

# live**WELL**



SPRING 2012 VOLUME 7 ISSUE 2

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**UI Wellness**

A UNIT OF UI HUMAN RESOURCES

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*UI Wellness is a unit of  
UI Human Resources.*

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Employers in the United States –large and small– are searching for ways to control the climbing health care costs of their workforces. The University of Iowa is no exception. A common strategy is to implement or bolster wellness programs to help people maintain healthy habits and to curb unhealthy habits. The

University leads in this area, as we've invested in wellness for over a decade.

The wealth of knowledge on our campus possessed by experts helps to set our wellness program apart. Tapping into nationally known experts in preventive medicine, public health, and other areas allow us to provide tools to help campus members live healthier lives.

In this Spring edition of the live**WELL** newsletter, we're pleased to have experts from UI Health Care and the UI College of Public Health provide expert advice for us in areas where we know The University community could use their expertise: exercise, nutrition, and sleep!

Thanks for reading!

Megan Moeller

A handwritten signature in dark ink that reads "Megan Moeller". The script is fluid and cursive.

Manager, UI Wellness/Human Resources

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### **liveWELL @ UI**

At The University of Iowa, we aspire to fully incorporate health and wellness into the lives of our campus community members. This is possible through a commitment to continuous development of a healthy campus culture in the spirit of learning and discovery that is at the heart of a distinguished public university.

# Eating Healthy the Easy Way!

By Kimberly A. S. Merchant,  
UI College of Public Health Nutrition Center



Half of the University of Iowa faculty and staff who completed the Personal Health Assessment last year cite challenges with eating healthfully.

Common challenges for many might be the time required to fix healthful meals and the cost and accessibility of food. However, some UI faculty and staff stated specific reasons eating healthy is difficult for them.

“I don’t like vegetables,” said Anne Schmick, an IT support consultant in Division of Continuing Education. “I love fruit; but there are only a few vegetables I like, and I get tired of those. I wish I could eat a greater variety of vegetables.”

“Anne is on the right track already by wanting to try to improve her eating

pattern,” said Linda G. Snetselaar, PhD, RD, LD (pictured above). Dr. Snetselaar is Professor and Chair of Preventive Nutrition Education in the College of Public Health (CPH) Department of Epidemiology. She is a highly regarded research expert and director of the CPH Nutrition Center and co-director of Preventive Intervention Center. She plays an active role in the Academy of Nutrition and Dietetics as director of the Dietetics Practice-Based Research Network.

Dr. Snetselaar responded to Schmick’s concern. “Since Anne said she is not opposed to sneaking in unfamiliar vegetables as a start to trying new ones, I would suggest a recipe like “Black Bean and Corn Salsa.” It features something Anne said she already likes,

as do many Iowans – corn – and adds the flavors of other vegetables.”

The challenge for David Jones, DDS, MSD, clinical assistant professor in College of Dentistry, is recipe size. “It is difficult to cook healthy meals for one person. Seems like every healthy recipe I come across feeds four. It is hard to store all the leftovers and not have them go bad before I feel like eating them again,” he said.

Dr. Snetselaar knows that scenario well. “We hear the same comment from medical students we work with while funded by the National Cancer Institute to integrate nutrition into the medical school curriculum. Halving the recipe would be one option. Another would be to freeze leftovers in individual serving sizes. The positive about freezing is busy people only need to cook once to provide more than one serving of healthful food. Then, on the day you want to enjoy that tasty dish again, pull it out of the freezer in the morning and warm it up for dinner when you get home from work.”

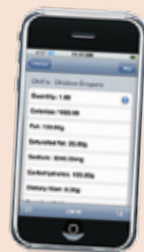
Dr. Snetselaar suggested “Effortless Enchiladas” for people who want to cook ahead for eating later.

Being willing to try new foods and enjoying meal preparation are important steps toward healthful eating made easier.

## Travel much?

Eating healthy is hard enough with our busy normal routines, so traveling throws another nutrition challenge into the mix. Be sure to plan ahead when traveling to make healthful choices.

