NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

NDPERS Wellness
building healthy members

Coordinator Newsletter

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Heart disease is the No. 1 cause of death

About every 25 seconds, an American will experience a coronary event.

Heart disease is the leading cause of death in the United States and is a major cause of disability, according to the Centers for Disease Control and Prevention (CDC). The most common heart disease in the U.S. is coronary heart disease, which often appears as a heart attack.

In 2009, an estimated 785,000 Americans had a new coronary attack, and about 470,000 had a recurrent attack. Sadly, one person will die from a coronary event about every 60 seconds.

The risk of developing coronary heart disease can be reduced by taking steps to prevent and control factors that put people at greater risk. In addition, knowing the signs and symptoms of heart attack are crucial to the most positive outcomes after having a heart attack. People who have survived a heart attack can also work to reduce their risk of another heart attack or a stroke in the future. For more information on heart disease and stroke, visit CDC's Division for Heart.

Heart disease is the leading cause of death in North Dakota; more than one out of four deaths in the state are due to heart disease. Stroke is the third leading cause of death of North Dakotans. The cost of cardiovascular diseases in North Dakota is estimated at $920 million each year.

To reduce your risk of heart disease, follow these steps:

- Be more physically active
- Improve dietary habits
- Maintain a healthy weight
- Seek help to quit smoking

Worksites can help people address heart disease and stroke risk factors by helping employees to reduce cholesterol levels, manage diabetes and control high blood pressure.

Heart disease is the leading cause of death in North Dakota.

BlueCross BlueShield of North Dakota
An independent licensee of the Blue Cross & Blue Shield Association

Noridian Mutual Insurance Company

Celebrate American Heart Month by having your workplace participate in some of the following ideas:

- National Wear Red Day is February 4. Sponsor a competition among departments for the most red worn. Take a company photo and e-mail it to Joan.Enderle@heart.org for placement on the American Heart Association website.
- Encourage employees to write about how heart disease has affected their lives.
- Provide a CPR/Automatic External Defibrillator (AED) course.
- Contact Joan Enderle of the American Heart Association to do a presentation, such as the 2 point program.
- Participate in local and regional events sponsored by the American Heart Association.
- Tell employees about the Go Red for Women movement. Schedule a speaker.
- Provide blood pressure checks.
- Distribute a cookbook that contains nutritious, heart-healthy recipes.
- Invite a local dietitian to demonstrate how to make quick and easy heart-healthy meals.
- Provide cholesterol screenings.

Provide blood pressure checks.

Heart-Healthy Recipe provided by the Mayo Clinic: Buckwheat Pancakes

There's nothing like pancakes to start your day. Instead of maple syrup, top these pancakes with sliced strawberries or other types of fresh fruit such as sliced bananas or peaches.

Ingredients

2 egg whites

1 tablespoon canola oil

1/2 cup fat-free milk

1/2 cup all-purpose (plain) flour

1/2 cup buckwheat flour

1 tablespoon baking powder

1 tablespoon sugar

1/2 cup sparkling water

3 cups sliced fresh strawberries

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Directions

In a small bowl, whisk together the egg whites, canola oil and milk.

In another bowl, combine the flours, baking powder and sugar. Add the egg white mixture and the sparkling water and stir until slightly moistened.

Place a nonstick frying pan or griddle over medium heat. When a drop of water sizzles as it hits the pan, spoon 1/2 cup pancake batter into the pan. Cook until the top surface of the pancake is covered with bubbles and the edges are lightly browned, about 2 minutes. Turn and cook until the bottom is well browned and the pancake is cooked through, 1 to 2 minutes longer. Repeat with the remaining pancake batter.

Transfer the pancakes to individual plates. Top each with 1/2 cup sliced strawberries and serve immediately. Serves six people.

Nutritional Analysis (per serving)

Serving size: 1 pancake

Calories	134
Cholesterol	trace
Protein	5 grams
Sodium	149 milligrams
Carbohydrate	23 grams
Fiber	3 grams
Total fat	3 grams
Potassium	215 milligrams
Saturated fat	trace
Calcium	80 milligrams
Monounsaturated fat	2 grams

Top your pancakes with sliced strawberries or other types of fresh fruit.

Reminder: Worksite Wellness Plan year July 1, 2011, through June 30, 2012

Please remember to turn in all the proper paperwork to Rebecca Fricke of NDPERS by February 28 for your Worksite Wellness Plan and funding application. All forms are available on the NDPERS website: http://www.nd.gov/ndpers/insurance-plans/employer-based-wellness.html. You can e-mail Rebecca at rfricke@nd.gov.

Sites needed for retiree fair and summer workshop

I will be leading wellness retiree fairs in Minot, Fargo and Grand Forks in May and summer workshops will be held across the state for wellness coordinators in June, July or August. I need your help to find a location for these events. If your worksite would like to host the retiree fair or the summer workshop, please contact me at 701-277-2852 or marissa.parmer@bcbsnd.com.

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February 16 conference call/WebEX

Don't miss our 11 a.m. (CST) February 16 conference call/WebEx. Watch for an e-mail from Rebecca Fricke of NDPERS with more details.

- Phone number: 877-455-8688
- Access code: Code 858271

Helpful websites

Wellness coordinators have requested links to health and wellness websites. I will provide wellness links each month to help you promote wellness in your worksite.

- www.ndwellnesscenter.com
- www.ndworksitewellness.org
- https://www.bcbsnd.com/members/wellness/
- http://www.cdc.gov/wisewoman/resources.htm
- http://www.gorednd.com/resources/
- http://www.heart.org/HEARTORG/
- http://www.ndhealth.gov/
- http://www.diabetes.org/
- http://www.diabetesnd.org/
- http://www.ndhealth.gov/diabetescoalition/Documents/Diabetes%20 Brochure%20Listing.pdf
- http://www.ndep.nih.gov/
- http://www.nhlbisupport.com/bmi/bmicalc.htm
- http://www.cdc.gov/leanworks/
- http://www.welcoa.org/freeresources/pdf/10thingsyoucandorightnow.pdf
- http://www.welcoa.org/freeresources/pdf/aa_5.3_feb06.pdf
- http://www.ag.ndsu.edu/extension/

Visit wellness websites each month to help you promote wellness in your worksite.

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A Partnership For Worksite Wellness

NDPERS and BCBSND are working together to support and provide you and your fellow employees the opportunity to have a healthier and more engaged worksite through Worksite Wellness tools. We appreciate feedback on all our wellness tools to serve your worksite better and welcome your suggestions.

Please take time to fill out surveys we may submit to you from time to time to evaluate these programs.

Here is a list of contacts that will be useful to you as a Wellness Coordinator:

Working together to provide a healthier and more engaged worksite.

Marissa Parmer
BCBSND/NDPERS
701-277-2852
marissa.parmer@bcbsnd.com
Main resource contact.
Direct any general wellness program questions and or assistance with developing your worksite wellness programs to the next level to Marissa.

Rebecca Fricke
NDPERS
rfricke@nd.gov
Direct 1% premium questions, points on programs, updating coordinator information, status or questions on application process or forms to Rebecca.

Kathy Allen
NDPERS
kallen@nd.gov
Direct funding program questions to Kathy.

Onalee Sellheim
BCBSND
onalee.sellheim@bcbsnd.com
Direct questions on benefit plans or schedule Member Education programs through Onalee.

Jodi Crouse
BCBSND
jodi.crouse@bcbsnd.com
To collect aggregate data on your employer from the HRA, MHC and HCC contact Jodi.

Milissa Van Eps
BCBSND
701-795-5360
Contact Milissa to set up a Member Education program.

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