



HEALTH & WELLNESS

VANDERBILT FACULTY & STAFF

The Occupational Health Clinic

Health Plus
Work/Life Connections - EAP

Connection

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

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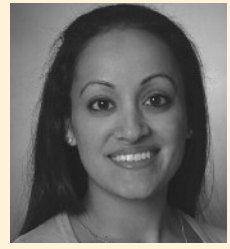


Farmers' Market Returns to the Plaza With New Hours

The Vanderbilt Farmers' Market returns to campus Thursday, June 2, and will be held every Thursday through October 27. The market will return back to the plaza, near Eskind Library, with a new time of 2 to 5 p.m. Stop by and shop for local fruits and vegetables; dairy products such as goat cheese, milk, and yogurt; grass-fed beef and free-range chicken; honey; flowers, and more! More information at vanderbi.lt/farmersmkt.

Care Gap Alerts

Vanderbilt Experts on Health
Diabetes



Dr. Rosette Chakkalakal, Assistant Professor, Internal Medicine

According to the CDC, an estimated 22 million U.S. adults have diabetes. In addition, 86 million U.S. adults have prediabetes, with nearly 90% of them not even aware that they have it. Dr. Rosette Chakkalakal, Assistant Professor, Internal Medicine, shares more information on diabetes.

What is diabetes?

Diabetes is a problem that causes your blood glucose (*sugar*) levels to be higher than normal. For people with type 2 diabetes, this happens because your body does not use insulin properly. Insulin is a hormone that helps to move glucose from your blood into your cells for energy.

Who is at risk?

Some common risk factors for type 2 diabetes are being overweight or obese, having a history of prediabetes and/or gestational diabetes, being physically inactive, having a family history of type 2 diabetes, and having high blood pressure or high cholesterol. We also know that individuals from racial/ethnic minority groups are at higher risk for type 2 diabetes (*Native Americans, African-Americans, Hispanic Americans, and Asian Americans*).

Is diabetes preventable? If so, how?

A research study called the Diabetes Prevention Program found that type 2 diabetes could be prevented or delayed in people who were at increased risk by losing a small amount of weight through diet and exercise. A good way to start working on type 2 diabetes prevention is to get at least 30 minutes of moderate intensity physical activity five

(Continued on page 8)

National Walking Day

Thank you to all who participated in National Walking Day. Over 350 faculty and staff joined together to walk on April 6.

We would like to send out a special thank you to our leaders who spoke — Provost Susan Wentz, VUMC Chief Human Resources Officer Traci Nordberg, and Chief Nursing Officer for the Vanderbilt Hospital and Clinics, Robin Steaban. We would also like to give a big shout out to CHAMP and to the Vanderbilt University band for adding to the fun atmosphere!



Get Started With Go For the Gold

Now Available
Step 1 Compass Health Assessment and
Step 2 Wellness Actions Log

Vanderbilt's award-winning three-step Go for the Gold program can help you achieve a healthier and more productive life by identifying health risks and taking action to reduce those risks.

Log in to the Health *Plus* Health Guide at vanderbi.lt/gftg.

Contact Health *Plus* for more information at 615.343.8943, or email health.plus@vanderbilt.edu.



Eating-Well Recipe

Apple Cinnamon Overnight Oats

- 1 cup oats
- 1 cup low-fat milk
- 1 Tbsp. chia seeds
- 1 small apple, cored and diced
- 1 Tbsp. honey
- 1 tsp. cinnamon, ground
- dash of nutmeg
- 1/2 tsp. vanilla extract

Add all ingredients to a bowl or jar. Stir well to combine. Divide mixture into two jars. Cover and place in the fridge overnight.

In the morning stir and enjoy cold, or heat in the microwave.

Top with chopped nuts (*if desired*) for an added crunch. (*Mixture will keep in fridge up to three days*).

Makes 2 servings.

Nutrition information per serving (serving size is half of recipe):
295 calories, 5 g total fat, 1 g saturated fat,
54 g carbohydrate, 11 g protein, 21 g total sugar, 8 g added
sugar, 9 g fiber, 56 mg sodium.

