



**NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM**



Coordinator Newsletter

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March 2011 PERS WC Newsletter

March is National Nutrition Month. Each year, the American Dietetic Association creates an educational campaign that focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The 2011 theme is "Eat Right with Color." This month is a perfect time to introduce better nutrition habits in the workplace.

Here are just a few suggestions of how to celebrate National Nutrition Month at your worksite. Always check with your supervisor and Legal Department before events.

- Have a healthy recipe contest
- Distribute a healthy recipe cookbook
- Have a registered dietitian speak with your employees
- Have a BCBSND Member Education Consultant speak on BCBSND's new nutrition program
- Sponsor a food drive for a local shelter
- Distribute coupons to local restaurants, grocery stores or your cafeteria for healthy choice meals
- Have a table for sampling different colored fruits and vegetables
- Provide a fruit basket in the break room
- Invite North Dakota State University Extension to speak on nutrition topics
- Offer a fruit and vegetable challenge
- Distribute posters or brochures of nutrition tips based on the Food Pyramid
- Coordinate a healthy "food walk" in place of a typical "cake walk"
- Obtain donated fruit or vegetable baskets, and host a silent auction to raise money to support your wellness budget
- Schedule a grocery store tour with a dietitian to know how to shop and be healthy



**BlueCross
BlueShield
of North Dakota**

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Blue Cross & Blue Shield Association

Noridian Mutual Insurance Company

Top 10 reasons to consult with a Registered Dietitian (RD)

National Registered Dietitian Day is March 9. The American Dietetic Association explains how a consultation with an RD may help you.



National Registered Dietitian Day
is March 9.

- 1. You have diabetes, cardiovascular problems or high blood pressure.** An RD serves as an integral part of your health care team by helping you safely change your eating plan without compromising taste or nutrition.
- 2. You are thinking of having or have had gastric bypass surgery.** Because your stomach can only manage small servings, it's a challenge to get the right amount of nutrients in your body. An RD will work with you and your physician to develop an eating plan for your new needs.
- 3. You have digestive problems.** An RD will work with your physician to help fine-tune your diet, so you are not aggravating your condition with fried foods, too much caffeine or carbonation.
- 4. You're pregnant or trying to get pregnant.** An RD can help make sure you get nutrients like folate, especially during the first three months of pregnancy, lowering your newborn's risk for neural tube or spinal cord defects.
- 5. You need guidance and confidence for breast-feeding your baby.** An RD can help make sure you're getting enough iron, vitamin D, fluoride and B vitamins for you and your little one.
- 6. Your teenager has issues with food and eating healthfully.** An RD can assist with eating disorders like anorexia, bulimia and overweight issues.
- 7. You need to gain or lose weight.** An RD can suggest additional calorie sources for healthy weight gain or a restricted-calorie eating plan plus regular physical activity for weight loss while still eating all your favorite foods.
- 8. You're caring for an aging parent.** An RD can help with food or drug interaction, proper hydration, special diets for hypertension and changing taste buds as you age.
- 9. You want to eat smarter.** An RD can help you sort through misinformation, learn how to read labels at the supermarket, discover that healthy cooking is inexpensive, learn how to eat out without ruining your eating plan and how to resist workplace temptations.
- 10. You want to improve your performance in sports.** An RD can help you set goals to achieve results—whether you're running a marathon, skiing or jogging with your dog.

To find an RD in your area, visit the American Dietetic Association at www.eatright.org/.

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Layer low-fat yogurt with your favorite crunchy cereal and sliced fruit or berries.

Breakfast Packs a Punch

The American Dietetic Association believes the most important meal of the day is breakfast. Try some of these quick ideas for the extra umph in your morning routine.

- Make instant oatmeal with milk instead of water. Mix in raisins or dried cranberries. Top with chopped walnuts.
- Layer low-fat yogurt with your favorite crunchy cereal and sliced fruit or berries.
- Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
- Top a bowl of whole-grain cereal with blueberries, sliced peaches or any favorite fruit. Pour on low-fat or fat-free milk.
- Top a toaster waffle with low-fat yogurt and fruit.

March 22 WebEX

Learn all about the enhanced MyHealthCenter site that will be launched April 4. Find out all the details on our 11 a.m. (CST) March 22 WebEx. Watch for an e-mail from Rebecca Fricke of NDPERS with more information.

2011 Summer Wellness Coordinator Workshop Schedule

- Please plan to attend one of these workshops to obtain your 1 point.
- Parking and room details will announced closer to workshop date.
- RSVP to me at marissa.parmar@bcbsnd.com or 701-277-2852. The earlier the better!
- If numbers are small, the workshop could be cancelled.

Burlington (near Minot):

9 a.m.-12:30 p.m.
June 1, Des Lacs Elementary
RSVP by May 27

Grand Forks:

12:30-4 p.m.
July 19, Grand Forks School of the Blind
RSVP by July 15

Fargo:

12:30-4 p.m.
June 9, BCBSND Building
RSVP by June 3

Williston:

8:30 a.m.-noon
July 26, Williston Upper Missouri
District Health Unit
RSVP by July 22

Dickinson:

12:30-4 p.m.
June 15, Dickinson State University
RSVP by June 10

Bismarck:

8:30 a.m.-noon
July 27, Bismarck State College

Bismarck:

8:30 a.m.-noon
June 28, Bismarck State College

Bismarck:

1-4:30 p.m.
July 27, Bismarck State College
RSVP by July 22

1-4:30 p.m.
June 28, Bismarck State College
RSVP by June 24

Education and Training events

If you are looking for more education and training opportunities, visit www.ndworksitewellness.org/events.

Here are some national events that may interest you.

March 9-10, 2011

University of Michigan Health Management Research Center (HMRC)
29th Annual Wellness in the Workplace Conference
Ann Arbor, Mich.

March 21-25, 2011

Art & Science of Health Promotion Conference:
What Works Good, Better, Best in Health Promotion?
Colorado Springs, Colo.

April 4-6, 2011

Institute for Health and Productivity Management (IHPM)
10th Annual Health & Productivity Conference
Orlando, Fla.

April 13-16

American College of Sports Medicine (ACSM)
14th Annual Health & Fitness Summit
Anaheim, Calif.

National Nutrition Month resources

If you're looking for more information to celebrate National Nutrition Month, check out these resources.

www.eatright.org

www.fruitsandveggiesmatter.gov

www.mypyramid.gov

www.letsmove.gov

www.ahealthieramerica.org/

www.fitness.gov

www.healthyheartprogram.com/healthyideas

www.ag.ndsu.edu/pers/

www.healthynd.org/yearsoffruitsveggies.html

www.fruitsandveggiesmorematters.org

www.ndworksitewellness.org

www.bcbsnd.com

www.ndwellnesscenter.com

<http://www.nd.gov/ndpers/insurance-plans/employer-based-wellness.html>

www.nd.gov/ndpers



Celebrate National Nutrition Month and check out the online resources listed.

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:

Marissa Parmer

BCBSND/NDPERS

701-277-2852

marissa.parmar@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 if you are located in eastern North Dakota to set up a Member Education program.



Working together to provide a healthier and more engaged worksite.