

# HEALTH & WELLNESS

VANDERBILT FACULTY & STAFF

The Occupational Health Clinic  
The Vanderbilt Child and Family Center

Health Plus  
Work/Life Connections-EAP

# Connection

Providing programs that support the health and productivity  
of Vanderbilt's most valuable asset... YOU!

Vol. 31 • NO. 3  
June/July 2011

## Vanderbilt Weekly Farmers' Market brings a produce paradise to you

NOW AT TWO LOCATIONS!

**The 2011 Vanderbilt Farmers' Market starts on June 9 and continues through October 27 with a variety of local fruit, vegetables, goat cheese, all natural dairy products, grass-fed beef, flowers, and healthy baked goods.** The market will be conveniently located across from Langford Auditorium every Thursday from 3–6 p.m. and will operate rain or shine. Cash, credit cards, and debit cards are accepted. \* **New this year!** A second market has been announced for One Hundred Oaks, which will operate June 9–October 27, from 3–6 p.m.

Jeff Themm, Director for the Nashville Farmers' Market commented on the success of the market at Vanderbilt, "The farmers are excited to be back at Vanderbilt for the third year to share all of their fresh Tennessee products. The number and variety of farmers will depend on the season and their crop specialties. Farmers will range from organic to farmers practicing sustainable farming methods to conventional growers. Vanderbilt has generously donated the space for the market so all profits from the Vanderbilt Farmers' Market is retained by the farmers." The goal of both the Market and Vanderbilt is to make fresh fruits and vegetables easily available so it is easier for everyone to consume a healthier diet.

Visit the Nashville  
Farmers Market Website at  
<http://www.nashvillefarmersmarket.org>  
to get recipes and find out  
what is in season.

\*varies by vendor

The Vanderbilt Farmers'  
Market is a Health Plus,  
Monroe Carell Jr.  
Children's Hospital  
at Vanderbilt, and the  
Nashville Farmers'  
Market collaboration.



## Mark Your Calendar

**June 9** Farmers' Market Begins at  
Medical Center Plaza

**June 9** Farmers' Market Begins at  
OHO

**June 16** Babies and You Class on  
Breastfeeding

**July 20** Boomers, Elders, and More  
Class on Making An "Old Age" Plan

**July 21** Babies and You Class on  
Therapeutic Touch for Babies



*Tim McNamara*  
Associate Provost and  
Professor of Psychology  
adventuring in Ferry Peak, Wyoming

## Leading by example

*Vanderbilt Leaders Making  
Wellness a Priority*

**What is your idea of a near perfect  
summer day?**

Camping with my family next  
to a mountain stream in East  
Tennessee or near an alpine lake  
in the Wind River Range of  
Wyoming.

**Is there a summertime food that you  
can't get enough of?**

Wild trout, freshly caught,  
sautéed with copious quantities  
of garlic powder and salt. Yum!

**Do you have a fitness goal?**

I am an avid outdoors person, and  
enjoy alpine and backcountry ski-  
ing, fly fishing, and backpacking.  
My goal is to stay sufficiently fit  
year round to enjoy all of these  
activities.

**What makes you laugh out loud?**

Life's ironies and the silly things  
people do.

**What is your next vacation  
destination?**

It is a backpacking trip in the  
Wind River Range with family  
members and friends. Next year,  
my wife and I want to go to  
Spain, which we've dreamed  
of visiting for many years.



## Beat the heat and keep moving with Start!

**start!**

Summer is a great time for being active, but beating the heat can be a challenge. To keep your cool, these tips can help:

- **Drink plenty of fluids.** Even if you don't feel thirsty it is important to stay hydrated; drink water throughout the day and begin exercising hydrated. Choose water for activities lasting less than 1 hour and consider sports drinks that are 6–8% carbohydrates, for activity lasting more than 1 hour.
- **Seek places that are shady.** Wooded parks and trails keep you cooler in the summertime. Visit [www.nashville.gov/greenways](http://www.nashville.gov/greenways) to find parks and trails near you. Consider joining Mayor Karl Dean and walk 100 miles of local parks and greenways this summer. Visit the Walk 100 Miles Website at <http://www.walk100miles.com> to learn more and find great places to walk in Nashville.
- **Try an indoor workout.** A fitness center, indoor pool, or mall walking are great options to avoid the heat and humidity.
- **Avoid the mid-day sun.** Choose early morning hours or the end of the day when temperatures are lower to get your physical activity. If you must be out in the mid-day sun, remember to wear a sunscreen with an SPF of 15 or higher.
- **Dress for success.** Dark colored clothing absorbs heat. Choose light colored, loose fitting, lightweight clothing that will allow air to pass over your body, keeping you cooler.