TASTE

ENJOY THE
TASTE OF
EATING RIGHT

TASTE Challenge

Enjoy the taste of eating right through a ten-week experience of eating delicious food, saving money, and minimizing your time in the kitchen. Last year, more than 1,000 people took part in the online challenge and gained practical information to move their nutrition status to the next level. This year's content will provide more great tips, recipes, and answers to the tough questions. Visit vanderbi.lt/taste for more information.

The improved Healthy Catering Guide is now available! This practical guide highlights some of the best food options from popular restaurants to help make the healthy choice the easy choice. Every meal we eat is an opportunity to nourish our bodies, fight chronic disease, and support healthy eating patterns. Use the healthy catering guide for your next catered event and support healthy eating at Vanderbilt. Check this out on the Health *Plus* website.



Occupational Health Clinic **talk:**

Protect Your Skin This Summer



Duke Chenault, ACNP Nurse Practitioner

We are all exposed to sunlight, and without protection from the sun's harmful UV rays we can put ourselves at risk for skin cancer and premature aging. Rather than stay inside, here are some tips from the American Academy of Dermatology and the American Cancer Society to keep you safe this summer.

- **Avoid exposure to direct sunlight** during peak hours (*10 a.m. to 2 p.m.*) when UV rays are the strongest and seek out shade whenever possible.
- **Minimize skin exposure** with clothing, hats, and UV protective sunglasses.
- **Apply a broad spectrum sunscreen** of at least 30 SPF to skin 15 minutes prior to exposure and reapply every 2 hours.
- **When swimming, use a water resistant sunscreen** applied every 40 minutes or as directed on the container.

Dr. Jeffrey Byers, Assistant Professor of Clinical Dermatology at Vanderbilt reminds us that “despite the multiple benefits of Vitamin D, sun exposure should not be used as a source of intake.”

Reference

Sunscreen FAQs (2015) Copyright © 2015 American Academy of Dermatology. Retrieved from: <https://www.aad.org/media/stats/prevention-and-care/sunscreen-faqs>

Up to 80% of UV rays penetrate even on overcast days.



Use 1 ounce (a shot glass full) to get the best sunscreen coverage. Don't forget to cover lips with protective balm as well.



Boost Your Immunity With Sleep

Getting enough quality sleep has all kinds of benefits. For instance, did you know that a good night's sleep may be one way to fight off a common cold?

In one study, adults who slept less than seven hours a night had triple the risk of catching a cold compared to those who slept more than eight hours. Researchers interviewed participants in the study about their sleeping habits, and then dosed them with nasal drops containing one of the viruses responsible for the common cold. The virus took hold more readily in those who were less rested; suggesting that lack of sleep may have weakened their immune systems.

To help make sure you get quality rest, stick to the same bedtime and wake time, even on weekends (*or your days off*). Also, avoid alcohol, cigarettes, and heavy meals in the evening, or near the time when you typically go to sleep. Shoot to be done eating two to three hours before going to bed.

See Healthy Pulse on page 8 for how many hours of sleep Vanderbilt Medical Center employees are getting.

Sources: *Archives of Internal Medicine*, Vol. 169, pg. 62; National Sleep Foundation



HR Corner – Getting The Most Out of Your Benefits

Lifesaving Tips To Keep Your Skin Healthy This Summer and Beyond

During the heat of the summer, your skin needs a little extra attention. Vanderbilt University Medical Center (VUMC) wants to make you aware of the resources you can take advantage of to protect your skin, both in the summer and year-round.

Use your benefits to protect your skin

- If you are enrolled in the VUMC health plan, take advantage of annual check-ups with your primary physician, where you can request a quick skin check-up during your appointment. If your physician finds an abnormality, use your health plan for additional regular exams billed as medically necessary.
- Did you know? You can use your Flexible Spending Account (FSA), no prescription needed, for sunscreen, bandages, first-aid kits, treatments, and supplies. With a physician prescription, skin treatments such as Cortizone 10 and topical skin treatments such as Aloe gel and Neosporin are FSA eligible.
- Want more information about using your benefits to protect your skin? Visit <http://hr.mc.vanderbilt.edu/benefits/index.php>.

