

WellnessMemo

www.ima-net.org



A newsletter of the Illinois Manufacturers' Association

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BRIEFLY

Lock it up: Medicine safety in your home

Every year thousands of children are hospitalized — and some die — after taking medicine not meant for them. Teens share stolen prescription drugs at “pharm parties” and toddlers are tempted by colorful pills that look like candy. In this Consumer Update video

(www.fda.gov/ForConsumers/ConsumerUpdates/ucm272905.htm), FDA pharmacist Connie Jung explains how you can prevent harm by locking your medicine up.

The Heart Truth® professional education program: Free resources on heart disease

Awareness of heart disease among women has nearly doubled in the last 12 years, but it remains the #1 killer of women. More than 60 percent of women ages 20-39 and more than 80 percent of women ages 40-60 have one or more modifiable risk factors for heart disease.

Through our partnership with the National Heart, Lung, and Blood Institute, the Office on Women's Health (OWH) is pleased to invite you to browse new Heart Truth Professional Education Program (www.womenshealth.gov/heart-truth/?source=gov-delivery) materials on women's heart disease prevention. Learn about motivational interviewing to support heart healthy behaviors and evidence-based prevention strategies and tools. These new resources have been updated to reflect the American Heart Association's newest cardiovascular disease guidelines for women.

The OWH encourages you to use these resources and stay up-to-date on women's heart disease risk and prevention. Join the Million Hearts movement (<http://millionhearts.hhs.gov/?source=govdelivery>), the National Heart, Lung, and Blood Institute's The Heart Truth campaign (<http://www.nhlbi.nih.gov/educational/hearttruth/?source=govdelivery>), and our Make the Call. Don't Miss a Beat. (<http://www.womenshealth.gov/heartattack/?source=govdelivery>) campaign. Help prevent one million heart attacks and strokes over the next five years!

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Diabetes prevention: Four changes can cut your risk in half

The odds of developing type 2 diabetes are determined partly by genes and partly by lifestyle. Making some simple healthy choices now may help prevent the disease, even if you already have prediabetes.

Are you at risk?

The following are risk factors for type 2 diabetes. The more of these that apply to you, the more likely that you are at risk for diabetes.

- Age 45 or older
- Overweight (BMI of 25 to 29.9) or obese (BMI of 30 or higher)
- Parent, brother or sister with diabetes
- Alaska Native, American Indian, African-American, Hispanic/Latino, Asian-American or Pacific Islander heritage
- Female with a history of gestational diabetes or had a baby heavier than 9 pounds at birth
- High blood pressure (140/90 mm Hg or higher)
- HDL cholesterol lower than 35 mg/dl or triglycerides higher than 250 mg/dl
- Exercise fewer than three times a week
- Polycystic ovary syndrome
- History of heart or blood vessel disease
- Prediabetes (blood glucose levels that are higher than normal, but not yet high enough to be diagnosed as diabetes)

Four changes you can make today

You can cut your risk by more than half with modest lifestyle changes. For example, losing just 5-7 percent of your body weight if you are overweight can cut diabetes risk by nearly 60 percent. Making these four changes can help you stay healthy and may even help reverse prediabetes:

1. Choose foods wisely. Create meals that feature vegetables and whole grains. Cut back on total fat, saturated fat, sugar, salt and refined grains.
2. Move your body. Exercise helps your

body use insulin, and it burns calories, which helps you reach and maintain a healthy weight. Be active for at least 30 minutes most days.

3. Eat smaller portions. This helps control your weight by reducing your calorie intake. Need help cutting back on how much you eat? Ten minutes before your meal, drink a glass of water to help you feel full on less food.
4. Ask for help. High blood pressure, high triglycerides and low HDL, or “good” cholesterol, contribute to diabetes risk. So do smoking, depression and too little or too much sleep. Ask your doctor for help with these issues.

The importance of screening

Early symptoms of type 2 diabetes include:

- Excessive thirst and frequent urination
- Weight loss, fatigue and drowsiness
- Frequent skin, gum, bladder or vaginal infections
- Slow healing of cuts and bruises
- Blurred vision
- Numb hands or feet

Diabetes often strikes without warning. And the symptoms of diabetes may be so mild that they go unnoticed. That's why it's important to get screened for the disease on a regular basis.

The American Diabetes Association recommends you have a fasting plasma glucose test or an oral glucose tolerance test if either of these is true:

- You are age 45 or older.
- You are overweight or obese and have any other risk factor for diabetes (described above).