Join over 7,000 faculty and staff in tracking your physical activity, earning prizes quarterly, and helping reach the Vanderbilt goal of 1.5 billion steps in 2011. This program is easy, convenient, available 24/7, and requires no equipment or fitness facility.

Visit <http://healthplus.vanderbilt.edu> and click on the green Start! button to begin moving more and having fun!

## The Counseling Corner



### Q: Dear Counselor,

With the summer approaching, my spouse and I would like to take our children on a vacation, but financially we are living paycheck to paycheck. Our child care and summer camp programs cost more than during the school year and we have nothing left for a vacation trip. Do you have any suggestions?

*Financial Potholes*

### A: Dear Potholes,

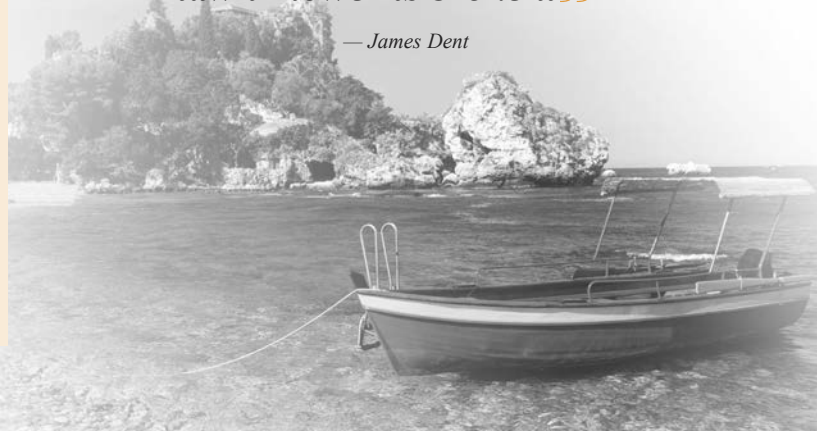
Vacations offer important benefits for stress management, job performance, and overall mental and physical health. Studies have shown that employees who take time for vacations tend to have lower rates of burnout and higher rates of productivity than those who do not take time off. Time to recharge your batteries also increases creativity, strengthens relationships, and improves sleep and mood. Since your financial resources are limited, you might consider pretending you're a tourist visiting Nashville. Take the kids and visit the parks, picnic grounds, and other local attractions that you have always meant to see. Sometimes all you need is a change in setting to feel relaxed and rejuvenated.

For a confidential appointment call 936-1327.

*Chad Buck, PhD, Work/Life Connections-EAP Counselor*

**“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.”**

— James Dent



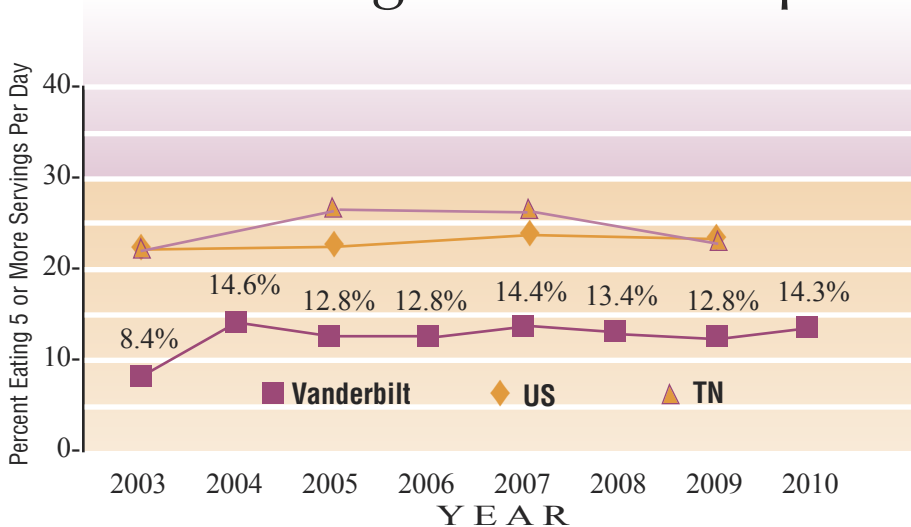
# health yourself

## The Healthy Pulse

ON FACULTY AND STAFF AT VANDERBILT



### Vanderbilt below state and nation in fruit and vegetable consumption



The above fruit and vegetable consumption data for Tennessee and the U.S. are from the Behavioral Risk Factor Surveillance System (BRFSS), a national telephone survey conducted by the Centers for Disease Control and Prevention (CDC) and state health departments. The Vanderbilt data is from individuals that reported eating 5 or more fruits and vegetables per day on the Health Risk Assessment.

