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“Being a full-time mother is one of the highest salaried jobs... since the payment is pure love.”

~Mildred B. Vermont

## Use Them or Lose Them!

Tara Crim, Health Program Specialist

What's the best way to get strong bones?? **USE THEM!!** Girls and young women, especially, should concentrate on building strong bones now to cut their risk of osteoporosis later in life.

Osteoporosis, also known as the "silent disease", is characterized by low bone density and decreased bone tissue. The bones become brittle, porous and vulnerable to fractures, especially of the hip, spine and wrist. This disease normally afflicts many women after menopause and some men later in life.

This disease is largely preventable if you get enough weight-bearing exercise when you're young, stay active and continue other healthy habits as you age. The maximum size and density of our bones (peak bone mass) is determined by genetics but we need weight bearing exercise to reach top strength. The best time to build this bone density is during years of rapid growth:

- Weight-bearing exercise during the teen years is ideal.
- Bones continue to grow during the 20s and sometimes into the early 30s. (Bone loss normally begins in the mid-30s.)
- Smoking and excessive alcohol use can decrease bone mass.

Osteoporosis prevention is a special concern for **women** for a number of reasons:

- Women generally reach peak bone mass at an earlier age than men.



- Peak bone mass tends to be lower in women than in men.
- *Pregnancy and breast feeding can lower bone mass temporarily.*
- Women undergo rapid bone loss after menopause when levels of the bone strengthening hormone estrogen drop dramatically. (The removal of ovaries will have the same effect on bone mass.)

Since there is no cure for osteoporosis, prevention of this debilitating disease is the key. Exercise can help us maintain a healthy bone mass. Because bone is a living tissue, it reacts to exercise by becoming stronger and denser. Our bones gain strength by having weight or resistance placed on them. Weight bearing exercises are the **only** exercises that enhance bone growth and stop bone loss. Performing weight bearing and resistance exercises at least three times a week can help maintain current bone mass. Weight bearing exercises not only prevent bone loss, but some studies suggest that it can also replace current bone loss.

*Continued on pg. 2*

***What is weight bearing?***

“Weight bearing” describes any activity you do on your feet that works your bones and muscles against gravity. Bone is living tissue that constantly breaks down and reforms. When you do regular weight bearing exercise, your bone adapts to the impact of weight and pull of muscle by building more cells and becoming stronger. Some activities recommended to build strong bones include:

- Brisk walking, jogging, and hiking.
- Yard work such as pushing a lawnmower and heavy gardening.
- Team sports, such as soccer, baseball, and basketball.
- Dancing, step aerobics, and stair climbing.
- Tennis and other racquet sports.
- Skiing, skating, karate, and bowling.
- Weight training with free weights, machines or resistance bands.

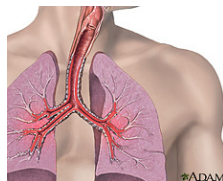
Although they are excellent cardiovascular exercise choices, swimming and bicycling are not weight bearing activities, so are not as effective as the above activities in adding bone mass. If musculoskeletal conditions prevent weight bearing exercise, then swimming and cycling are good alternatives. They do have *some* bone-building capacity.

**FACTS TO REMEMBER:**

- Secondhand smoke is a trigger for people with asthma.
- Smokers with asthma have worse asthma control and faster loss of lung function.
- Women who smoke during pregnancy are harming the development of their baby’s lungs.
- If you have asthma, avoid smoky places whenever possible.
- Choose not to smoke in the presence of children, who are particularly susceptible to the harmful effects of secondhand smoke.

**Need help quitting?**

**Call the California Smoker’s Helpline  
1-800-NO-BUTTS**

**May is Asthma Awareness Month****Did you know there’s a link between asthma and secondhand smoke?**

**Asthma, a chronic disease that affects your airways, tends to make your airways swollen and irritated.**

**Secondhand smoke makes your airways *even more swollen* and irritated.**

**Secondhand smoke leads to:**

- ***More breathing problems.*** Breathing second hand smoke can make you cough and wheeze.
- ***More asthma problems:*** Breathing secondhand smoke can lead to having asthma attacks more often. It can also make asthma attacks worse.
- ***Harder to keep asthma under control:*** When your airways get irritated from breathing secondhand smoke, your asthma medicine doesn’t work as well. This makes it harder for you to keep your asthma symptoms under control.
- ***More illnesses:*** If you have asthma and breathe secondhand smoke, you may get more colds. You are also more likely to get illnesses such as bronchitis, or pneumonia. Children who breathe secondhand smoke are more likely to get ear infections.