If your results are normal, it is recommended that you get tested again within three years. If you have prediabetes, you

See **DIABETES PREVENTION**, page 2

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BlueCross BlueShield of Illinois
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should get retested within two years. Speak with your doctor to find out when testing is right for you.

Sources: Centers for Disease Control and Prevention; National Institutes of Health; American Diabetes Association

Stop smoking with support and effective planning

An estimated 46 million adults in the United States currently smoke.

Approximately half will die prematurely from smoking.

The good news? Quitting smoking can lead to immediate and long-term health benefits. Stopping isn't easy, but when you know what your options are and where to go for help, you'll have a better chance of success.

Prepare the way

Now that you've decided to stop smoking, you will need to set a quit date. Change your environment by getting rid of all cigarettes and ashtrays in your home, car and workplace. Don't let people smoke in your home.

Now is a good time to review your past attempts to quit. Think about what did and didn't work.

Gather your resources

Studies have shown that you have a better chance of being successful if you have help. Ask for support from family, friends and co-workers. Talk to your health care provider and get individual, group or telephone counseling.

Programs are also available at local hospitals and health centers. Some programs can lead you through the process of cutting back gradually over a period of weeks. These stepped withdrawal programs increase the chances of success for many people.

Some step-down programs use nicotine-replacement therapy. The nicotine patch cuts down the level of nicotine in your system gradually. This therapy appears to offer a major benefit. Trials involving 40,000 smokers showed that the chances of quitting can be increased by 50 percent to 70 percent with the patch.

There are some medications available that may help you quit.* Talk to your health care provider before you try any medications. Be sure to carefully read the information on the package.

Behave yourself

Smoking is a habit, so it's only natural to think about it when you're trying to quit. Learning new behaviors can help distract you from the urges to smoke. Try talking to someone, going for a walk or getting busy with a task.

Try, try again

Most relapses occur within the first three months after quitting. Don't be discouraged if you start smoking again. Remember that most people try several times before they finally quit. Review your reasons for quitting, and focus on the health and lifestyle benefits of not smoking.

Check out these helpful resources:

- American Cancer Society, 800-ACS-2345
- American Heart Association, 800-AHA-USA1
- American Lung Association, 800-LUNG-USA
- The Smoking Quitline of the National Cancer Institute, 877-44U-QUIT, 800-QUIT-NOW, 800-784-8669; TTY 800-332-8615

**Check to see if your benefit plan covers smoking cessation medication.*

Sources: National Center for Chronic Disease Prevention and Health Promotion; American Cancer Society; American Lung Association

What does making the right choice for your health really mean?

We all face choices each day . . .

Often the right choice is obvious, but not easy to follow through on. We all know an apple is better than a cookie, water is better than a soda and a twenty-minute walk is better than collapsing on the couch. Other times, the right choice is more complicated. For example, when you look at a food label, do you know how much fat or sodium is an acceptable amount?

No one is perfect all the time. Sometimes making the right choice is a compromise. Make a commitment to have five servings of fruits and vegetables each day by including a healthy salad in at least one of your meals. Then reward yourself with a tiny portion of a dessert you love. Or maybe you are used to eating a fast food lunch five times a week. Make a deal with yourself to cut that back to two times a week. And experiment by trying some of the fast food restaurant's healthier options. You can also try bringing a healthy lunch from home a few times a week. You might be surprised at how much money you save.

The right choice can mean different things to each of us. One person's goal to run five miles several times a week is very different from another person's goal to walk one mile three times a week. Goals are not a one-size-fits-all proposition.

Do what's right for you, but do something that improves your health!

Include recovery time in your exercise plan

When you think about getting in shape, you might flash back to '80s movie montages of jogging up stairs, hitting punching bags and practicing martial arts moves. But if the movies had it right, they'd also show the hero kicking back with a glass of chocolate milk — when it comes to getting in shape or improving performance, recovery time is just as important as working out. Exercise creates micro-tears in muscle fibers. The body repairs those muscles, making them stronger than they were before the workout. But muscle repair takes time. If you exercise before your muscles recover, you increase the damage. Over a period of time, you'll actually sabotage your performance by repeatedly breaking down muscle without giving it a chance to rebuild. The faster your body can recover after exercise, the stronger you'll get, because you'll be able to exercise at a higher level more frequently. Here are some tips for improving muscle recovery for better performance:

Fuel your muscles. Muscle recovery starts right after a workout, so you should give your body the nutrients it needs to rebuild muscle as soon as possible. Drink water and electrolytes immediately after exercise. Exercise uses up muscles' glycogen energy stores, so replenish them with simple carbohydrates. Make sure to eat protein within two hours after working out. In one study, those who drank chocolate milk after exercise recovered more quickly than those who drank a sports beverage, probably due to milk's balance of minerals, carbohydrates and protein.

