	1:30-3:30 p.m.	Snell
Thurs, Oct. 27	12:00-3:00 p.m.	Gateway
Thurs, Nov. 3	10:00 a.m.-3:30 p.m.	Chandler Tripp
Thurs, Nov. 17	12:45-3:00 p.m.	Anne Darling



dential screening and consultation with a health professional at various locations. This screening will help determine if you are at risk for common diseases including diabetes and heart disease, which

commonly go unnoticed without being checked. Following the screening and analysis, you'll receive a report with your numbers. The report includes:

- Cholesterol
- Blood pressure
- Blood glucose
- Body Mass Index (BMI)

Vitality members may have their health screening numbers forwarded via secure transmission directly to their Vitality account, and will earn Vitality Points for the screening and extra Points for any measurements that are in a

healthy range. If you are not a Vitality member, go to [www.powerofvitality](http://www.powerofvitality) to register. To learn more, visit [www.sccoe.org/staffwellness](http://www.sccoe.org/staffwellness)

Health screenings are by appointment only and scheduled every 15 minutes. Email [health\\_screenings@sccoe.org](mailto:health_screenings@sccoe.org) to schedule. For questions, contact Tricia Zamora, Employee Wellness Specialist, at (408) 453-3616.

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