## And Baby Makes Three...

Tina Lavy, MS, IBCLC, Health Program Specialist

Not thinking about having a baby yet? Then you should read this. All women (and men) during their reproductive years should be familiar with the meaning of **reproductive life planning, preconception health, and interconception, or internatal, health**. Why? The U.S. Centers for Disease Control and Prevention (CDC) recently recommended that each woman, man, and couple make a reproductive life plan so that they can take steps to reduce the risks of an unplanned pregnancy and poor pregnancy outcomes. Nationally, about half of all pregnancies are unplanned, meaning that they were not wanted or occurred before the woman or couple intended to become pregnant.

**Reproductive life planning** includes the decision to have children in the near future or wait, as well as whether or not to have children at all. It also includes how the woman, man or couple will maintain their reproductive health. Men and other family members can be a very important part of a woman's preconception and interconception health as well as support the goals of a pregnancy.

**Preconception health** is the status of a woman's health before she becomes pregnant. It focuses on the conditions and risk factors that affect her health during pregnancy. Preconception health applies to women who have never been pregnant and is important because it influences pregnancy outcomes for both the mother and her baby. Preconception health care is care given by a medical provider to the woman or couple prior to her first pregnancy.

**Interconception health** is the health of the woman or couple after a pregnancy and before a subsequent pregnancy. **Interconception health care** is care given between pregnancies and focuses on health issues to prevent future problems for the mother and baby. Preconception health care and interconception health care should be personalized to each individual woman. It does include discussing family planning or birth control methods between the couple themselves and with their care provider.

Why are **preconception** and **interconception health** and health care important? By taking action on health issues BEFORE pregnancy, future problems for the mother and baby can be prevented. **Prenatal** care, which usually begins at week 11 or 12 of a pregnancy, comes too late to prevent a number of serious maternal and child health problems. A fetus' critical development begins in the first month or two after conception, when most women do not know they are pregnant.

Women who practice positive health habits during their reproductive years are more likely to have a healthy pregnancy and baby. These habits include:

- Proper nutrition,
- Taking a daily multivitamin and/or a supplement with folic acid,
- Regular physical activity,
- Not smoking and avoiding secondhand smoke,
- No illicit drug use or alcohol use,
- Avoiding medications that are not recommended for use during pregnancy,
- Screening and treatment for sexually transmitted diseases,
- Getting medical conditions of concern under control (hypertension, high blood cholesterol, diabetes, obesity or other eating disorders).

Regular visits to your health care provider (for women, annually is recommended) are a step in the right direction to ensure that your body is ready to carry a baby and have a healthy pregnancy. A topic to discuss with your provider is your reproductive life plan. Tell your provider that you might become pregnant in the near future and make a list of concerns or specific issues to address with him or her. Your provider should schedule screening tests, such as a Pap smear and urinalysis, know your blood type, Rh factor, review your immunization status and assess other health risks. Obtaining health insurance coverage for the cost of pregnancy should be considered as well.

The purpose of **reproductive life planning, preconception health** and **interconception health** is two-fold: first, to ensure women who could become pregnant have healthy pregnancies; and second, those who do not plan on having children in the near future, or at all, have the knowledge and tools to prevent an unplanned pregnancy.

Pregnant?

or

Just had a baby?



Stop by the  
Wellness  
Assessment Office,  
located in Health  
Education, to use  
our Pre/Post-natal  
exercise software.

We can design an  
exercise regimen  
specifically for you!

Our database contains  
the most comprehensive  
set of medically proven  
pre/post-natal exercises.

Contact Tara for more  
information.