Increase circulation. The more blood going to your legs, the better. Stretching and massage can help your muscles release toxins.

Rest. Getting a full eight hours of sleep will help your body recover. On a similar note, give your body time to rebuild between workouts. Most athletes include one or two recovery days in their training programs, when they will either not exercise or will perform a low-intensity activity, such as walking.

Food safety tips for healthy holidays

Parties, family dinners, and other gatherings where food is served are all part of the holiday cheer. But the merriment can change to misery if food makes you or others ill.

Typical symptoms of foodborne illness are vomiting, diarrhea, and flu-like symp-

See FOOD SAFETY TIPS, page 3

FOOD SAFETY TIPS *continued from page 2*

toms, which can start anywhere from hours to days after contaminated food or drinks are consumed.

The symptoms usually are not long-lasting in healthy people — a few hours or a few days — and usually go away without medical treatment. But foodborne illness can be severe and even life-threatening to anyone, especially those most at risk:

- older adults
- infants and young children
- pregnant women
- people with HIV/AIDS, cancer, or any condition that weakens their immune system
- people who take medicines that suppress the immune system; for example, some medicines for rheumatoid arthritis

Combating bacteria, viruses, parasites, and other contaminants in our food supply is a high priority for the Food and Drug Administration. But consumers have a role to play, too, especially when it comes to safe food-handling practices in the home.

“The good news is that practicing four basic food safety measures can help prevent foodborne illness,” says Marjorie Davidson, a consumer educator at FDA.

1. Clean:

The first rule of safe food preparation in the home is to keep everything clean.

Wash hands with warm water and soap for 20 seconds before and after handling any food. “For children, this means the time it takes to sing ‘Happy Birthday’ twice,” says Davidson.

Wash food-contact surfaces (cutting boards, dishes, utensils, countertops) with hot, soapy water after preparing each food item and before going on to the next item.

Rinse fruits and vegetables thoroughly under cool running water and use a produce brush to remove surface dirt.

Do not rinse raw meat and poultry before cooking. “Washing these foods makes it more likely for bacteria to spread to areas around the sink and countertops,” says Davidson.

2. Separate:

Don’t give bacteria the opportunity to spread from one food to another (cross-contamination).

Keep raw eggs, meat, poultry, seafood, and their juices away from foods that won’t be cooked. Take this precaution while shopping in the store, when storing in the refrigerator at home, and while preparing meals.

Consider using one cutting board only for foods that will be cooked (such as raw meat, poultry, and seafood) and another one for those that will not (such as raw fruits and vegetables).

Keep fruits and vegetables that will be eaten raw separate from other foods such as raw meat, poultry or seafood—and from kitchen utensils used for those products.

Do not put cooked meat or other food that is ready to eat on an unwashed plate that has held any raw eggs, meat, poultry, seafood, or their juices.

3. Cook:

Food is safely cooked when it reaches a high enough internal temperature to kill harmful bacteria.

“Color is not a reliable indicator of doneness,” says Davidson. Use a food thermometer to make sure meat, poultry, and fish are cooked to a safe internal temperature. To check a turkey for safety, insert a food thermometer into the innermost part of the thigh and wing and the thickest part of the breast. The turkey is safe when the temperature reaches 165°F. If the turkey is stuffed, the temperature of the stuffing should be 165°F. (Please read on for more pointers on stuffing.)

Bring sauces, soups, and gravies to a rolling boil when reheating.

Cook eggs until the yolk and white are firm. When making your own eggnog or other recipe calling for raw eggs, use pasteurized shell eggs, liquid or frozen pasteurized egg products, or powdered egg whites.

Don’t eat uncooked cookie dough, which may contain raw eggs.

4. Chill:

Refrigerate foods quickly because harmful bacteria grow rapidly at room temperature.

Refrigerate leftovers and takeout foods — and any type of food that should be refrigerated — within two hours. That includes pumpkin pie!

Set your refrigerator at or below 40°F and the freezer at 0°F. Check both periodically with an appliance thermometer.

