



## In this Issue

New stats from the CDC ♦ SIHO is latest Certification Award Recipient  
♦ Did You Know ♦ H1N1 Update ♦ Turkey tips ♦ Must Reads

## New Study from CDC ranks Indiana as #2 in Smoking

Indianapolis Star- November 14, 2009

"Consistently in the top 10 year after year, Indiana trailed only West Virginia in the percentage of adults using cigarettes in 2008, according to a report released Thursday by the Centers for Disease Control and Prevention.

That number, of course, is meaningless; there's little difference to be found among the worst states. The figures that do matter go on and on:

- Twenty-six percent of Hoosier adults smoke, according to the CDC;
- Health-related costs from smoking exceed \$3 billion a year in Indiana, according to other authoritative studies;
- An estimated 160,000 Hoosiers now younger than 18 will die prematurely from cigarettes.

Numbers, likewise, don't lie when it comes to fighting back against this scourge. The CDC report confirms that states with the lowest incidence of smoking are those that spend the most on tobacco cessation and charge the highest cigarette taxes. They also are more likely to have state and/or city laws forbidding smoking in all indoor public spaces.

We do know that smoking -- and, critically important, secondhand smoke -- are killers. And that we arm them as individuals, as communities and as governments.

Indiana receives \$35 million a year from the 1998 national tobacco settlement, but has diverted more than half that windfall to budgetary "needs" other than smoking cessation. Meanwhile, Big Tobacco spends more than \$400 million advertising in Indiana. This state's cigarette tax, boosted in 2007, remains half that of healthier states at less than \$1 a pack.

Numbers that count. They can seem infinite. But they all add up to bad news; news that is never welcome, news that is not really news."

## Congratulations to WCI's

## Most recent Wellness Certification Award recipient!

On behalf of the Wellness Council of Indiana, we would like to congratulate the most recent recipient of our Wellness Certification Award.

- **SIHO (Southern Indiana Health Organization)- 4-Star Award**





## Seasonal Influenza and H1N1: Is Your Workplace Ready?

By Nicole S. Fallowfield

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Wellness Council of Indiana Board Member

Seasonal influenza and the newly identified H1N1 strain of flu virus have dominated the news the last several months. As the flu season arrives, it is increasingly important to prepare the workplace for how to prevent the spread of these viruses. According to a recent study published in the journal, *Vaccine*, the direct medical costs annually for flu average \$10.4 billion. Indirectly the flu costs employers approximately \$76.7 million a year in absenteeism, presenteeism, and other indirect costs

Influenza is a contagious respiratory illness caused by influenza viruses. H1N1 is also an influenza virus, but a different strain. The symptoms for both seasonal flu and H1N1 are similar and include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Stomach symptoms (e.g., nausea, vomiting, and diarrhea) may also be present.

Employers can be instrumental in helping prevent the spread of flu by offering flu vaccines at the workplace and educating employees on where they can be vaccinated and how coverage applies under the employer-sponsored health plan. In addition, posting tips on how to protect oneself from the flu, placing hand sanitizer in common places, and encouraging sick employees to stay home are recommended. Listed below are some tips for preventing the flu as well as tips for what to do if flu is suspected.

### Tips for Prevention:

- **Get a seasonal flu vaccine**
- **Get an H1N1 vaccine once it is available**
- **Cover your nose and mouth with a tissue when you sneeze or cough**
- **Wash hands frequently with soap and water. Alcohol-based hand sanitizer can be used as well.**
- **Avoid touching your eyes, nose, and mouth**
- **Avoid close contact with sick people**
- **Throw away tissues and other disposable items used by sick individuals**
- **Clean surfaces with household disinfectant (e.g. bedside tables, bathroom surfaces, desk tops at work and other common area surfaces)**

### Tips for When You are Sick:

- **Get plenty of rest and fluids**
- **Stay home and minimize exposure to others**
- **Call your physician if fever is over 100° F**
- **Avoid travel or work for at least 24 hours after fever has subsided**

More information on the seasonal flu and H1N1 can be found at the Centers for Disease Control and Prevention website at [www.cdc.gov](http://www.cdc.gov). The US Chamber of Commerce has also prepared a flu preparedness guide that can be found at [www.uschamber.com](http://www.uschamber.com).

Molinari NM, Ortega-Sanchez IR, Messonnier ML, et al. The annual impact of seasonal influenza in the US: measuring disease burden and costs. *Vaccine*. 2007; 25: 5086-5096.