#### Why eat more fruits and veggies?

- Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
- They also provide fiber, which helps fill you up and keeps your digestive system happy.
- You can choose from fresh, frozen, canned, dried, or 100% juice. These taste sensations are quick, delicious, and convenient and will help keep you healthy all year round.

What does a serving of broccoli look like? How many baby carrots are in a cup? Use the “Half-Your Plate” concept to make it easier: fill half your plate with fruits and vegetables at each meal or eating occasion.

For tips on shopping, cooking, and great ideas on how to get more fruits and vegetables in your diet visit: <http://www.fruitsandveggiesmorematters.org/>.

Please note: Data for both the U.S. and TN is collected every other year.

## Understanding your Health Risk Assessment Report

**What Is Your Health Age?** Of course, you know your current age based on your number of birthdays. But, do you know your health age? The yearly Health Risk Assessment report includes a Health Age calculation.

Your healthy lifestyle practices play a part in determining how fast you will age. A study that followed approximately 6,900 people for 15 years found 7 health practices to be good predictors of a long life.

#### Good Health Practices

1. not smoking
2. regular aerobic exercise
3. eat breakfast daily
4. limit snacking
5. maintain a healthy weight
6. get adequate sleep, 7–8 hours
7. don't drink, or limit to 1–2 drinks in any one day

Your health practices are compared to this study population to determine your Health Age. Review your current Health Risk Assessment to see what your health age is, as well as how many years of added life you can add to your life expectancy by following all 7 of the good health practices.

*“By the time a man realizes that maybe his father was right, he usually has a son who thinks he’s wrong.”*

— Charles Wadsworth



## Wellness Commodores SPOTLIGHT



**Karen Leib,**  
RN, Preventive Medicine

**Do you have a passion for wellness? Join Karen Leib by becoming a Health Plus Wellness Commodore!**

A Wellness Commodore is a liaison between their work department and Health Plus. Commodores know their colleagues and can have an advantage in motivating them to make healthy changes.

### **What are the benefits of being a Wellness Commodore?**

- Being the first to know about upcoming Health Plus happenings.
- Having a positive impact on the culture of wellness within your department.
- Being recognized by your managers and supervisors for the volunteer work that you do.
- Having colleagues acknowledge you as a leader in wellness.

Karen became a Wellness Commodore in spring 2010. She enjoys “keeping the folks in my department up to date on all the wonderful activities scheduled by Health Plus, such as the farmers’ market. Health Plus is a great resource for staying healthy.”

Act as a wellness cheerleader in your department by becoming a Wellness Commodore today. Call Health Plus at **343-8943** or read more on the Health Plus Website at <http://healthplus.vanderbilt.edu>.

### **Health and Wellness Connection**

newsletter editor: Stacey K. Kendrick, MS,  
Coordinator of Health Promotion, Faculty and  
Staff Health and Wellness

**Contact** [stacey.k.kendrick@vanderbilt.edu](mailto:stacey.k.kendrick@vanderbilt.edu)  
or 322-6689



## NEW Online resources give you wellness when it's right for you!

- **Online Workouts** — Great ways to boost physical activity; do them in your office, at your desk, at home, or when traveling. Find one that's right for you or try them all! Choose from Chair Yoga, Wall Yoga, the Exer-tube Workout, and more!
- **Cooking Video Library** — Looking for something healthy to prepare or just need a little inspiration? Watch these 2- to 3-minute videos in The Healthy Kitchen Cooking Video Library for healthy meal ideas in no time.

Visit <http://healthplus.vanderbilt.edu> and use the SEARCH bar at the top of the webpage to locate these resources.



## All steps of Go for the Gold 2011 now ready!

In 2010, 16,976 faculty and staff received a wellness credit for participating in the award winning Go for the Gold Program! Yearly completion will help you evaluate your current lifestyle, identify health risks, and decide on improvements. Use the personal recommendations to set your own goals. A wellness credit of up to \$240 per year is available to faculty and staff paying for benefits.