Never defrost food at room temperature. Food can be defrosted safely in the refrigerator, under cold running water, or in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.

Allow the correct amount of time to properly thaw food. For example, a 20-pound turkey needs four to five days to thaw completely when thawed in the refrigerator.

Don’t taste food that looks or smells questionable. Davidson says, “A good rule to follow is, when in doubt, throw it out.”

Leftovers should be used within three to four days.

Use care with stuffing

In its Holiday Food Safety Success Kit, (<http://www.holidayfoodsafety.org>) the Partnership for Food Safety Education recommends:

- Whether it is cooked inside or outside the bird, all stuffing and dressing must be

See **FOOD SAFETY TIPS**, page 4

DATES OF NOTE

More information/events may be found at <http://www.ima-net.org/calendar.cfm> and <http://www.ima-net.org/MIT/open.cfm>
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November 21, 2010

IMA-MIT Event: Behavior Based Interviewing Skills — DePaul University O’Hare Campus, 8770 W. Bryn Mawr Ave., Chicago, 9:00 am-4:45 pm

Behavior based interviewing skills and techniques have been developed by understanding the principle that past performance and present behavior are the single best predictors of future employee retention and performance. Whether you’re an experienced or novice interviewer you will benefit from the skills and techniques and will be able to immediately apply them to reduce risks during the hiring process. The result? The ability to consistently avoid critical interviewing mistakes leading to better hires and a distinct competitive advantage for your organization. For more information or to register, visit <http://www.ima-net.org/nov-21-mit-event-behavior/?SSScrollPosition=0>.

December 2, 2011

IMA Annual Luncheon — Hotel InterContinental, Grand Ballroom, 505 N. Michigan Ave., Chicago

Breakout Sessions: 9:30-11:00 am. Reception & Exhibits: 10:30 am-Noon; Lunch: Noon-2:00 pm; Keynote speaker: Jeff Thredgold, CSP, Economic Futurist. Register today at <http://www.ima-net.org/dec2-2011-annual-luncheon/>.

January 18, 2012

IMA Breakfast Briefing: The Obama Labor Board and It’s Impact on Manufacturers

Mon Ami Gabi, Oak Brook Center Mall, Oak Brook, 8:00-11:00 am

The Obama Labor Board is attempting a fundamental re-examination of the legal framework for labor-management relations in the United States. Everything from Quickie Elections, Union Organizing Activities, Collective Bargaining, Employee rights within and outside the work place, Management Rights and more are under scrutiny. Manufacturers are being impacted, union and non-union workplaces alike. Learn about the evolving new direction of the NLRB and its Obama majority. Presenters from Chicago-based law firm Vedder Price PC will discuss and answer questions. For more information or to register, visit <http://www.ima-net.org/ima-breakfast-briefing-011812/>.

February 23, 2012

IMA Breakfast Briefing: Gaining Supply Chain Advantages through Superior Payment Practices, Mon Ami Gabi, Oak Brook Center Mall, Oak Brook, 8:00-11:00 am

Roberta Tamburrino, VP, Transportation Solutions Sales for U.S. Bank, will discuss topics such as: Supply chain challenges for 2012 and beyond – focus on payment challenges; New payment models that drive cost savings and process efficiencies; and How best practices in payment can result in improved carrier relationships, lower overall costs (including rates) and better business intelligence. For more information or to register, visit <http://www.ima-net.org/feb23-2012-breakfast-briefing-sl/>.

Recipes . . .

Holiday "tofu" pumpkin pie and more . . .

Tofu "Punkin" Pie

Let the Tofu flow with this delectable take on the classic autumn dessert!

Source: http://www.house-foods.com/Tofu/Recipes_detail.aspx?id=167

INGREDIENTS:

- 1 pkg (14 oz) House Foods Premium or Organic Tofu Firm
- 3/4 cup brown sugar
- 2 tsp cinnamon
- 1 can (16 oz) cooked pumpkin
- 1 prepared graham cracker pie crust

PREPARATION:

Preheat oven to 350°

In a blender or food processor, add all ingredients and blend thoroughly. Pour mixture into pie crust; bake in a 350° oven for 45 minutes or until set. Serve chilled.



