



FIT FOR LIFE!

*Brunswick County Government— Our Best Health For You
In Brunswick... from the Wellness Committee!*



SPECIAL KUDOS TO THE FOLLOWING EMPLOYEES!

- Vern Thompson, MIS Department who was featured as devoted to a weight loss program in a previous issue of "Fit for Life" has now lost 50 pounds. His plan is to lose 30 more pounds and be under 200 pounds for the first time in years.
- Eric Hill, Environmental Services, who was featured in a "Fit for Life" newsletter has lost 60 pounds since February 1, 2007. He plans to lose an additional 44 pounds by the first of the year! Great job, Eric.
- Scott and Ashley Stout are proud parents of a baby girl— Nevaeh— who was born 8/28. Scott works in Water Distribution Division for Public Utilities.

WHY IT PAYS TO STAY HEALTHY!

With the rising costs of health care in the United States, the percentage of U.S. residents covered by employer based health insurance has declined for the last several years. In 2006, only 59.7% of the U.S. population received health insurance through an employment based plan. Also, for the employers providing health insurance coverage, many are providing less coverage than in the past. Experts are saying we are moving from an era where having a job gives you financial security for any type of risk to where nothing is given.

How can you as a Brunswick County Employee help us keep our Health care costs in check?

- Become active, get involved in the various fitness programs offered through our Wellness Committee.
- Make sure you take advantage of the County Health Plans Preventive Health Benefits— it's FREE!
- Attend the Lunch and Learns offered by the County— the information disseminated is excellent.
- Go for an annual check up, don't wait until it's too late and you have to visit the Emergency Room.
- Choose to eat healthy. Learn more about eating healthy at MyPyramid.gov or call Anne Wren, WIC Director at ext. 2278 or Dianne Gatewood, Extension Agent, Food and Nutrition at ext. 2610.



EVELYN JOHNSON STEPS HER WAY TO A PRIZE!

Evelyn Johnson, Social Work Supervisor II with the Department of Social Services, Older Adults recently was rewarded by the NCACC, County Health plan for her diligence in participation in the 10,000 Steps Program. Evelyn kept track of her steps on line at the NCACC website and at the 24th week she won a heart rate monitor that is worn on the wrist. She is shown in the picture above wearing her new prize. Evelyn was very proud of her prize and uses it faithfully to monitor her heart rate. Evelyn is an avid supporter of the County Wellness Programs and is also one of the first employees to sign up for the Quarterly Challenges. Congratulations Evelyn! NCACC will begin another 24 week, 10,000 Steps A Day program in a couple of months. Stay tuned for more information to follow!

PARKS AND RECREATION 2007 FALL FITNESS SCHEDULE

- ◆ Brunswick County Employee Bowling League starts Thursday, October 25th at the Brunswick County Bowling Center in Shallotte. It is a 4 person league. The season will run 6 weeks. No registration fee but the weekly bowling fee is \$8.50 per bowler. Sign up in the Parks and Recreation Department. Contact Eric Jelinski at ext. 2676 or e-mail him at ejelinski@brunswickco.net.

UPCOMING EVENTS SPONSORED BY THE WELLNESS COMMITTEE!

The Wellness Committee will be sponsoring the following events!

Monday, October 1st - County Health Plan - 10,000 Steps a Day- will start back and run for 24 weeks. Look for details soon!

Monday, October 29th - November 2nd - Camp Wellness returns in cooler weather. Camp Wellness co-sponsored by the Health Department and the Wellness Committee will be held in late October. It will be 5 days of education, fun and stress relief. Look for more information soon!

Monday, October 29th and Friday, November 2nd between 10am and noon, Flu shots will be given at the Health Department during Camp Wellness. Bring your Cigna card. Also, for County employees please do not use the Flu Hotline unless you are scheduling it for family members. The Committee is working on a Weight Management Program due to be announced in November for January 2008! Watch for it.

Future Lunch and Learn Programs

October - During Camp Wellness - Weight Wise Management and Diabetes Education

November - Good Nutrition - Health Department

December - Dealing with the Holiday Blues - EAP



Contact ext. 2003 to register for Lunch and Learn programs

UPCOMING TRAINING PROGRAMS

- ⇒ **Wednesday, October 10th, New Hire Orientation—** 8:30am-12:30pm— Parks and Recreation Meeting Room
- ⇒ **Wednesday, October 10th—** Defensive Driving— 12:30p-1:15p— same as above
- ⇒ **Thursday, October 11th and the 19th, Managing Multiple Generations—** 10:00am-11:30am— Parks and Recreation Meeting Room
- ⇒ **Monday, October 15th— Customer Service- Exceeding Expectations—** for Health Department Staff— 1:00pm— Health Department Board Room
- ⇒ **Safety Training— Blood Borne Pathogens by Sheriff's Dept., Housekeeping Hazcom**
- ⇒ **Wednesday, November 14h- Water and Wastewater Topics—** Coop. Ext.—8:30am— 4:00pm.
- ⇒ **Thursday, December 6th— Waste and Wastewater Topics—** NC Telecenter, 413 East Blvd. Williamston, NC

If you are interested in attending these sessions, please call Ron Riggs at ext. 2003 to make your reservations or to find out more information on the training!

FALL INTO FITNESS CHALLENGE BREAKS RECORD!

The Wellness Committee sponsored "Fall into Fitness" Challenge had a record number of participants with 137 signed up to take the challenge. The Challenge runs from September 1st— September 30th. All participants either chose to walk and record it in miles or minutes exercised or exercise in various ways, running, tennis, workouts etc, and record the exercise in at least increments of 30 minutes. The Fitness Worksheet must be turned into your Wellness Committee Representative by Tuesday, October 2nd who will in turn send them to Ron Riggs in Human Resources. After the scores are tabulated, a recognition celebration will be announced in the cafeteria. All participants will receive a Brunswick County "Fitness Fanatic" t-shirt and be eligible to win prizes based on their level of participation. Look for announcements soon and look for the results posted individually in the Cafeteria.



