Go for the Gold

Complete All 3 Steps by October 31 to Earn Up to a $240 Wellness Credit

The third and final step is now available!

**Step 3:** Watch the Game Plan for Your Health Video, *Rest for Success*. See page 4 for highlights from the video.

You spoke and we listened. Changes have been made to simplify the user experience!

For more information and to log in to the Health Plus Health Guide to get started, visit vanderbi.lt/gftg.

SAVE THE DATE

**Flulapalooza Returns on September 27!**

Flulapalooza® is an annual event providing flu vaccination to faculty, staff and students at no charge. This year’s event will be held on September 27 from 6:00 a.m. to 6:00 p.m. behind Light Hall. Over 14,000 people were vaccinated at this one-day event last year, so mark your calendars and be sure to drop by to get the fastest and most fun vaccine you’ll ever receive!

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1. **What are the risk factors for diabetes?** There are several risk factors for diabetes which differ based on the type of diabetes you have, such as type 1, type 2, etc. Type 1 diabetes generally has a strong genetic predisposition, which is often unmasked by environmental triggers. Risk factors for type 2 diabetes are more numerous, and in addition to a genetic risk, include belonging to a minority ethnicity, being overweight or obese, leading a sedentary lifestyle, smoking, alcohol consumption, poor sleep hygiene, unhealthy dietary composition, having a history of gestational diabetes, and receiving medications such as steroids or antirejection medications after organ transplantation.

2. **What is “pre-diabetes” and why is it important?** Diabetes is a continuum. Patients will usually progress from a state of normal blood glucose levels towards frank diabetes via an intermediate step of pre-diabetes. It is that state in which your blood glucoses are not low enough to be normal, nor high enough to be labeled diabetes. It is important to diagnose this condition, since initiating a weight loss plan with a combination of a healthy diet and regular physical activity, can result in a normalization of blood glucose values. This stage is important since it gives us a small window of opportunity to truly prevent diabetes.
Q: Dear Counselor,
I read from my tablet instead of watching TV before bed, and I limit caffeine daily. I have a small glass of wine in the evenings to help me unwind and fall asleep as well. Why do I still wake up in the night and feel drowsy after sleeping 7 to 9 hours?

Restless

A: Dear Restless,
You are on the right track with limiting caffeine, but there are possible explanations why your routine is not working.

1. Exposure to bright light from any electronic device before bedtime disrupts sleep. Our bodies interpret the “blue light” emitted from screens as daylight. Light from your tablet can reduce restorative sleep, leaving you drowsy even after getting the recommended 7 to 9 hours of sleep each day. Try turning off all devices for an hour or more before bedtime. If that’s not possible, dim the brightness on your screen or use a circadian screen adjustment app (e.g., Twilight, Dimly, or f.lux) that helps change the screen colors from blues to reds and yellows.

2. A glass of wine in the evening is fine, but not right before bedtime. It’s true that alcohol has a sedating effect that might make you fall asleep faster, but that effect wears off during the second half of the night, makes you more likely to toss and turn, and reduces time spent asleep, overall. On the practical side, drinking right before bedtime may also lead to the need to go the bathroom in the middle of the night.

If you have chronic sleep issues, speak with your PCP about having a sleep study. You can also call Work/Life Connections-EAP at 615.936.1327 for assistance with finding information and resources. Finally, watch the great Game Plan for Your Health video, Rest for Success, in Step 3 of the Go for the Gold program!
No Matter Your Age, Stay Engaged With Your Health

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Physician, Occupational Health Clinic

September is Healthy Aging Month. A healthy lifestyle is essential to healthy aging. “It’s incredibly important to remain physically and mentally active as you get older,” said Consuelo H. Wilkins, MD, Associate Professor of Medicine in the Division of Geriatrics at Vanderbilt University Medical Center. “Don’t be afraid to try new activities, especially if you need to replace hobbies due to changes in geography, interests or physical abilities.” Here are some other tips to help you stay healthy with each passing year.

Exercise regularly: Regular exercise can increase muscle strength, improve sleep and memory, improve balance and decrease the risk of certain diseases like diabetes, hypertension and osteoporosis. The Centers for Disease Control and Prevention (CDC) recommend older adults get at least 150 minutes of moderate intensity aerobic exercise (brisk walking) every week.

Eat healthy: Eat more fruits, vegetables and whole grains. Cut down on saturated and trans fat intake.

Get adequate sleep: Many older adults experience problems with sleep. Older adults need 7 to 9 hours of sleep each night, according to the National Institute on Aging. Adopt a regular sleep schedule. Avoid daytime napping and caffeinated drinks. Shun large meals and vigorous exercise close to bedtime.

Stay mentally active: Some researchers suggest stimulating the brain through active learning can slow memory decline. Read books. Try crossword puzzles and memory games. Socialize with family and friends.