Low Fat Crockpot Pork and Sweet Potato Stew

Come home to this simple and delicious crockpot pork and sweet potato stew, which can be enjoyed with a little rice on the side or with some whole grain bread to mop up the juices. *By Fiona Haynes, About.com Guide*

INGREDIENTS:

- 1 medium sweet potato, peeled and cut into chunks
- 1 large onion, chopped
- 2 stalks celery
- 1 large Granny Smith Apple, cut into chunks
- 1 large carrot, sliced
- 1 pound pork tenderloin, trimmed of fat, and cut into chunks
- 1/2 cup apple cider
- 3/4 cup fat-free, low-sodium chicken broth
- 1/2 tsp rosemary
- 1/2 tsp sage
- Freshly ground black pepper

Prep Time: 15 minutes • Cook Time: 9 hours • Total Time: 9 hours, 15 minutes • Serves 4

PREPARATION:

Spray the inside of a 3-4 quart slow cooker with nonstick cooking spray. Lay vegetables on the bottom of the crockpot, followed by pork. Pour apple cider and chicken broth over the pork and vegetables, and add herbs. Cover and cook on low for 7-9 hours. To thicken the juices, make a cornstarch slurry from 1/4 cup cornstarch and a 1/4 cup water, and stir into the stew about half an hour before serving.

Per Serving: Calories 321, Calories from Fat 41, Total Fat 4.6g (sat 1.4g), Cholesterol 72mg, Sodium 119mg, Carbohydrate 43.2g, Fiber 6.5g, Protein 26.8g

Low Fat Pinto Bean and Sweet Corn Chili

Enjoy this skillet pinto bean and sweet corn chili by itself or on a small bed of whole grain rice.

By Fiona Haynes, About.com Guide

INGREDIENTS:

- 1 medium onion, finely chopped
- 1 small green pepper, chopped
- 1 jalapeno or Serrano chile, finely chopped
- 1 tbsp chili powder
- 2 tsp cumin
- 1/2 pound extra-lean ground beef or turkey
- 1 15-ounce can crushed tomatoes
- 1 15-ounce can pinto beans
- 1 1/2 cups frozen sweet corn

Prep Time: 10 minutes • Cook Time: 20 minutes • Total Time: 30 minutes • Serves 4-6

PREPARATION:

Spray a large nonstick skillet with nonstick cooking spray. Sauté onion, green pepper and chile pepper over a medium heat, until onions have softened. Add chili powder, cumin and cook for 2 minutes until fragrant. Crumble ground beef or turkey and cook until no longer pink. Empty can of tomatoes, pinto beans and sweet corn into meat mixture and simmer for 10-15 minutes.

Per Serving: Calories 309, Calories from Fat 45, Total Fat 5g (sat 1.9g), Cholesterol 35mg, Sodium 229mg, Carbohydrate 47.9g, Fiber 8.8g, Protein 8.4g

FOOD SAFETY TIPS *continued from page 3*

- cooked to a minimum temperature of 165°F. For optimum safety, cooking your stuffing in a casserole dish is recommended.
- Stuffing should be prepared and stuffed into the turkey immediately before it's placed in the oven.
 - Mix wet and dry ingredients for the stuffing separately and combine just before using.
 - The turkey should be stuffed loosely, about 3/4 cup stuffing per pound of turkey.
 - Any extra stuffing should be baked in a greased casserole dish.
- The U.S. Department of Agriculture offers more information on stuffing safety at its Turkey Basics Web page (http://www.fsis.usda.gov/fact_sheets/Turkey_Basics_Stuffing/index.asp).

Information on food safety is available by phone at: The FDA Food Information Line, 888-SAFEFOOD (888-723-3366); The USDA Meat and Poultry Hotline, 888-MPHotline (888-674-6854) — TTY 800-256-7072.

Source: FDA's Consumer Updates, <http://www.fda.gov/ForConsumers/ConsumerUpdates/default.htm>.

Sitting all day is hazardous to your health

One of the major cost-drivers of health care today is musculoskeletal complaints and injuries. In this day and age of sustained sitting at workplaces — and with more Americans leading less-active, more-stressed lives — there is a significant need to address musculoskeletal health and well-being through worksite wellness. WELCOA contributor, Erik Nieuwenhuis, a physical therapist, ergonomics and worksite musculoskeletal health specialist at St. Luke's Health System in Sioux City Iowa, shares some of his musculoskeletal self-care articles to help you and your employees learn to prevent and find relief for musculoskeletal complaints.

- WorkSmart Stretching Poster
 - 'Snakebite' Away Carpal Tunnel And Tendonitis Pain
 - Switch To A 'Staggered Stance' For Lower Back And Shoulder Health
- All available at: www.welcoa.org/freere-sources/index.php?category=8