Practice overall good health to reduce the risk

- Making the decision to quit smoking can help the health of your skin. Smoking makes your skin look older and deprives your skin of oxygen and nutrients. Interested in getting more information about quitting smoking? The Occupational Health Clinic offers the Quit Rx program to help you kick the habit. Visit vu.edu/quit-rx for more info.
- Eating a healthy diet may actually promote younger looking skin. Eating a diet rich in Vitamin C and low in unhealthy fats can contribute to a younger looking you!
- Taking good care of your skin by using mild cleansers and limiting hot showers, as they remove the natural oils from your skin.

Vanderbilt Children's After-Hours Clinics — the same great Vanderbilt care for less

Visiting one of Vanderbilt Children's after-hours clinics can save you both time and money, all while receiving the same great care. The clinics bridge the gap when your pediatrician's office is closed, but you don't want to make a trip to the emergency room.

When VUMC employees enrolled in the VUMC health plan use Vanderbilt Children's after-hours clinics, the visits are billed as a walk-in/sick visit as part of the Vanderbilt Health Affiliated Network (VHAN). When you choose a Vanderbilt after-hours clinic instead of the emergency room, you will incur lower out-of-pocket cost. If you are enrolled in Aetna Plus or Aetna Select, your cost for the Vanderbilt after-hours clinic would be a co-pay of \$20 and if you are enrolled in Aetna HealthFund, your cost for Vanderbilt after-hours clinic would be 10 percent co-insurance after you have met your deductible.

If you chose to visit the emergency room, you would pay a \$115 co-pay and the co-insurance rate depending on the plan type (*Aetna Plus, Aetna Select, or Aetna HealthFund*) and the Tier (*VHAN, Aetna National Network, or Out-of-Network*).

With clinics in Nashville's surrounding areas such as Brentwood, Hendersonville, Mt. Juliet, and Spring Hill, the care you need is never too far away. The Vanderbilt Children's after-hours are:

- **Brentwood, Hendersonville, and Spring Hill:**
Monday through Friday
6:00 p.m. – 9:30 p.m.
Saturday and Sunday
12:30 p.m. – 7:30 p.m.
- **Mt. Juliet:**
Monday through Friday
6:00 p.m. – 9:30 p.m.
Saturday 3:00 p.m. – 9:30 p.m.
Sunday 12:30 p.m. – 7:30 p.m.

Have questions about when it's appropriate to visit a children's after-hours clinic instead of seeking emergency care? Visit the After-Hours Clinics website for more information:

www.VanderbiltChildrensAfterHours.com.



Work/Life Connections-EAP

The Counselor's Corner

Rosemary Cope, LPC, MHSP
Clinical Counselor



Q: Dear Counselor,

I have been with my spouse for several years and it seems as if that “something special” has faded. What can I do to re-connect with my partner?

Lost That Lovin' Feelin'

A: Dear Lost That Lovin' Feelin',

Leo Buscaglia says, “Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” Here are a few ideas that you can begin to practice today to return to that place where you first fell in love.

1. Make time for your relationship.

Like a garden, the more you tend to your relationship, the more it will grow. Jobs, family, children, and other obligations all have a way of stealing quality time from couples. Create space for both of you to connect. That includes making “playdates” and taking downtime together. Also, shut off all things technological and digital so the downtime focuses on your partner and not on a screen.

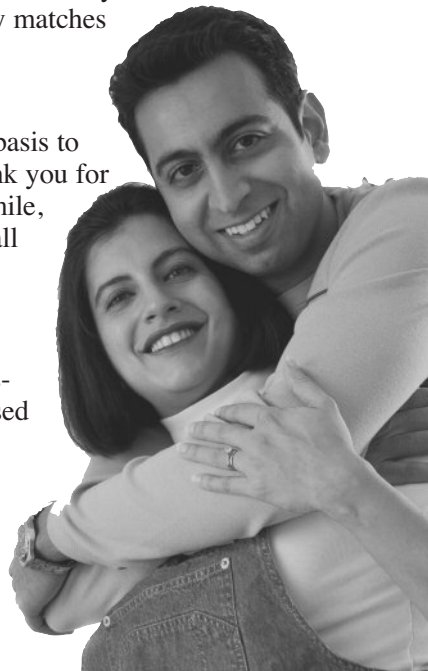
2. Listen and observe rather than just talk.

So much of our communication is transmitted by what we don't say. Non-verbal cues — such as eye contact, leaning forward or away, or touching someone's arm — communicate much more than words. For a relationship to work well, each person has to be receptive to sending and receiving nonverbal cues. Learning to understand “body language” can help you better understand what your partner is trying to say. Think about what you are transmitting as well, and if what you say matches what you feel.