[tcrim@co.sutter.ca.us](mailto:tcrim@co.sutter.ca.us)

822-5910

## Healthy Recipe of the Month

### Strawberry Season... here we come!

The fragrantly sweet juiciness and deep red color of strawberries can brighten up both the taste and aesthetics of any meal; it is no wonder they are the most popular berry fruit in the world. Although strawberries have become increasingly available year-round, they are at the peak of their season from April through July when they are the most delicious and most abundant. Strawberries not only look like a fruity heart-shaped valentine, they are filled with unusual phytonutrients that love to promote your heart health. Enjoy the spring harvest of fresh spinach in addition to ripe strawberries in this crisp salad.



### Spring Salad with Strawberries and Goat Cheese

#### Nutritional Information:

Servings per recipe = 4,  
1 ½ cups each

#### Per serving:

Calories - 215  
Total Fat - 17 grams  
Protein - 5 grams  
Carbohydrates - 15 grams  
Fiber - 4 grams

#### Ingredients:

1 tablespoon pure maple syrup, or brown sugar  
2 tablespoons red-wine vinegar  
1 tablespoon extra-virgin olive oil  
1/4 teaspoon salt  
Freshly ground pepper, to taste  
3 cups baby spinach  
3 cups watercress, tough stems removed  
2 1/2 cups sliced fresh strawberries  
1/3 cup fresh chives, cut into 2-inch pieces  
1/2 cup toasted chopped pecans  
1/4 cup crumbled goat cheese

#### Directions:

- 1) Whisk maple syrup (or brown sugar), vinegar, oil, salt and pepper in a large bowl.
- 2) Add spinach, watercress, strawberries and chives; toss to coat.
- 3) Divide the salad among 4 plates and top with pecans and goat cheese.
- 4) To make it a meal, top with grilled chicken breast.



For more information on these events, please contact  
Tara Crim

[tcrim@co.sutter.ca.us](mailto:tcrim@co.sutter.ca.us)  
822-5910

### MAY IS BIKE TO WORK MONTH

#### PLEASE JOIN US FOR:

- **WEEKLY WEDNESDAY LUNCH RIDES: HEALTH DEPT, 12:15 PM**
- **MAY 17-21<sup>ST</sup>, BIKE TO WORK WEEK CONTEST**
- **MAY 20<sup>TH</sup>, CELEBRATION BAR-B-QUE WITH CITY OF YUBA CITY EMPLOYEES FOR ALL BIKE COMMUTERS**
- **DISCOUNTS AT LOCAL BUSINESSES FOR BIKE COMMUTERS**



# Wellness Superstar of the Month

## Mickey Jenkins

Department: Clerk Recorder

### Why is Mickey a Superstar?

*Michelle (Mick) Jenkins should be your employee of every month!!! She works at the Clerk-Recorder's Office. Her husband is a Cancer Survivor. She is a natural caregiver. She took care of Joan Bechtel after she became ill. She is always ready to help anyone and care for everyone! She works hard and enjoys herself, and makes sure that everyone around her is enjoying themselves! She has recently taken her health into her own hands and started walking and eating right. She is losing weight and she looks great! She is one in a g'-billion and I love her dearly. I am very proud to know her well and call her one of my best friends!*



-Teri Driscoll

### 3 Questions for Mickey:

- **Wellness isn't just about physical or nutritional health, but also mental/spiritual. It seems like you completely understand this aspect of wellness... why do you think mental/spiritual wellness is so important and how do you maintain a balanced/centered life while taking care of so many other people?**

*It's the way I was raised. Our parents taught us to care for each other and respect the rights of others. I know I'm happy when the people around me are happy.*

- **Why is it important to you that everyone around you is enjoying life, as well? Why do you think it's important to surround yourself with positive people?**

*Life is too short to let one minute get by without being positive and happy as possible. My Mother died when I was young and as a result my family learned to enjoy every bit of life we are given*

- **What do you do each day to take care of yourself, and make sure you live a healthy life? What does your daily "wellness" routine look like?**

*I'm trying to eat healthy, low fat and whole grain, just healthier. I've been walking almost 5 miles everyday. I walk on my morning break, I walk at lunch and I try to walk either in the morning before work or after work with my husband.*

## WELLNESS... YOU BE THE EXAMPLE!!

Do you know someone who lives by this motto, or who is working hard to take charge of their health and well-being?? Then, nominate them for the "Wellness Superstar Award".