**BRUNSWICK COUNTY FIRE MARSHALL GARNER ANNOUNCES
OCTOBER IS NATIONAL FIRE SAFETY MONTH!**

There are 70,000 to 80,000 workplace fires in the U.S. annually, but fortunately only about 15% result from a catastrophic failure of equipment. Therefore, over 85% of the fires are caused by factors related to human behavior and are totally preventable with the proper proactive fire prevention in place. The following suggestions from the Brunswick County Safety Program are offered to help you in the event of a fire:

- ⇒ Fire extinguishing equipment must be prominently displayed in the department, labeled for usage and kept clear for easy access at all times.
- ⇒ Always know the location of extinguishers and how to use them. Training is given throughout the year on how to use a fire extinguisher.
- ⇒ Do not use water type extinguishers on electrical fires due to risk of electrocution.
- ⇒ Keep flammable material a safe distance from heating vents, portable heaters and other sources of heat.
- ⇒ Cleaning solvents must be kept in U.L. listed containers if they are flammable.
- ⇒ "NO SMOKING" will be enforced in all areas where hazardous materials are stored or used and where smoking is prohibited.



⇒ Know your emergency exits in your work area!



⇒ Exit doors shall not be blocked or locked so as to prevent exit from any County facility.

Special Announcement from the Brunswick County Fire Marshall, Scott Garner.

With the upcoming holiday season, please be aware that the County only allows artificial Christmas trees in County buildings. So, please no live, decorated Christmas trees. Unfortunately, live trees have a tendency to become dry and can be a fire hazard!

NORTH CAROLINA RANKS 17TH HEAVIEST IN THE COUNTRY!

North Carolina has an adult Obesity rate of 24.7% which ranks our state as the 17th heaviest in the nation, according to a new report by the Trust for Americas Health (TFAH). In nationwide rankings, Mississippi ranks as the heaviest state at 29.5 % adult obesity and Colorado is the least heaviest at 16.9% adult obesity. All states exceed the government's national goal of 15% adult obesity. North Carolina also ranks 8th in the nation for adult diabetes levels at 8.3% and 10th for rates of hypertension at 28.4%. If you would like more information on the report and what to do make a change towards a healthier you, visit their website at <http://healthyamericans.org/reports/obesity/2006>. Or you can get active in a fitness and wellness program near you! Contact ext. 2003 for a list of fitness centers where we get discounts!

BC HEALTH DEPARTMENT PRESENTS 2007 FALL FESTIVAL

October 31- 4p-7p
25 Courthouse Drive, Bolivia
Free Food, games and Fun!

Agencies include Hope Harbor, Supply and Bolivia Fire Depts., Safe Kids and Brunswick Literacy Council
Pony Rides, Chili Cook-Off, Hot Dogs, Cake Walk



NATIONAL BREAST CANCER AWARENESS MONTH

Did you know that there are two million breast cancer survivors living in the United States today? While breast cancer deaths are declining thanks to early detection and better treatments, 178,480 new cases of invasive breast cancer will be diagnosed among women in the U.S. in 2007.

Breast cancer screening has been shown to reduce breast cancer mortality. Currently, 67% of breast cancers are diagnosed at a localized stage, for which the 5-year survival rate is 97.9%. The relatively high rates of early detection of breast cancer can be attributed to use of mammography screening as well as a high awareness of breast cancer symptoms in the population.

AMERICAN CANCER SOCIETY RECOMMENDED SCREENING GUIDELINES

- * Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.
- * A clinical breast exam should be a part of a periodic health exam, about every three years for women in their 20's and 30's and every year for women age 40 and older.
- * Women should know how their breasts normally look and feel and report any breast changes promptly to their health care providers. Breast self-exam is an option for women starting in their 20's.
- * Women at increased risk (e.g. , family history, genetic tendency, past breast cancer) should talk with their doctors about the benefits and limitations of starting mammography screening earlier, having additional tests, or having more frequent exams.

Don't forget, the County Health Plan through the 2007 Preventive Health Benefits cover mammograms for women 40 & older annually at 100%.

The Health Department has a breast and cervical screening program (BCCCP) for uninsured and underinsured people. The program will provide free mammograms and pap smears for people who are age and income eligible. Please tell anyone you may know who needs these services to call 253-2333.



AVOID THE 'AH-CHOO'S'

Cold and flu season is almost upon us. While alike in many ways, the flu can sometimes lead to more serious problems, like pneumonia. Signs of a cold usually include stuffy nose, sore throat, coughing and sneezing. Tiredness, headache, dry cough and major aches and pains are signs of the flu. Consult your physician if your symptoms last a long time or get worse.

To avoid getting a cold or the flu, try the following:

- ⇒ Wash your hands often
- ⇒ Avoid people with colds or flu if possible
- ⇒ Don't touch your nose, eyes or mouth.
- ⇒ Keep countertops and other surfaces clean, especially when someone in your family or office is sick.
- ⇒ Consider getting a flu shot.

information provided by The County Health Plan, Step-up Newsletter.

BIG SWEEP 2007- OCTOBER 6TH, 2007

On Saturday, October 6th, the Brunswick County Solid Waste and Recycling along with Keep America Beautiful and NC Big Sweep invite you to assist picking up litter at our beaches, waterways and roadsides. To participate contact Keep Brunswick County Beautiful Director, Jennifer Whitley at 910-253-2524 or jwhitley@brunscoco.net.

