LIVE WELL WORK WELL

February 2017

Health and wellness tips for your work and life—presented by Cedar Haven Healthcare Center

Protect Children from E-cigarettes

The use of electronic cigarettes or e-cigarettes has grown exponentially in recent years—especially among young adults in the United States. According to the report, E-Cigarette Use Among Youth and Young Adults: A Report of the Surgeon General, the use of e-cigarettes by high school students increased by 900 percent between 2011 and 2015.

The liquid used in e-cigarettes contains nicotine and other harmful chemicals, including heavy metals and carcinogens. The liquid nicotine used in e-cigarettes comes in thousands of different flavors, many of which are appealing—and harmful—to children.

Regardless of how it is consumed, nicotine is a highly addictive drug and has clear neurotoxic effects, especially on developing brains. Unfortunately, many young adults do not realize the harmful side effects of e-cigarettes.

Do your part to explain to your teen that an e-cigarette is just as deadly and addictive as a normal cigarette. For more information, visit https://e-cigarettes.surgeongeneral.gov/.

February: American Heart Month

Heart disease is the leading cause of death for both women and men in the United States, causing about 610,000 deaths annually. Heart disease is also an extremely expensive disease—costing the United States about $207 billion annually in the cost of health care, medications and lost productivity.

Fortunately, heart disease can often be prevented by living a healthy lifestyle and properly managing health conditions. American Heart Month, organized by the American Heart Association (AHA), is designed to raise awareness about heart disease and how people can prevent it. Some simple self-care and prevention strategies include the following:

- Visit your primary care physician regularly.
- Refrain from smoking.
- Maintain a healthy weight.
- Limit your sodium intake.
- Eat a well-balanced, healthy diet.
- Exercise regularly.
- Manage your stress levels.
- Limit your alcohol intake.

The AHA's website provides a detailed list of risk factors and common symptoms of heart disease. If you are concerned about your risk of developing heart disease or would like to find out more information about the condition, visit the AHA's site and contact your primary physician.

This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

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Willis Towers Watson

CHICKEN VEGETABLE SOUP WITH KALE

2 tsp. vegetable oil
½ cup onion (chopped)
½ cup carrot (chopped)
1 tsp. ground thyme
2 cloves minced garlic
2 cups water or chicken broth
¾ cup diced tomatoes
1 cup chicken, cooked, skinned and cubed
½ cup cooked brown rice
1 cup kale (chopped, about one large leaf)

PREPARATIONS

1. Heat oil in a medium sauce pan. Add onion and carrot. Sauté until vegetables are tender, about five to eight minutes.
2. Add thyme and garlic. Sauté for one more minute.
3. Add water or broth, tomatoes, cooked rice, chicken and kale.
4. Simmer for five to 10 minutes.

Makes: 3 servings

Nutritional Information (per serving)

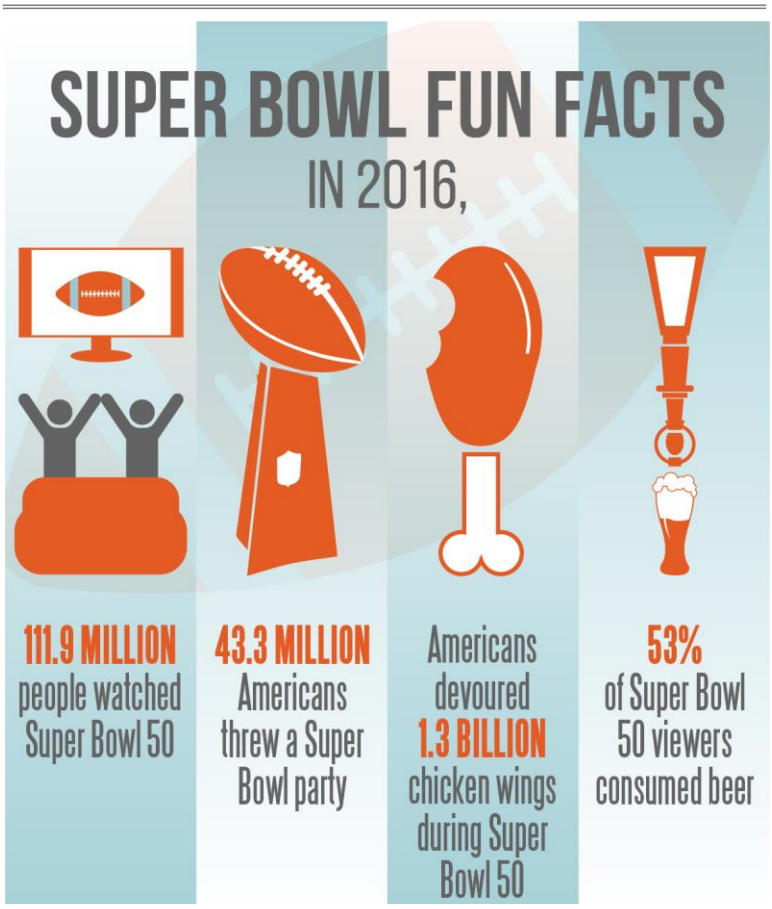
Total Calories	180
Total Fat	5 g
Protein	17 g
Carbohydrates	16 g
Dietary Fiber	3 g
Saturated Fat	1 g
Sodium	85 mg
Total Sugars	2 g

Source: USDA

3 Tips for Hosting a Safe Party

The 51st Super Bowl was held Feb. 5, 2017. It is a tradition for many Americans to throw a Super Bowl viewing party each year. Many of these parties include a large spread of food and alcohol. As with any party where food and beverage is served, it is important that you keep the following guidelines in mind:

- **Be aware of food allergies.** An allergic reaction to food can be life-threatening. Ask your guests if they have any food allergies before you begin cooking so you can avoid serving any food that they may be allergic to.
- **Don't let your guests drive home drunk.** Historically, Super Bowl Sunday has unfortunately earned the reputation of being one of the biggest drunk driving days of the year. If you are serving alcohol at your party, be sure to not let your friends drive home drunk.
- **Follow safe food preparation and serving instructions.** One in 6 Americans get sick by consuming contaminated foods or beverages each year. Be sure to follow the recommended food safety practices at your party to avoid food-related illnesses.



Sources: National Retail Federation 2016 Super Bowl Spending Survey, National Chicken Council and Nielsen Company