- **Research Your Options.** The Healthy Dining Finder website will give you some ‘safe’ dining options for wherever you’re traveling to. [www.healthydiningfinder.com](http://www.healthydiningfinder.com)
- **“An App A Day”** - Use Technology! Ever wonder how many calories are in a Wendy’s Double Baconator burger? With a few taps on the Restaurant Nutrition app you’d realize it’s 980. With more than 200 restaurants and 30,000 food items in the database, this app makes it easier to choose healthier options while dining out
- **Pack comfy shoes.** A walk, quick hotel workout, or hot laps around the airport terminal (put your carry on in a locker) will give you an energy boost and burn a few calories.
- **Stick to your regular cycle.** When traveling, try to keep regular sleep/wake times, eat similar-sized meals to what you normally do, and stick to your “normal” routine as much as possible. When away, we often have less competing demands for our time, so use travel as a way to improve habits, if possible!



Do you have any travel secrets? Share them at the **liveWELL** facebook page ([www.facebook.com/uilivewell](http://www.facebook.com/uilivewell)).



Like us on  
**Facebook**

# Effortless Enchiladas

Number of Servings: 6

## Ingredients:

Non-stick cooking spray

1 can (10.5 oz) Healthy Request® condensed Cream of Chicken soup

1 can (4.5 oz) chopped mild green chiles

1 red bell pepper, chopped

1 pint (2 cups) non-fat sour cream

4 cups cooked, cubed skinless, boneless chicken breasts

12 (6-inch) corn tortillas

1-1/2 cups 2% milk, shredded, Mexican cheese

1/2 cup chopped fresh green onions

1/2 cup chopped fresh tomatoes

## Directions:

1. Preheat oven to 350°F. Coat 9"x 13" pan with non-stick cooking spray.
2. In a medium bowl, combine soup, chiles, red bell pepper, and sour cream. Blend well. Separate and set aside 1-1/2 cup of mixture.
3. Combine chicken with mixture remaining in medium bowl.
4. Cover tortillas with wet paper towel on plate, warm in microwave for approximately 90 seconds on high.
5. Scoop 1/2 cup of the chicken mixture onto one end of each tortilla. Roll up tortillas and arrange them seam-side down in prepared pan.
6. Spread reserved sour cream mixture over enchiladas. Sprinkle cheese on top.
7. Bake for 30 minutes or until hot.
8. To garnish, sprinkle green onions and tomatoes on top of enchiladas.\*

\* If going to freeze leftovers, only garnish what you will be eating. Use fresh garnish at each serving.

## Nutrient Value (2 enchiladas)

Calories: 436  
Carbohydrate: 42 g  
Protein: 41 g  
Saturated Fat: 4.5 g  
Fiber: 4 g  
Sodium: 677 mg



# Black Bean and Corn Salsa

Number of Servings: 10

## Ingredients:

- 1 (15 oz) can black beans
- 1 (15 oz) can whole kernel corn
- 1 bunch green onions, chopped
- 1/2 cup chopped red onion
- 2 limes
- 3 to 5 tbsp chopped fresh cilantro
- 1-1/2 tsp ground cumin
- 1 tbsp olive oil
- 2 medium tomatoes

## Directions:

1. Drain beans and corn leaving a small amount of liquid.
2. Put beans and corn into a large mixing bowl.
3. Add chopped green and red onions to bowl.
4. Cut limes in half and squeeze juice into mixture.
5. Add cilantro, cumin, and olive oil. Stir to combine.
6. Refrigerate 2 hours or overnight.
7. Chop and add tomatoes just before serving.

## Nutrient Value

(1/2 cup salsa)

- Calories: 92
- Carbohydrate: 17 g
- Protein: 4 g
- Saturated Fat: 0 g
- Fiber: 5 g
- Sodium: 206 mg

UI Faculty and Staff are on the move:

# Exercise Caution!

By Matthew Doyle, UI Sports Medicine



Faculty and staff have become more active in the past few years with 66% reporting regular exercise in 2011 compared to only 55% in 2007. Ned Amendola, MD, Director of UI Sports



Ned Amendola, MD,  
Director of UI Sports  
Medicine

Medicine says some form or amount of exercise is essential for everyone. “The benefits are obvious in the young and active population. The elderly benefit from exercise by maintaining strength and balance, and reducing the number of falls. Exercise can also be beneficial in pregnancy. In the face of arthritis,

moderate activity can reduce symptoms and maintain joint motion. In other words, everyone can benefit from some activity and joint exercise.”