Stay connected: Build a support network through family, friends and community. Volunteer with groups that work on causes that are important to you.

Cope with stress: Stress is common in the elderly. Relieve stress with adequate sleep and exercise, and not-so-common techniques like meditation and yoga.

Protect yourself from accidents: Falls are a common cause of injuries in the elderly. To avert a fall, use assistive devices if needed, undergo regular vision checks, install grab bars and handrails where desired and use nonskid footwear.

3. How can diabetes be prevented?
We can attempt to prevent type 2 diabetes by maintaining a healthy body weight via a combination of regular activity and a healthy diet, in addition to trying to prevent all the risk factors mentioned previously. The American Diabetes Association recommends doing this by trying to pursue a modest weight loss of 5 to 10% of body weight, engaging in moderate intensity exercise for at least 30 minutes daily and preventing smoking. In addition, medications such as metformin have also been shown to be effective in type 2 diabetes prevention in clinical studies. There are currently several research clinical trials underway to educate us about methods of preventing type 1 diabetes.

4. How is diabetes typically treated and managed?
There are a variety of treatments that can be used to treat diabetes, based upon whether it can be broadly categorized into type 1 or type 2 diabetes. Type 1 diabetes is currently treated with insulin therapy. Research is underway to see if other medications can be combined with insulin, while maintaining long-term efficacy and safety. Type 2 diabetes in earlier stages can be treated with oral medications. Over time with progression of the disease, patients will frequently need the addition of other types of medication therapy that increase insulin secretion from the pancreas, modulate gastrointestinal hormones that control appetite and blood glucose levels, increase the urinary loss of glucose, etc. Surgical weight loss treatments may be considered in patients who are unable to lose weight to treat obesity, with lifestyle and medication management.
Check out the highlights from *Rest for Success*. 

“Sleep is one of the things that helps us regenerate. It can take us to places internally that we do not visit during the day. So, if we are not sleeping, we are not visiting those deeper places within us.”

– Phillis Sheppard, PhD

“A lot of people think sleep is overrated because it cuts into what they think is their productivity. What people do not realize is that if you get sleep, you will actually be far more productive.”

– Beth Malow, MD, MS

4 Ways to Get Your Best Rest

1. Reduce Artificial Light at Night
The blue light from screens can cause poor sleep quality. Turn off all screens well before bedtime.

“There is a wonderful setting on your iPhone called Night Shift. That white-blue light is not still energizing you, and that is turned a pale yellow cool light that is more relaxing. For Android users, we have to download a second app called Twilight.”

– Margie Gale, RN, MSN, CEAP

2. Keep Your Sleep Schedule Consistent
Varying your sleep schedule can throw off your biological clock. Find a schedule that works for you and stick to it.

“There are some kinds of adaptations we can do to improve the stability and regularity of our biological clock. The main thing is a very regular schedule. That means both regular sleeping and waking cycles so that we go to bed and wake up about the same time every day.”

– Carl Johnson, PhD

3. Have a Proper Transition to Bed
Bringing stress to bed interferes with sleep. Take time before bed for calming activities.

“I really encourage people not to be reading a work-related report from their bed or sending emails from their bed, but to really have your sleeping area to be a protected space that you go to only as a restful, relaxing haven from the stresses of the day.”

– David Sacks, PhD

4. Get Screened for Sleep Disorders
If poor sleep continues to be an issue, it may be time to seek medical attention for a potential sleep disorder. Sleep disorders can include sleep apnea and insomnia.

“Some of the common symptoms associated with sleep apnea include poor sleep quality, feeling unrefreshed in the morning, falling asleep at work, falling asleep driving, and so it is really important if you snore and feel tired, you should come in to be evaluated.”

– Raghu Upender, MD
August is Kids Eat Right Month and it’s a great time for families to focus on the importance of healthful eating. The Academy of Nutrition and Dietetics encourages families to take the following steps:

- **Shop Smart.** To encourage a healthy lifestyle, get your children involved in selecting the food that will appear at the breakfast, lunch or dinner table.
- **Cook Healthy.** Involve your child in the cutting, mixing and preparation of meals. They will learn about food and may even try new foods they helped prepare.
- **Eat Right.** Sit down together as a family to enjoy a wonderful meal and the opportunity to share the day’s experiences. Research indicates that families who eat together have a stronger bond, and children have higher self-confidence and perform better in school.
- **Healthy Habits.** Help kids form healthy habits by setting a good example. Fill half your plate with fruits and vegetables and make the grains your family eats whole grains. For beverages, choose water over sugary drinks.

Get started making positive, healthful changes for the whole family with the fun recipe below!