### **What can you expect this year?**

- A revised Wellness Actions Log. View it soon, so you have plenty of time to complete it.
- A new Game Plan for Your Health video focusing on prevention with a playful twist.
- An easy way to check your own Go for the Gold completion status by logging into the Health and Wellness Information Portal at <https://myhealthandwellness.vanderbilt.edu>.

### **How does the wellness credit deposited in the Vanderbilt Health Plan Account work?**

- The money you earn is deposited as a lump sum at the beginning of the calendar year into your Vanderbilt Health Plan Account.
- It is managed by your health plan choice, either BlueCross BlueShield or Aetna.
- The Health Plan Account money is used to cover deductibles and coinsurance.
- You don't need any special card to use the money. It will happen automatically.
- The money in the account is not taxed.
- If all the money in the account is not used in the year it is earned, it will roll over to a maximum of \$1,000.

Visit <http://healthplus.vanderbilt.edu> and click the link to Go for the Gold for **Quick Facts**.

The deadline is October 31, 2011 to receive a Wellness Credit in your Health Plan account in January 2012. Participate by visiting <http://healthplus.vanderbilt.edu>.

## Eating-Well Recipe

### Strawberry Soup

- 2 1/2 cups fresh or frozen strawberries
- 2 cups plain, low-fat yogurt
- 1/2 cup orange juice
- 1/2 cup sugar
- 1/2 cup water

Blend strawberries in blender until smooth. Slowly add yogurt. Keep blending.

Pour mixture into large bowl. Add orange juice, sugar, and water. Stir until blended.

Chill in refrigerator for at least 1 hour.

Serves 4: 216 calories, 2.4 g fat (1.2 g saturated fat), 7.4 mg cholesterol, 87.6 mg sodium, 43.4 g carbohydrate, 7.2 protein

Source: *Hope Health*



## NUTRITION QUESTIONS?

# Ask the Dietitian

**Q:** Is there anything healthy to eat that I can get at the gas station when I'm on the road?

**A:** Yes, there are some healthier options, you just need to know what to look for.

### Sweet Options

Important things to look for when choosing sweets are calories, grams of sugar, and saturated fat. Some healthier options at gas station stores are items like Honey Nut Cheerios and Rice Krispies Treats.

If you really want a candy bar, make sure to stay away from the king size. One 2-piece King Size Butterfinger has 460 calories. Stick with the normal size candy bars; they have half the calories. 3 Musketeers is a little

lower in fat, which would be a healthier option.

### Salty Options

When grabbing something salty, look at the calories, saturated fat, and sodium. If you want chips, then choose the baked version for less fat and calories. Some healthier options are sunflower seeds and peanuts, which contain healthy fats and protein to keep you full longer. But be sure to watch the portion sizes for these foods because they are high in calories!

We hope these tips help you make healthier food choices on the road. Happy trails!

Written by: *Caroline Crow and Jillian Scott, The Vanderbilt Dietetic Internship Program, 2010 – 2011*

Reviewed by: *Dianne Killebrew, MEd, RD, LDN, Coordinator of the Vanderbilt Dietetic Internship Program*

## Lunchtime series focuses on aging loved ones

The Child and Family Center offers a monthly series on a variety of topics relating to baby boomers, the elderly and much more. All sessions are from noon – 12:45 p.m.

### June 15, 2011 Choices in Home Care

How do you choose a home health agency? What questions should you ask? Laura Beth Brown of Vanderbilt Home Health will discuss choices in home health and things you should look for.

Location: Light Hall, room 415 C/D

### July 20, 2011

### Organizing and Planning Ahead: A Gift to You and Your Family

Maribeth Farringer of the Council on Aging will speak about having a family meeting, family meeting “dos” and “don’ts”, long distance caregiving, and discussing your loved one’s preferences and wishes.

Location: Light Hall, room 411 C/D

For a schedule of upcoming Boomers, Elders and More presentations for 2011, visit <http://childandfamilycenter.vanderbilt.edu>.

## Secrets to sweet strawberries

- Select firm, fragrant, plump, and bright, glossy-red strawberries.
- Refrigerate berries as soon as you can, and keep them in containers until ready to use.
- Wash, remove caps, and drain near serving time.
- Bring out the best flavor by allowing berries to reach room temperature before serving.