3. Celebrate each other!

Find something kind and loving on a daily basis to tell your partner. It can be as small as a thank you for performing a task, a compliment on their smile, or the way they relate to your children. Small recognitions are real ego boosters for us all.

Vanderbilt employees and their spouses or same-sex domestic partners are eligible for services through Work/Life Connections-EAP (WLC-EAP). Our counselors are licensed professionals who can conduct a needs assessment and make recommendations for supportive resources at Vanderbilt or in the Nashville community. To make a confidential appointment, just call **615.936.1327**.



The 7 Basic Life Skills Every Child Needs

Parents want to set up their children for life-long success, but how? Here are seven skills to try to teach to prepare little Liam or Olivia for the big wide world.

1. **Focus and self-control** — Paying attention, remembering rules, being flexible in thinking, and exercising self-control.
2. **Perspective taking** — Figuring out what others think and feel, being able to consider others' viewpoints.
3. **Communicating** — Deciding what they want to say, how to best say it, and how others may interpret it.
4. **Making connections** — Determining what's the same, what's different, and sorting things into categories.
5. **Critical thinking** — Continually looking for accurate and reliable knowledge to direct beliefs, decisions, and actions.
6. **Taking on challenges** — Trying new and difficult things instead of avoiding them or simply getting through them.
7. **Self-directed, engaged learning** — Learning on their own without any prompting from adults.

Source: *Mind in the Making*

upcoming events

June

- JUN 2** **Know Your Numbers**
1:30 p.m. to 4:00 p.m.
MCJCHV, Room 2104
- JUN 3** **Know Your Numbers**
Late Night Cart
6:00 p.m. to 10:00 p.m.
MCJCHV (7 A-B-C, 8 A-B-C)
- JUN 8** **Vandy Cooks**
Authentic Indian Cuisine with Kalyani and Venkataraman Amarnath
Noon to 1:00 p.m.
Vanderbilt Recreation and Wellness Center
Demo Kitchen
- JUN 14** **Know Your Numbers**
Hands On: Clinical Safety
7:00 a.m. to 9:00 a.m.
11:00 a.m. to 1:00 p.m.
3:00 p.m. to 5:00 p.m.
MCN, Ballroom
- JUN 15** **Know Your Numbers**
Late Night Cart
6:00 p.m. to 10:00 p.m.
MCN Round Wing (3, 5, 6, 7)
- JUN 15** **Know Your Numbers**
Hands On: Clinical Safety
7:00 a.m. to 9:00 a.m.
11:00 a.m. to 1:00 p.m.
3:00 p.m. to 5:00 p.m.
MCN, Ballroom
- JUN 15** **Boomers, Elders, and More:**
Aging and Injury
Noon to 1:00 p.m.
439 Light Hall
- JUN 16** **Babies & You**
Postpartum Care
Carol Huber, RN, BS, IBCLC,
Lactation Consultant, NICU
Noon to 1:00 p.m.
415 Light Hall
- JUN 16** **Vandy Walks**
Architecture Presented by Paul Marshall, Architect, Campus Planning and Construction Department
Noon
Rand Hall Terrace
- JUN 17** **Know Your Numbers**
Williamson County
9:00 a.m. to 10:00 a.m.
VMG Oncology Clinic, 324 Cool Springs Blvd.
- JUN 17** **Know Your Numbers**
Williamson County
10:30 a.m. to 11:30 a.m.
Cool Springs Urology Clinic, 2009 Mallory Ln.

If you have questions regarding the Boomers, Elders, and More events contact Stacey Bonner, Family Services Coordinator, at **936.1990**, or at **stacey.l.bonner@vanderbilt.edu**.