**Egg Muffins**

1. In a large bowl, beat eggs. Add onion, green pepper, tomatoes, salt, garlic powder and black pepper. Stir in cheese.
2. Spoon into muffin cups coated with cooking spray. Bake at 350°F for 20 to 25 minutes or until a knife inserted near the center comes out clean.

Spinach, mushrooms and broccoli are other great veggie add-ins!

Makes 6 servings. Nutrition information per serving (serving size 2 egg muffins): 156 calories, 11 g total fat (4 g saturated fat), 475 mg sodium, 3 g carbohydrates, 1 g fiber, 12 g protein

Modified from: tasteofhome.com/recipes/scrambled-egg-muffin
Your Vision, Your Health
Diabetes can cause a variety of health problems, including blindness. In fact, diabetes-related eye complications are quite common.

Did you know that diabetes is the leading cause of new cases of blindness among adults in the United States?

The Silent Thief of Sight
Diabetes is frequently referred to as the Silent Thief of Sight because there are often no symptoms in the early stages of diabetic eye disease. Vision may seem unchanged until the disease becomes severe, but even in more advanced cases, the disease may progress without symptoms for a long time.

Take Charge
Getting a comprehensive eye exam — covered in full with your vision benefits — can lead to an early diagnosis of diabetes and an opportunity to save your sight.

You can also take control of your diabetes by eating a healthy, balanced diet; exercising; working closely with your health care provider and taking special prescribed medications.

Prioritize
Make your eye health a priority and schedule an annual comprehensive eye exam.


Save the Date!
Open Enrollment for 2018 benefits is Oct. 17–31, 2017. As a reminder, during Open Enrollment, you can elect, make changes to, or waive the following:

• Health, dental and vision insurance;
• Accidental death & dismemberment (AD&D) insurance;
• Health care flexible spending accounts, which reimburse medical expenses for you and your dependents; and
• Dependent day care flexible spending accounts, which reimburse day care service expenses for your dependents.

Visit hr.vanderbilt.edu/oe for more information beginning in October.
August

Vandy Cooks
Herbs to ‘Blog About’
Noon to 1:00 p.m.
Presented by Karman Meyer, Registered Dietitian and Nutritionist
Vanderbilt Recreation and Wellness Center Demo Kitchen

Know Your Numbers & Go for the Gold
11:00 a.m. to 1:00 p.m.
Baker Building, Human Resources, 10th Floor Training Room

Boomers, Elders & More
Family Dynamics When Caregiving
Noon to 1:00 p.m.
Light Hall, Room 431

Babies & You*
Caring for Your Newborn
Noon to 1:00 p.m.
Presented by Sunny Bell, MD, University Pediatrics
Light Hall, Room 411

September

Know Your Numbers & Go for the Gold
11:00 a.m. to 1:00 p.m.
Kirkland Hall, Room 201

Boomers, Elders & More
Sundowning — A Symptom of Alzheimer’s Disease
Noon to 1:00 p.m.
Light Hall, Room 431

Know Your Numbers & Go for the Gold
11:00 a.m. to 1:00 p.m.
School of Nursing, Godchaux Hall, Room 115

Vandy Cooks
Quick and Easy Meals
Noon to 1:00 p.m.
Presented by Marilyn Holmes and Marissa Wertheimer, Registered Dietitians
Vanderbilt Recreation and Wellness Center Demo Kitchen

Babies & You*
Facing the Challenges of Pregnancy
Noon to 1:00 p.m.
Presented by Michelle Collins, PhD, Certified Nurse Midwife, West End Women’s Health Center
Light Hall, Room 411

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

*Babies & You is a prenatal health program offered by Health Plus for 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 3 monthly classes and go to all prenatal provider appointments. For more information, class location or to register online, visit healthplus.vanderbilt.edu.

Looking to get your flu shot? Check the OHC flu calendar frequently at http://healthandwellness.vanderbilt.edu/occupational-health/flu for a list of upcoming flu on-sites. The calendar is constantly updated during flu season.
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Have a topic you want to see covered? Email us at health.wellness@vanderbilt.edu.

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” – Aristotle

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The Healthy Pulse
FOR FACULTY AND STAFF AT VANDERBILT

VU Kicks Butts

Smoking is on the decline at Vanderbilt University. The smoking rate at VU decreased from 9.7% in 2003 to 4.6% in 2016. Among the 3,591 employees who participated in Go for the Gold in 2016, only 166 were smokers. The type of tobacco or nicotine products were: 124 cigarettes, 17 e-cigarettes, 11 smokeless, 7 cigars, 7 other. If you need help quitting smoking, the Occupational Health Clinic’s Quit Rx Program is here for you. Visit healthandwellness.vanderbilt.edu/news/2011/09/quit-rx for details.

Data sources:
Vanderbilt: Go for the Gold reports