Source: *Florida Strawberry Growers Association*

# take care



## American Heart Association recognizes Vanderbilt with Start! Fit-friendly Company Award

**For the fourth consecutive year Vanderbilt was recognized with the Platinum Level (highest level) American Heart Association Start! Fit-Friendly Companies Award. This award is given to companies that demonstrate progressive leadership toward making health and wellness a priority for their workforce. Vanderbilt will receive recognition in the September issue of *Fortune Magazine* for this accomplishment.**

“I want to thank everyone who helped Vanderbilt win the American Heart Association’s Platinum Level Award for the fourth straight year. This achievement should serve as further encouragement for the positive advancements we have made, and those efforts we will continue to make, as we work toward improving the health and wellness of our faculty and staff,” said C. Wright Pinson, MBA, MD, Deputy Vice Chancellor for Health Affairs, and CEO of the Vanderbilt Health System.

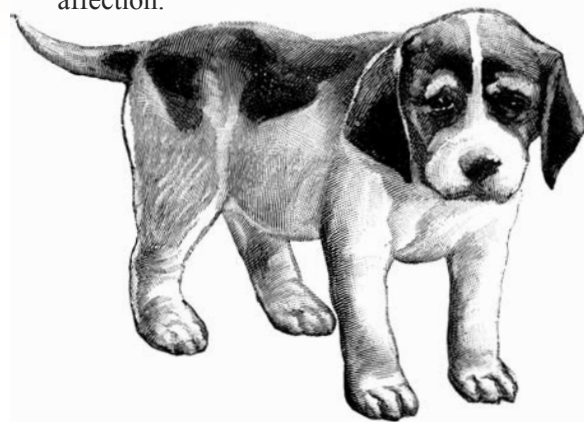
Executive Chief Nursing Officer, Marilyn Dubree, MSN, RN, NE-BC added to Dr. Pinson’s remarks by saying “As we work to care for our patients, it is so essential to care for ourselves as caregivers. This recognition by the American Heart Association is a reflection of our commitment to creating an environment of wellness for our faculty and staff.”

Learn more about the Vanderbilt Start! physical activity initiative by visiting <http://healthplus.vanderbilt.edu> and clicking on the green Start! button.

## Living a dog’s life

**Look to a pet for how to live. Here’s what Fido might tell you:**

- Live in the moment.
- Take a nap, and sleep hard.
- Discover the simple joy of a long walk.
- Celebrate each snack with anticipation.
- Get outside as much as possible.
- Greet everyone, always, no matter how long he or she has been gone.
- If you love someone, show your affection.



## Increase your fruit and veggie servings with the More Matters Challenge!

Take the 10-week challenge to increase your fruit and vegetable consumption! Held June through August, this program consists of weekly educational e-mails, a log sheet to record your number of cups consumed, and great prizes. Enjoy the summer abundance of fresh fruits and vegetables!

Contact [kimberly.a.tromatore@vanderbilt.edu](mailto:kimberly.a.tromatore@vanderbilt.edu) or 343-3849 for details.

**“Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon.”**

— Doug Larson



# family health

## OHC TALK:

### WHOOPIING COUGH PROTECTION — NOT JUST FOR BABIES ANYMORE!



OHC Talk with Pat Kinman, MSN, RN, CS, FNP,  
Occupational Health Clinic Nurse Practitioner and Clinical Manager

**As an adult you probably left a lot of childhood activities behind. One activity you may be glad to forget are the vaccinations that your parents made sure you received so that you could avoid a serious childhood disease. In my generation, those pediatrician visits usually meant that my mom would also take me to the store afterwards for a new coloring book or paper dolls — that did ease the sting a bit. Now I know that the reward for getting vaccinations is better protection from contagious diseases for me, my family, and others who have contact with me.**

One of those serious childhood diseases is whooping cough (pertussis). Although adults generally have a milder form of the disease, they can transmit it to infants and young children who are at the greatest risk for serious complications. Prior to 2005, only children under the age of 7 years received pertussis vaccinations. In 2005 a new adult-friendly pertussis vaccination became available in combination with the routine adult Tetanus diphtheria booster for adults under the age of 65. In spite of this new vaccine, the U.S. adult vaccination rates remain at less than 6%.

In October 2010, the Advisory Committee on Immunization Practices expanded its recommendations on adult pertussis vaccinations to advise vaccination regardless of when the last regular Tetanus diphtheria booster was given, and to include most adults who are 65 years old and older. (e.g., grandparents, child-care providers, and health-care practitioners who have, or who anticipate having, close contact with an infant less than 12 months of age). These new guidelines are expected to reduce the barriers to adult vaccination and help reduce pertussis infections in all age groups.

