NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM

NDPERS Wellness
building healthy members

Coordinator Newsletter

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March is Colorectal Cancer Awareness Month

Colorectal cancer is often diagnosed after symptoms appear, but most people with early colon or rectal cancer don't display symptoms of the disease until it reaches a more advanced state. That's why getting the recommended screening tests before any symptoms develop is so important.

Colorectal cancer may cause one or more of the symptoms below. If you experience any of the following you should see your doctor:

- A change in bowel habits, such as diarrhea, constipation or narrowing of the stool, that lasts for more than a few days
- A feeling that you need to have a bowel movement that is not relieved by doing so
- Rectal bleeding, dark stools or blood in the stool (often, though, the stool will look normal)
- Cramping or abdominal (stomach) pain
- Weakness and fatigue
- Unintended weight loss

Most of these symptoms are more often caused by conditions other than colorectal cancer, such as infection, hemorrhoids or inflammatory bowel disease. Still, if you have any of these problems, it's important to see your doctor right away so the cause can be found and treated, if needed.

Could you be at risk for colorectal cancer?

National Nutrition Month: Myths and facts about your metabolism

Metabolism is the process by which our bodies convert what we eat into the energy we need to survive and function. It powers everything from breathing to blinking. A fast metabolism is like a hot furnace that burns through fuel (calories) quickly. A slow metabolism needs less fuel to keep a body running.

March is National Nutrition Month, so let's discuss some of the myths and facts about metabolism.

Claim: Our metabolic rates can't change.

The truth: Genetics help determine our metabolic rates, but we can boost metabolism by increasing lean muscle mass. Muscle burns more calories per hour than fat, which means that people with lean, muscular bodies need more calories to function than people with a higher percentage of body fat.

Muscle mass decreases with age, which slows metabolic rates by 2 to 8 percent per decade. But you can counteract this process by lifting weights.

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Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross Blue Shield Association

Noridian Mutual Insurance Company

Claim: A diet of green tea and chili peppers will boost metabolism.

The truth: No food will speed up metabolism. Some studies have shown that green tea and hot chilies temporarily boost metabolic rates, but the lift is isn't enough to offset eating too many calories.

Claim: Eating late at night slows metabolism.

The truth: There is little scientific evidence to support the fact that eating after 8 p.m. causes weight gain. However, you may be more likely to snack in the evenings while watching television. Calories in these snacks add up, and that can cause weight gain.

Claim: Very low calorie diets and skipping meals can jumpstart weight loss.

The truth: Weight loss is all about creating an energy deficit — ingesting fewer calories than your body expends each day — but creating too large of a calorie deficit can backfire. Severely limiting calories can make your body think it's entering a famine, and that it needs to do more with fewer calories. Your body adapts to the restricted caloric intake, and uses fewer calories to perform the same tasks.

National Walking Day is April 3

The American Heart Association's National Walking Day is April 3. Download a free tool kit with resources and tips on how to easily promote National Walking Day at your worksite. Visit http://www.startwalkingnow.org/about_start_walking_day.jsp

National Walk@Lunch Day℠

Plan to take part in the National Walk@Lunch Day!

Plan to participate in the National Walk@Lunch Day

Get up from your desk and on your feet for a walk at lunch on April 24 for National Walk@Lunch Day!

National Walk@Lunch Day is designed to complement — not compete with — your busy lifestyle. Created to improve personal health and decrease the costs of health care for employers and employees, National Walk@Lunch Day is the start of your new daily walking routine, helping you to improve your health step by step.

Participation is fun and easy. On Wednesday, April 24, local Blue Cross and Blue Shield companies, businesses large and small and state legislatures across the nation will encourage employees to wear comfortable shoes and take a walk at lunch.

You can use Google maps or MapMyRun to plot out a route near your workplace or home.

BCBSND and NDPERS will be hosting a walk at the Bismarck Capitol from 11:30 a.m. to 1 p.m. We encourage you to join us if you are in the area, or plan to host a walk at your own worksite. If you are interested in hosting a walk, here are some planning tips:

- Get approval from any necessary parties to host a National Walk@Lunch Day walk on behalf of your organization
- Organize a planning team or use your wellness committee to plan the walk

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NDPERS Wellness Consultant
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- Determine site and walk route
  - Have marked start/end points (mark with balloons/signs)
  - Have an inside route prepared as a back-up plan for inclement weather if possible
- Contact any necessary public safety departments to ensure the safety of your event
- If you are hosting in a public space, obtain necessary permits and make necessary reservations
- Design and print promotional materials/signs/banners/etc.
- Distribute promotional event materials to target audiences
- Finalize and distribute news release to local media
- Contact me at stacy.duncan@bcbsnd.com to let me know if you are planning a walk
- Finalize a detailed "Run-of-Show" for the planning team, outlining components of the event
- Conduct any final outreach to participants the morning of the walk
- WALK!!!
- Send letters of thanks to those who helped with the planning and execution of the walk
- EVALUATE and modify plans for next April

Eat greens for Earth Day

Try this tasty recipe the American Heart Association's Face the Fats Campaign.