# WCI News

## Did you know?



November is American Diabetes Month, a time to communicate the seriousness of diabetes and the importance of diabetes prevention and control. For years, the American Diabetes Association has used this month as an opportunity to raise awareness of the disease and its serious complications.

However, this year, the organization is taking a bolder, more audacious approach. With nearly 24 million children and adults in the United States living with diabetes, and an additional 57 million Americans at risk, simple awareness will no longer suffice. One out of every three children born today will face a future with diabetes if current trends continue. Diabetes is not merely a condition. It is an epidemic disease.

To check the general public's knowledge of diabetes, Harris Interactive, on behalf of the American Diabetes Association, polled a segment of the American population. The results showed that several diabetes myths and misconceptions are common and diabetes remains a misunderstood disease. Following are just two of the myths along with the facts.

### **Myth: Diabetes is not that serious of a disease.**

*When asked to rank which disease (diabetes, breast cancer, AIDS) was responsible for the greatest number of U.S. deaths each year, not even half of respondents chose diabetes (42%).*

**Fact:** Diabetes causes more deaths a year than breast cancer and AIDS combined. Two out of three people with diabetes die from heart disease or stroke.

### **Myth: If you are overweight or obese, you will eventually develop type 2 diabetes.**

*According to the survey, approximately three in five respondents (59%) did not know that this is a false statement. In addition, more than half (53%) of respondents did not know that risk for developing type 2 diabetes increases with age.*

**Fact:** Being overweight is a risk factor for developing this disease, but other risk factors such as family history, ethnicity and age also play a role. Unfortunately, too many people disregard the other risk factors for diabetes and think that weight is the only risk factor for type 2 diabetes. **Interesting fact: Most overweight people never develop type 2 diabetes, and many people with type 2 diabetes are at a normal weight or only moderately overweight.**

Interested in learning more facts about diabetes? Visit [www.diabetes.org](http://www.diabetes.org) or contact the Indiana Area office of the American Diabetes Association at 888-342-2383, 317-352-9226, or email Carol Dixon, [cdixon@diabetes.org](mailto:cdixon@diabetes.org). **The Association welcomes the opportunity to provide employers with FREE educational sessions for employees!**

**Does your wellness program need a check-up? The WCI Board of Directors is happy to review your program, provide suggestions, assist you with speakers, program ideas, etc.**



## Turkey Tips

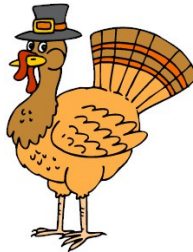
### Safe turkey thawing tips from the USDA:

- Buy your turkey only 1 to 2 days before you plan to cook it.
- Keep it stored in the refrigerator until you're ready to cook it. Place it on a tray or in a pan to catch any juices that may leak.
- Do not buy fresh pre-stuffed turkeys. If not handled properly, any harmful bacteria that may be in the stuffing can multiply very quickly.
- Keep frozen until you're ready to thaw it.
- Turkeys can be kept frozen in the freezer indefinitely; however, cook within 1 year for best quality.
- USDA recommends only buying frozen pre-stuffed turkeys that display the USDA or State mark of inspection on the packaging. These turkeys are safe because they have been processed under controlled conditions.
- DO NOT THAW a pre-stuffed turkey before cooking. Cook from the frozen state. Follow package directions for proper handling and cooking.
- Thawing your turkey in the Refrigerator (40 °F or below); Allow approximately 24 hours for every 4 to 5 pounds
- Thawing your turkey in Cold Water; Allow approximately 30 minutes per pound

For more turkey tips visit [www.fsis.usda.gov](http://www.fsis.usda.gov) or call the USDA Meat and Poultry Hotline at: 1-888-MPHotline (1-888-674-6854)



*The Wellness Council of Indiana would like to wish all of our members a Happy Thanksgiving!!!*



### Must Read from the WCI:

- ❖ "You on a Diet"; Dr. Michael Roizen and Dr. Mehmet Oz
- ❖ "You the Smart Patient"; Dr. Michael Roizen and Dr. Mehmet Oz
- ❖ <http://my.clevelandclinic.org/health/tools.aspx> (tools you can use!)

*"Let us be about setting high standards for life, love, creativity, and wisdom. If our expectations in these areas are low, we are not likely to experience wellness. Setting high standards makes every day and every decade worth looking forward to."*  
- Greg Anderson