The Vanderbilt Occupational Health clinic provides Tetanus, Diphtheria, and Acellular Pertussis vaccinations at no charge to all faculty and staff as a convenient walk-in service Monday through Friday, 7:30 a.m. – 5:30 p.m., in Suite 640 of the Medical Arts Building.

Vanderbilt Occupational Health Nurse specialist, Valerie Thayer, advises us that in 2010 we had 14 pertussis exposure events at Vanderbilt that exposed 138 faculty and staff. So, if you haven't gotten your adult dose of whooping cough protection reward yourself — come and see us.

## What's new in your Health and Wellness Information Portal?

**It's easier than ever to access your Vanderbilt Health & Wellness program information all in one convenient location. Three new options are now available to you through the portal:**

- View your Health *Plus* measurements for height, weight, body mass index (BMI), and blood pressure done at Know Your Numbers and at the Health *Plus* fitness facility.
- View your participation history in Health *Plus* activities.
- View your account status if you have a child in one of Vanderbilt's Child Care Centers.

You may also log in to check your Go for the Gold status, check compliance and print immunization records with Occupational Health, see what preventive exams are recommended, complete a confidential mental health screening, or find back-up care for adults and children.

Visit the Health and Wellness Information Portal at <https://myhealthandwellness.vanderbilt.edu>.



**Vanderbilt Health & Wellness**  
**Vanderbilt University**  
2201 25th Ave. South  
Nashville, TN 37240



## upcoming events

### Babies and You

**Babies and You is a prenatal education program sponsored by Health Plus that is offered to full-time faculty, staff, and their dependents.** The program focuses on early prenatal care and the prevention of birth defects and low birth weight. Sign up for Babies and You within the first trimester of pregnancy, and your baby may be eligible to receive a \$100 (taxable) savings bond when he or she is born. After the birth of your baby, you will qualify for one free home visit by a registered nurse. The service is available for Davidson and surrounding counties.

#### UPCOMING CLASSES FOR BABIES AND YOU:

**June 16, noon to 1 p.m.**

**Breastfeeding: A Positive Choice**

Carol Huber, RN, BS, IBCLC,  
Lactation Consultant, NICU  
Location: Light Hall, room 415

**July 21, noon to 1 p.m.**

**Therapeutic Touch for Babies/  
Infant Massage**

Jennifer Pearson, Occupational Therapist,  
Certified Infant Massage Therapist  
Location: Light Hall, room 415

**For more information or to register online, visit**  
<http://healthplus.vanderbilt.edu/service/babies-and-you>.

## Health Plus Group Fitness News to Know...

- **Aerobic Challenge just started!** You have until August 24 to accumulate points by taking group fitness classes. Each class on the group fitness schedule earns you one point. Earn 45 points or more and you will be entered in a drawing for a gift card to a local retailer. Check out the Health Plus Website for additional information, prizes, and the bonus classes (you can get extra points by attending certain classes each week). Sign up at the fitness desk at Health Plus. Don't miss out on the Superclass for a chance to earn extra points on August 24 at the Health Plus, Kensington Garage location.
- **Fitness Thru Dance** class on Monday from 6:15 to 7:15 p.m. will be Zumba for June, July, and August. No need to sign up. Just show up at the Kensington Garage location.
- **Want to be outside and train hard?** Try Boot Camp on Thursdays at 5:30 to 6:30 p.m. Johnny Pryor will be your drill sergeant and give you a workout that you won't soon forget. The class includes cardio and strength exercises. This class meets on the steps of the Parthenon at Centennial Park.



**View the Group Fitness Schedule at <http://healthplus.vanderbilt.edu> to find classes for a variety of fitness levels, as well as times, locations, and class descriptions.**

**For details, call Group Fitness Coordinator Lori Cowan at 343-6576, or contact her at [lori.l.cowan@vanderbilt.edu](mailto:lori.l.cowan@vanderbilt.edu).**

**Health and Wellness Director:** Mary Yarbrough, MD, MPH

**Department Managers:**

Lori Rolando, MD, MPH and Marilyn Holmes, MS, RD, LDN, Health Plus  
Jim Kendall, LCSW, ACSW, CEAP, Work/Life Connections-EAP; Melanie Swift, MD, FACOEM, The Occupational Health Clinic; Diane Neighbors, EdD, Child and Family Center; Paula McGown, MSN, MAcc, CPA, Health & Wellness Administration