July

- JUL 1** **Know Your Numbers**
Late Night Cart
6:00 p.m. to 10:00 p.m.
MCJCHV (ED, Radiology)
- JUL 7** **Know Your Numbers**
1:30 p.m. to 4:00 p.m.
MCJCHV, Room 2104
- JUL 15** **Know Your Numbers**
Williamson County
9:00 a.m. to 10:00 a.m.
2105 Edward Curd Ln., 3rd Floor Conference Room
- JUL 15** **Know Your Numbers**
Williamson County
10:30 a.m. to 11:30 a.m.
Vanderbilt Walk-in Clinic, 919 Murfreesboro Rd.
- JUL 19** **Vandy Cooks**
Celebrate National Beef Month with Valerie Bass, Executive Director Tennessee Beef Industry Council
Noon to 1:00 p.m.
Vanderbilt Recreation and Wellness Center
Demo Kitchen
- JUL 20** **Boomers, Elders, and More:**
Communication and Alzheimer's
Noon to 1:00 p.m.
Medical Center East 8380A
- JUL 20** **Know Your Numbers**
1:30 p.m. to 4:00 p.m.
Green Hills Office Building, Room 3001
- JUL 20** **Know Your Numbers**
Late Night Cart
6:00 p.m. to 10:00 p.m.
VUH (ED, 7N, 7S, 5N, 5S)
- JUL 21** **Babies & You**
Coping With The Stresses and Emotions of Pregnancy
Steven Brunwasser, PhD, Psychologist
Noon to 1:00 p.m.
411 Light Hall
- JUL 21** **Vandy Walks**
Natchez Trace Historical Tour Presented by Tony Turnbow, past president of the Natchez Trace Parkway Association
Noon to 1:00 p.m.
Meet at Vanderbilt Recreation and Wellness Center
Entrance

*Babies & You is a prenatal health program offered by Health Plus for full-time VU employees, spouses, and dependents. The classes are provided monthly with a \$50 incentive for those who register in their first trimester, attend at least three monthly classes, and go to all prenatal provider appointments. For more information, class location, or to register online, visit **healthplus.vanderbilt.edu**.

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Have a topic you want to see covered? Email us at health.wellness@vanderbilt.edu.

Care Gap Alerts

Vanderbilt Experts on Health
Diabetes

days a week and to eat a variety of foods that are low in fat and reduce the number of calories you eat per day.

Are there tests that show if someone has diabetes?

Your doctor can screen you for type 2 diabetes with a blood test. Most of the time they will check either your hemoglobin A1C or your fasting blood glucose to screen you for type 2 diabetes. The hemoglobin A1C gives us an idea of what your average blood glucose levels have been for the past 2 to 3 months.

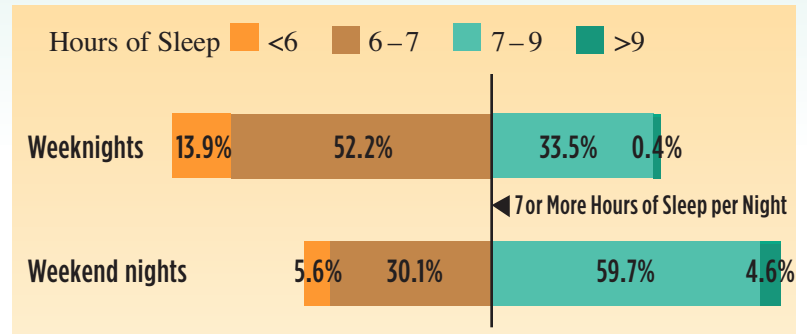
When should you talk with your health care provider?

Anyone age 45 or older should be screened for type 2 diabetes. People under the age of 45 who are overweight or obese and who have one or more additional risk factors should also be screened for type 2 diabetes. You should also talk to your doctor if you develop symptoms of type 2 diabetes which include increased urination, feeling very thirsty, feeling hungry all the time, feeling tired, blurry vision, frequent infections, or slow healing cuts/sores, or tingling, pain, or numbness in the hands or feet.

The Healthy Pulse

FOR FACULTY AND STAFF AT VANDERBILT

How many hours of sleep do you get on a typical night?



Sufficient sleep is a critical component for mental and physical well-being. While 59% of Americans get 7 hours or more, only 33.5% of Medical Center employees report getting that much during the week. (Source: Gallup poll; GFTG) The CDC notes that lack of sleep can contribute to a number of health conditions including cognitive impairment, obesity, diabetes, emotional distress, high blood pressure, heart disease, low energy, and stroke. In the workplace, it can impact productivity, safety, absenteeism, and presenteeism. Aim for 7 to 9 hours daily.

Health and Wellness Connection

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