



WELLNESS

Inspire • Support • Achieve

A newsletter for wellness information, events and celebrations!

Volume I

March, 2009

Page 1

In This Issue:

Monthly Topic

“Dr. Das Says”
Page 1

March Events

**Worksite Walking
Challenge**
Page 2

Celebrations

**We Have a Logo
Contest
Winner!**
Page 2

Got a wellness question?

Send your email
to:

**WellnessIn-Box
@sanjoseca.gov**



Health and Wellness 101



*Rajiv Das, M.D., MPH
Employee Health Services*

Worksite Wellness Screenings

Human Resources will offer worksite wellness screenings for benefited City employees. Screenings will be conducted by Employee Health Services (EHS). We want to encourage participation and promote the completion of the on-line health assessments offered by Blue Shield and Kaiser. Our goal is to support employee wellness by increasing awareness of healthy choices and identify risk factors or warning signs of possible health problems. Early identification of warning signs can often lead individuals to consider healthy lifestyle choices and to seek medical care which may improve their future quality of life.

Weight maintenance. One of the best indicators of healthy weight is the waist to hip circumference ratio. Another good indicator is the body mass index (BMI). These numbers can help predict future risk of heart problems.

Blood pressure. Elevated blood pressure can indicate immediate and/or future health concerns. High blood pressure can result in an enlarged heart which can lead to irregular beats and poor blood flow to the heart. High blood pressure can also reflect a risk for a “brain attack” (stroke) where small arteries in the brain rupture. Maintaining a normal blood pressure can significantly reduce future health problems.

Blood sugar. A body’s ability to regulate blood sugar is another important health indicator. If blood sugar is too high, excess sugar can bind to other structures; proteins, nerves and blood vessels which can interfere with their function. Measurement of blood sugar level can immediately identify

“Our goal is to support employee wellness by increasing awareness of healthy choices and identify risk factors or warning signs of possible health problems.”

the presence of diabetes. Having this information can encourage lifestyle changes and medical treatment to control its adverse long-term effects.

Cholesterol. Paying attention to cholesterol can also reduce future health problems. Cholesterol is carried by different types of proteins. High Density Lipoprotein (HDL) measures the amount of cholesterol carried by good proteins. HDL works to get rid of cholesterol. Low Density Lipoprotein (LDL) measures the amount of cholesterol carried by bad proteins. LDL helps the body store cholesterol. Knowing these levels and taking action can reduce the risk for future heart problems.

Visit www.csj.org to learn more about our worksite wellness screenings.

The City of San José adopts the American Heart Association’s **Start! Walking** Worksite Walking Program. **1st Departmental Challenge** begins **Monday, March 2, 2009** (Turn to page 2 to read more...)

We Have a Logo Winner!!!

By Debbi Bohnet Nuttall
Benefits Wellness Analyst

On October 10, 2008, Huy Nguyen sent the following humble words to the City of San José employee wellness email box; "Attached is a Wellness Logo that might be of interest." Huy was responding to a City-wide logo contest that was sent via payroll flyer in October of 2008, asking for logo design ideas for our employee wellness program. Huy's contest submission consisted of three lively figures supporting the slogan previously provided by Human Resources: "Inspire – Support – Achieve"

When Huy was asked how he came up with the idea of the design, he replied: "Designing the Wellness Logo was really simple." He first researched the definition of wellness and discovered that it can be described as happy, healthy and full. Then he searched for existing wellness logos created by other artists. By blending those ideas with his own, Huy created a logo that he thought would be appropriate for government use. The staff in Human Resources couldn't agree more.

The winning design was one of 13 logo designs submitted by employees, and Human Resources thanks all employees who contributed designs for the contest. Many thanks also go to City marketing and promotion employees; Astra Freedman (CMO), Linda Crabill-Byrnes (DOT), Kathy Kenny (CMO) and Theresa Hayes (Housing), for their expert assistance in helping to identify the potential in Huy's design.

When Huy was notified that he had won, he was delighted. Huy explained that he's a fairly new employee and to receive this honor

Congratulations to Huy L. Nguyen!
Winner of the Wellness Logo Contest

in addition to passing probation recently, made for a very a exciting time for him.

Huy's is with Public Works, Transportation and Hydraulic Services section. Huy tries to stay physically active when he's not at work by road biking, jogging, and playing basketball with friends and family.

If you see Huy around, congratulate him on his wonderful accomplishment!

..... Worksite Walking Challenge

Start! Walking

- Beginning Monday, March 2, you can join your co-workers in a walking challenge. Log your walking steps on-line at: <http://www.mystartonline.org>
- Your steps will be added to your department's total step walk score and count toward achieving the most steps taken by a department.
- An award will go to the dept that achieves the greatest % of steps per employee, during this 1st challenge period & will be recognized on National **Start!** Walking Day, April 8, 2009.
- The worksite walking program is designed to raise awareness of the potential health benefits of physical activity and to encourage employees to increase their physical activity during the day and will be an on-going part of our employee wellness efforts.
- More info is available via the payroll flyers posted on <http://www.csj.gov/enn> and the intranet at <http://csj.gov/humanresources/benefits/wellness>
Look for: GENERAL OVERVIEW / PARTICIPANT INSTRUCTIONS & WAIVER
- A limited number of pedometers are available on a first come first served basis for employees who register for this walking challenge.