The increase in regular activity amongst faculty and staff is very positive, but if done incorrectly, increasing activity can lead to pain or injury. So it is also important to exercise safely to avoid injuries that may actually detract from our quality of life. Muscles, tendons, bones, and the cardiovascular system need time to adapt to the forces placed upon them and the stresses of exercise. If given time, the human body will adapt to the “overload” placed upon it from exercise and improve your health. For

example, aside from reducing stress, and improving mood and mental focus, regular exercise can improve cardiovascular function, increase muscle and tendon strength, and increase bone density. If the body is overwhelmed with “too much, too soon” and not given the time to adapt to the stress the result may be pain, illness, and injury.

To prevent injury, it is important to vary your type of equipment used, such as using an elliptical machine instead of the treadmill. By following these recommendations you can avoid common errors that lead to injury, and prevent many problems from becoming worse:

### **Progression: Go slow**

When starting new activities, increase the intensity and duration of the activity slowly.

For example, runners should not increase their total mileage by more than 10% per week, and make increases in strength training loads from 2-10%. Abrupt increases in duration, intensity, or frequency of exercise may cause common overuse injuries that can be avoided by allowing the body to gradually adjust to the increased demands.

### **Cross Training Tip:**

Faculty and staff can join FIVE campus recreation facilities for only \$12.92 a month when participating in the Recreation Membership Incentive Program. Group Fitness Classes are included in your membership. Check out [recserv.uiowa.edu](http://recserv.uiowa.edu) for a wide variety of classes to add to your fitness mix.

### **Variability: Try Cross Training**

Another way to minimize the impact of trauma on the body is to utilize cross training. By utilizing a variety of methods to exercise you can spread out the stress that is placed on the joints and muscles in the body. Options include alternating resistance training programs with different modes of aerobic conditioning, or varying the type of equipment used, for example using elliptical machines instead of the treadmill. Another great option is to get fresh air and sunshine by taking a walk outside on nice days and using stationary bicycles indoors during inclement weather.

### **Specificity: You are an individual (but you aren't exempt from exercise)**

Your exercise program should be specific to your needs and change

depending on your individual situation. Strengthen muscles that you commonly use during your daily activities to enhance your function, but also include the ones that are ignored so you maintain balance. Regular exercise promotes good muscle function and may, over time, prevent osteoarthritis. Exercise is most often indicated for those with existing arthritis to build muscle function and balance to support joints.

As an individual, your body will react to and recover from exercise in your own unique way. If you do experience recurring aches and pains, it is important to listen to your body and think about changing your routine or taking a day off to let your body recover. A day of yoga, stretching, or using the sauna and whirlpool is a nice way to take a stress break from work and get your body feeling good without added physical stress to sore muscles. If an area needs some TLC, do some extra focused stretching or apply a cold pack/ice bag for 20 minutes to the site to ease the pain. Doing some of these small things to get your body feeling better will go a long way in keeping you active. If symptoms are persistent or troublesome, don't hesitate to see someone specially trained in evaluating and treating activity related injuries. UI Sports Medicine experts treat

**EXPERT TIP:** Low back pain is a common complaint amongst active individuals. Exercise can help strengthen muscles that stabilize the spine and improve flexibility to improve function. Stretching of the back, hips, and hamstrings can improve motion and posture and is best performed during a cool down phase when the body is warm. Perform several comfortable stretches of 15-20 seconds and make sure you are doing them correctly to stretch the focus area and to protect the back. It's okay to stretch prior to exercise too, but the focus of a warm up is to gradually prepare the body for movement. You can find links and handouts on stretching at the Health and Well-Being Resource Guide - [www.uiowa.edu/hr/wellness/resources/wellguide](http://www.uiowa.edu/hr/wellness/resources/wellguide)

athletes but are also easily accessible to recreational sports enthusiasts, active people, and school-aged athletes.