Each month Sutter Wellness will recognize one employee for their outstanding dedication to wellness.

To nominate a fellow employee, simply email Tara at [terim@co.sutter.ca.us](mailto:terim@co.sutter.ca.us), and in 150 words or less, explain why you think that employee is a "Wellness Superstar".

All nominations must be received no later than the 15th of each month.



## BRAIN EXERCISE!!!

***Can you figure this one out???***

**I have a tail, and I have a head,  
but I have no body.**

Email your guesses to [tcrim@co.sutter.ca.us](mailto:tcrim@co.sutter.ca.us).  
Please put "Brain Exercise-May"  
in the subject line.

***GOOD LUCK!!!***

**April Brain Exercise:**

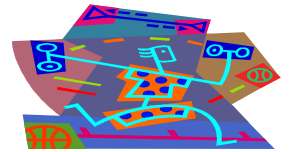
**What King can you make if you take:  
The head of a Lamb  
The middle of a Pig  
The hind of a Buffalo  
And the Tail of a Dragon**

**Answer:**

**LION**

**Congrats to Steven Smith from the  
CAO's office for being the first  
to guess correctly!**

## **UPCOMING SUTTER WELLNESS EVENTS:**



- PUBLIC SERVICE RECOGNITION PICNIC**  
**WEDNESDAY, MAY 12<sup>TH</sup> – HOWARD HARTER PARK**  
COME CELEBRATE ALL THAT WE DO FOR OUR COMMUNITY AND OUR DEPARTMENTS.  
**SUTTER WELLNESS WILL HAVE AN ACTIVITY BOOTH SET-UP... STOP BY FOR GAMES, FUN AND PRIZES!**
- HIKING CLUB ACTIVITY – TABLE MOUNTAIN HIKE, BUTTE COUNTY**  
**SATURDAY, MAY 15<sup>TH</sup>, 10:30 AM - TABLE MOUNTAIN ECOLOGICAL RESERVE**  
THIS HIDDEN BEAUTY OF BUTTE COUNTY JUTS OUT INTO THE SACRAMENTO VALLEY ALONG THE WESTERN EDGE OF THE SIERRA NEVADA FOOTHILLS. THERE WILL BE A 15-MINUTE ORIENTATION GIVEN BY THE DEPARTMENT OF FISH AND GAME, AND THEN WE WILL GO EXPLORE! DIRECTIONS AND DETAILS WILL BE DISTRIBUTED THROUGH TEAM CAPTAINS AND SUTTERNET.
- SHAPE UP SUTTER! EMPLOYEE FITNESS CHALLENGE**  
**BEGINS ON MONDAY, MAY 17<sup>TH</sup>:**  
**10-WEEK SUMMER EMPLOYEE FITNESS CHALLENGE**  
AIMED AT GETTING YOU SUMMER READY, THIS PROGRAM CHALLENGES YOU TO SET YOUR OWN GOALS AND TRACK YOUR PROGRESS. MORE INFORMATION WILL BE DISTRIBUTED THROUGH TEAM CAPTAINS.
- BROWN BAG LUNCH SERIES: LET'S GET PHYSICAL – CIRCUIT TRAINING HOW-TO**  
**TUESDAY, MAY 18<sup>TH</sup>, 12 – 1 PM – HEALTH DEPARTMENT**  
NO TIME FOR THE GYM, BUT WANT TO GET A COMPLETE WORK OUT IN?  
JOIN US TO LEARN HOW EASY IT CAN BE TO CIRCUIT TRAIN... IN THE COMFORT OF YOUR OWN HOME. **COMFORTABLE CLOTHING REQUIRED!**

MORE INFORMATION WILL BE POSTED ON SUTTERNET AND DISTRIBUTED THROUGH TEAM CAPTAINS.