Spring Greens with Salmon and Apricot-Ginger Vinaigrette

Ingredients

Apricot-Ginger Vinaigrette
1/4 cup all-fruit apricot spread
1/4 cup fresh orange juice
2 tablespoons white wine vinegar
1 tablespoon sugar
2 teaspoons grated peeled gingerroot
1/8 teaspoon crushed red pepper flakes
1/8 teaspoon salt

Salad
4 cups mixed salad greens (spring mix preferred), torn into bite-size pieces
2 cups baby spinach leaves
1 cup shredded red cabbage
1 cup fresh or frozen snow peas, thawed if frozen, trimmed and halved diagonally
1 7.1-ounce vacuum-sealed pouch pink salmon

Try this recipe on Earth Day.

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Cooking Instructions

In a food processor or blender, process the vinaigrette ingredients until smooth. Put the salad ingredients except the salmon on a serving platter. Pour the dressing over the salad. Toss gently. Crumble the salmon on top. Serve immediately for peak flavors and texture.

Nutritional Analysis	Per serving
Calories Per Serving	128
Total Fat	2 g
Saturated Fat	1 g
Trans Fat	0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0.5 g
Cholesterol	18 mg
Sodium	366 mg
Carbohydrates	17 g
Fiber	3 g
Sugar	12 g
Protein	11 g

Dietary Exchanges
1/2 fruit, 1 vegetable, 1 1/2 very lean meat

Gearing Up for Worksite Wellness Training

Registration Date	Location	Due Date
April 22-23	Minot, TBA	April 12
Spring 2013	Bismarck, Bismarck-Mandan Chamber of Commerce	TBD

Remember, NDPERS Wellness Coordinators qualify for the discounted rate of $99.

If you are interested, email stacy.duncan@bcbsnd.com for an NDPERS-specific registration form if you do not have one already.

Looking for other Worksite Wellness ideas? Join the North Dakota Worksite Wellness Blog: https://www.ndworksitewellness.org/blog/

Attend a training event near you!

Monthly Wellness Consultant call/webinar schedule

Mark your calendar for these WC calls and webinars:

- Wednesday, March 6 at 11 a.m. CST
- Wednesday, April 10 at 1 p.m. CST
- Wednesday, May 8 at 11 a.m. CST

To join the monthly call/webinar: Go to http://www.webmeeting.att.com

Meeting number: 866 680 0148 Code: 704446
For audio: Dial 1-866-680-0148 Code: 704446

Friendly reminder: Please mute your phones during calls as a courtesy to other listeners. If your phone does not have a mute button, dial #0 and then select option 1. To comment or ask a question, you can un-mute by again dialing #0-1. We would also like to ask that you avoid putting your line on hold, as the background music can be heard by all other participants. Thank you.

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Coming up in April

- Alcohol Awareness Month
- Irritable Bowel Syndrome Awareness Month
- National Distracted Driving Month
- National Walking Day: April 3
- World Health Day: April 7
- Tax Day: April 15
- Earth Day: April 22
- Administrative Professionals Day: April 24
- National Walk@Lunch Day: April 24

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:

Stacy Duncan
NDPERS Wellness Consultant
701-277-2884
stacy.duncan@bcbsnd.com
Tara is your main resource contact. She can help you with general wellness program questions and assist you with enhancing your worksite wellness programs.

Rebecca Fricke
NDPERS
rfricke@nd.gov
Rebecca can help you with 1% premium questions, points on programs, updating coordinator information and the status or questions about the application process or forms.

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

Onalee Sellheim
BCBSND
onalee.sellheim@bcbsnd.com
Direct questions about 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 Health Reimbursement Arrangements, My Health Center and Health Club Credit, contact Jodi.

Milissa Van Eps
BCBSND
milissa.van.eps@bcbsnd.com
701-795-5360
Contact Milissa to set up a Member Education program if you are located in eastern North Dakota.

Heather Horner
BCBSND
heather.horner@bcbsnd.com
701-200-3905 (cell)
Contact Heather to set up a Member Education program if you are located in western North Dakota.

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