*For more information about preventing or treating common sports and exercise related injuries or to learn more about UI Sports Medicine, go to [www.uisportsmed.com](http://www.uisportsmed.com) or call 319-384-7070 for an appointment.*



# What do you need to improve **YOUR HEALTH?**

- Stress management help
- Advice on how to get better sleep
- More energy
- A fitness routine I can really follow
- Better eating and nutrition habits
- Someone to suggest new ideas

Learn more at  
[www.uiowa.edu/livewell](http://www.uiowa.edu/livewell)

**Our health coach works with  
YOU to understand your  
challenges with addressing  
some of your health concerns.**

**Call today  
(319) 353-2973  
for an appointment**





# Wake Up!

## Your Health and Sleep

By Mark Eric Dyken, MD, FAHA, FAASM

Professor of Neurology  
Director, Sleep Disorders Center  
Director, Clinical Neurophysiology Fellowship Program  
Director, Sleep Medicine Fellowship Program



**2011 liveWELL Personal Health Assessment (PHA) data suggests that 34% of UI Faculty and Staff experiences sleep difficulties. This is nearly 4,000 of the 11,209 PHA respondents! When compared to other studies, this is not surprising information.**

In 2002, the “Sleep in America” poll from the National Sleep Foundation (NSF) reported that 66% of adults, with health described as good or excellent, experienced at least one symptom of a sleep disorder (defined as either difficulty falling asleep, waking a lot during the night, waking up too early and not being able to get back to sleep,

waking up feeling unrefreshed, snoring, unpleasant tingling feelings in the legs, or pauses in breathing) a few nights a week or more. This number increased to 93% for adult individuals with health described as being either fair or poor.

Sleepiness to the degree of interfering with the normal daily activities of life was reported by 33% of those who rated their overall health as either excellent, very good, or good in the same NSF poll. The same degree of sleepiness was found in 55% of individuals who rated their overall health as being either fair or poor. As such, it is not surprising that there is a strong association between sleep related problems and poor health secondary

## Having good sleep habits means doing things like:

- getting at least 7 hours of sleep a night;
- maintaining a regular bed and wake time;
- exercising regularly, but not within 4 hours of bedtime;
- avoiding caffeine, alcohol, nicotine, spicy foods, and heavy meals within 4 hours of bedtime;
- creating a sleep environment that is dark, quiet, comfortable, and cool;
- and reserving your bed for sleep.

to a wide variety of diseases and health-related problems. Given this campus and national data, successfully addressing sleep problems can improve quality of life for a significant portion of our population, potentially reducing morbidity and mortality in many cases. Improving sleep habits can go a long way to improving overall health.

**A man can do only what he can do. But if he does that each day he can sleep at night and do it again the next day.**  
-Albert Schweitzer

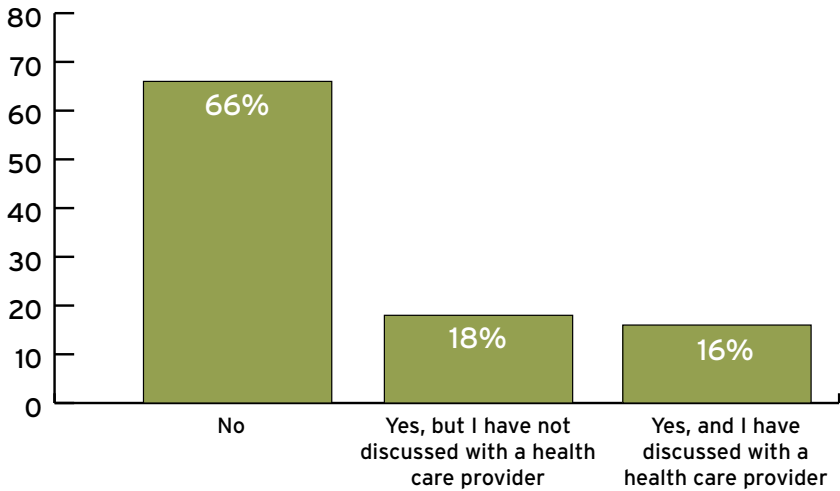
Sleep is essential for learning, memory, and mood. Research supports the notion that sleep is correlated with doing a better job at learning a task with people getting 8 hours or more outperforming those getting only 6 or 7 hours. The American Sleep Foundation estimates the effects of poor sleep on the workplace are estimated to cost US businesses \$150 billion annually.

