



**NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM**



Coordinator Newsletter

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10 risk factors of colon cancer

Colon cancer is the second leading cause of cancer death in the U.S. The good news is that it's also one of the most preventable.

March is Colorectal Cancer Awareness Month.

Most people do not look forward to having a colonoscopy. But it's important to overcome any fear or embarrassment to be able to detect colon cancer in its earliest stages. Polyps are tiny, pimple-like growths found in the colon. If they are not detected, they can become cancerous and grow benign and malignant tumors. These tumors can then spread throughout the body if nothing is done to screen, prevent or treat them. The only way to detect colon polyps is by colonoscopy.

These 10 factors may increase your risk for colon cancer:

1. **Age.** People older than age 50 tend to get colon cancer more frequently than those younger than 50.
2. **African American.** African Americans are statistically more likely to get colon cancer.
3. **History of colon polyps.** If you've been screened before and polyps were removed, you may be more prone to developing colon cancer.
4. **Inflammatory diseases.** Crohn's disease and other bowel diseases increase your chances of getting colon cancer.
5. **Inherited diseases.** While rare, some families have inherited conditions that increase their risk for colon disease.
6. **Family history of colon cancer or polyps.** If you have a parent, sibling or child who has or had colon cancer, you may have a greater risk.
7. **Obesity.** People who are overweight or obese are more likely to develop colon cancer, among other diseases.
8. **Lack of exercise.** People who don't get their heart pumping tend to develop colon cancer and other diseases.
9. **Smoking.** Tobacco use has been shown to increase the likelihood of getting colon cancer.
10. **Alcoholism.** Heavy use of alcohol also increases the chances of developing many diseases, including those of the colon.



Find out if you're at risk for
colon cancer.



Blue Cross Blue Shield of North Dakota is an
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Blue Shield Association

Noridian Mutual Insurance Company

Remember, much of the time, colon cancer does not have symptoms, especially at its earliest stages. However, if you are experiencing one or more of the following symptoms, be sure to see your doctor.

- Unusual change in bowel habits, like diarrhea or constipation or a change in the consistency of your stool
- Bleeding in your rectum or blood in your stool
- Persistent stomach pain, cramps or gas
- Feeling like you need to have a bowel movement when you don't
- Prolonged weakness or fatigue
- Unexplained weight loss

Eat right to prevent cancer

A healthy diet can lower your risk for developing cancer. And if you are battling cancer, eating right give you the strength you need to get through treatment and beyond.

The Academy of Nutrition and Dietetics offers these tips for healthy eating:

- Maintain a healthy weight
- Limit foods that are high in calories and fat and low in nutrients.
- Fill half your plate with fruits and vegetables, including beans.
- Limit alcohol.

Nutrition tips for busy families

If you have a busy family, you know how challenging it can be to make sure everyone eats right. See these tips for [eating on the go](#). These suggestions for snacks and selecting healthful items when eating fast food will help keep everyone strong.

Healthy activities spotlight

Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer. Screening helps to detect it in its earliest stages.

You can raise awareness for colorectal cancer using this [handy toolkit](#) from the U.S. Department of Health and Human Services.

Healthy recipes

Spinach and mushroom stuffed chicken

This easy to make recipe from the American Diabetes Association provides protein and some vegetables.

Ingredients

cooking spray

1 Tbsp olive oil

1/2 cup frozen chopped spinach, thawed and drained

1 cup mushrooms, finely chopped



Eat plenty of fruits and vegetables to prevent cancer.

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1 clove garlic, minced
4 (4 oz) skinless, boneless chicken breasts
4 wedges Laughing Cow Creamy Swiss Garlic and Herb cheese
1/4 tsp ground black pepper
1/2 tsp paprika
4 toothpicks

Instructions

Preheat the oven to 350 degrees F. Spray a baking dish with cooking spray.

Add the oil to a medium sauté pan over medium-high heat. Add the spinach and sauté for 3 minutes. Add the mushroom and cook an additional 4-5 minutes. Add the garlic and sauté for 30 seconds.

Place one chicken breast on a cutting board and cover it with plastic wrap. Pound the chicken with a meat tenderizer or rolling pin until it is about 1/4-inch thick. Repeat this process for the other 3 chicken breasts.

Spread 1 Laughing Cow cheese wedge on one side of one chicken breast. Spread 1/4 cup of the spinach mushroom mixture on top of the cheese. Roll the chicken breast and secure the seam with a toothpick. Repeat this procedure for the 3 remaining chicken breasts.

Sprinkle the chicken breasts with pepper and paprika. Place the rolled chicken breasts on a baking dish and bake for 30-40 minutes or until done.