**True silence is the rest of the mind, and is to the spirit what sleep is to the body, nourishment and refreshment.**  
-William Penn

When sleepy, people report difficulty with concentration (68%), listening (57%), problem solving (57%) and handling stress (68%).

Across our campus we have many hardworking and dedicated faculty and staff. Raising our awareness of how good sleep impacts our health

Over 11,000 faculty and staff responded to the question “Are you experiencing sleep problems?” Here are the responses:



and productivity is not only a good health practice, but good for our organization too. I encourage our campus to improve the quality of their sleep and improve their overall health and productivity.



**Sleep Resources available through the Faculty and Staff Services/Employee Assistance Program (EAP):**

- Sleep CDs to assist with falling asleep
- Help reduce the effects of a “worried mind”
- Resilience and Relaxation Techniques
- Personal, Couple and Family Counseling

To discuss your sleep concerns or to access any of the above resources, please contact Faculty and Staff services/ Employee Assistance Program at 335-2085 or email them at [EAPhelp@uiowa.edu](mailto:EAPhelp@uiowa.edu).

# \$500 Monthly Winners

It can happen to you! Each month, people who have taken their **liveWELL** Personal Health Assessment in 2012 have a chance to win one of two monthly drawings for \$500.



A UI study revealed that for people who took their PHA for three years in a row (study period was 2008 - 2010), participants exhibited the following compared to non-engaged colleagues:

- Participants averaged lower health care costs per year as compared to non-participants
- Participants had lower hospital admissions and ER visits
- Participants used fewer prescription drugs

Therefore, a main goal of **liveWELL** is to continue to get many faculty and staff to participate in the PHA each year. More information about UI data can be found in a 2011 **liveWELL** Summary Report at [www.uiowa.edu/livewell](http://www.uiowa.edu/livewell) or you can email the UI Wellness Manager at [megan-moeller@uiowa.edu](mailto:megan-moeller@uiowa.edu).

## Do you recognize any of these faces from across campus?

### **SARAH FURGASON**, Department of Nursing

“Working at the University supports my overall health and wellness in too many ways to recount. Taking my PHA regularly is one of my favorite tools because it keeps me thinking about and assessing my overall progress toward a happier healthier me.”



### **HANNAH SAMUELS**, Family Care Center

“I work in the Family Care Center, so I always try to use the stairs instead of the elevator whenever I can, even if it’s just to run up to the pharmacy. There are also lots of healthy options at the cafeterias here in case you forget your lunch!”



### **BRADLEY STILES**, Financial Aid

“I like having access to multiple campus recreation facilities for one low cost. It gives me the flexibility to squeeze in a workout no matter my schedule or location. The student workers at The University facilities are very helpful.”



### **JULIE PARIZEK**, Surgery

“I used a portion of my winnings to buy a new pair of running shoes. I am attempting to run my first half marathon in May. I’ve been able to do all my running outside with the mild winter/beginning of spring that we’ve had so far!”



### **JUSTIN GOODCHILD**, Heart Clinic

“Spring and Summer open the door to many more activities that support my overall wellness. Once it gets nice I try to run outside at least 5 days a week, it’s a great excuse to get some sun and stay fit for boating and beach season!”



### **ROBERT HUSEMANN**, College of Dentistry

“I donated a portion of my winnings to Shelter House Community Shelter & Transition Services. I have a great respect for women who I feel are the toughest humans on earth and for the children who in the early years have no control over their living conditions. I gave in the name of my mother who is an RN and continues to give without judging.”

# May is Healthy Vision Month



Millions of people living in the United States have undetected vision problems, eye diseases, and conditions. One of the most important things people can do to protect their vision is to schedule a **comprehensive dilated eye exam**, which can detect eye diseases and conditions in their early stages, before vision loss occurs. Early detection and treatment can help save your sight.

**To schedule an eye exam, contact the UIHC Eye Clinic at 356-2852.**



Healthy Iowa  
Award Winner



Gold-Level  
Well Workplace



Fit Friendly  
Company

**WE WELCOME YOU** Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact UI Wellness at 319-353-2314.



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