To serve, remove the toothpicks and slice each breast into 5 rounds.

Nutrition facts

Serving Size: 1 chicken breast

Calories	205
Carbohydrate	3 g
Protein	27 g
Fat	8.0 g
Saturated Fat	2.3 g
Sugar	1 g
Dietary Fiber	1 g
Cholesterol	70 g
Sodium	285 mg
Potassium	355 mg

National Walking Day is April 1

These days, we're spending more time at work and sitting in front of a screen than ever before. We're becoming less active, which can increase our risk of heart disease, stroke and other diseases.

Take the first step to a healthier life by taking part in the American Heart Association's National Walking Day on Wednesday, April 1. On this day, Americans are encouraged to lace up their sneakers and take 30 minutes out of their day to get up and walk.

Register now for your [free toolkit](#) materials and how-to information for workplaces, schools, individuals and community organizations.



Looking for a new meal to serve company?

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Get your company the healthy recognition it deserves

The American Heart Association's Fit-Friendly program recognizes employers who champion the health of their employees and work to create a culture of physical activity and health in the workplace.

Becoming a Fit-Friendly Worksite is simple and fast with an easy online application process at <http://ffc.heart.org>. Take your first step in becoming a Fit-Friendly Worksite! You can renew your application there, too. The next application and renewal deadline is April 1.

N.D. Worksite Wellness Summit West comes to Bismarck

You asked for it! You've got it. Organizers of the North Dakota Worksite Wellness Summit are responding to requests for a summit to be held in western North Dakota.

Blue Cross Blue Shield of North Dakota and the North Dakota Department of Health will co-sponsor the first ever N.D. Worksite Wellness Summit West to be held from 9 a.m. to 2 p.m. CDT on Wednesday, May 13, at the National Energy Center (NECE) on the Bismarck State College campus.

You'll learn how to do brain booster activities at work from Dr. Terri Eckmann of Minot State University and how to create a healthy worksite from Dr. Casey Chosewood of the Centers for Disease Control and Prevention. Justin Welk of Sundog Interactive will tell about the link between work culture and well-being.

You won't want to miss this event.

"We are really excited about bringing the summit to Bismarck," said North Dakota Worksite Wellness Administrator Pete Seljevod. "The link between work culture and well-being is such a hot topic, and we are pleased that we can start the conversation in Bismarck."

You can register at <http://www.eventbrite.com/e/2015-north-dakota-worksite-wellness-summit-west-tickets-15710603839?aff=erelexporg>.

Monthly Wellness Coordinator call/webinar schedule

Mark your calendar for these Wellness Coordinator calls and webinars:

- **Wednesday, March 4, at noon CST**
To join the March call/webinar: Go to (#790 868 544)
<https://meetingcenter33.webex.com/meetingcenter33/onstage/g.php?t=a&d=790868544>
- **Wednesday, April 1, at 1 p.m. CST**
To join the April call/webinar: Go to (#799 701 918)
<https://meetingcenter33.webex.com/meetingcenter33/j.php?MTID=m0ca031f00793948eb53eafc4d6dc5cb7>
- **Wednesday, May 6, at 11 a.m. CST**
To join the May call/webinar: Go to (#791 768 073)
<https://meetingcenter33.webex.com/meetingcenter33/j.php?MTID=m0795edc09c430fd3e7b39ab625ff1866>

For audio: Dial 1-877-899-3892 Code: 5582715019

If you receive the error message "this meeting is cancelled," go to the home page of the meeting center and search for "NDPERS Wellness Coordinator Call."



Mark your calendar for the wellness coordinator calls and webinars.

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Friendly reminder: Please mute your phones during the calls as a courtesy to other listeners. If your phone does not have a mute button, dial *6 and then select option 1. To comment or ask a question, you can un-mute by again dialing #6. 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.

Coming up in April

Consider promoting these events next month!

- Alcohol Awareness
- Stress Awareness
- World Health Day: April 7

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
Stacy is your main resource contact. She can help you with general wellness program questions and assist you with enhancing your worksite wellness programs.

Jodi Crouse

BCBSND
701-277-2059
jodi.crouse@bcbsnd.com
To collect aggregate data on your employer from the Health Reimbursement Arrangements, HealthyBlue and Health Club Credit, contact Jodi.

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.

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.

Kathy Allen

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

JoVal Wettlaufer

BCBSND
joval.wettlaufer@bcbsnd.com
701-277-2402
Contact JoVal to set up a Member Education program if you are located in eastern North Dakota.

Onalee Sellheim

BCBSND
701-282-1154
onalee.sellheim@bcbsnd.com
Direct questions about benefit plans or schedule Member Education programs through Onalee.

More resources:

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



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