



**NORTH DAKOTA
PUBLIC EMPLOYEES
RETIREMENT SYSTEM**



Coordinator Newsletter

Volume 1, Issue 1
September 2010

Wellness Conference Calls And Webex Available

Starting this month, all NDPERS wellness coordinators can participate in monthly wellness conference calls or take part through WebEx. Guest speakers will host the calls, which cover a variety of topics.

The calls and WebEx will be a great way to learn about various worksite wellness possibilities and to assist each other with our current worksite wellness programs. You will receive e-mail reminders of the upcoming dates, and the dates will also be posted on the NDPERS website at www.nd.gov/ndpers.

We will provide these calls and/or WebEx at various times. Based on feedback from you, we will adjust the schedule for 2011. If there are topics that interest you, please e-mail Marissa Parmer, wellness specialist, at marissa.parmar@bcbsnd.com, or call 701-277-2852.

For each wellness conference call or WebEx session, please call this number:
877-455-8688

Participant number: 641163

Healthy North Dakota Worksite Wellness Initiative

Speaker: Pete Seljevold

September 15 | 11:30 a.m. CST

Pete Seljevold is the director of Healthy North Dakota Worksite Wellness. He will discuss the Healthy North Dakota initiative. Its goal is to provide support, guidance and resources to North Dakota businesses wanting to offer wellness programs and health promotion activities at their worksites.

Pete is a graduate of Concordia College, Moorhead, Minn., with a bachelor's degree in psychology. He also earned a master of science degree in exercise science from St. Cloud (Minn.) State University and a master of business management from the University of Mary. Pete has more than 25 years of experience in the fitness and wellness arena, including exercise physiology, strength and conditioning, YMCA community programming and worksite wellness.

Pete will also discuss the upcoming Worksite Wellness Summit scheduled for September 28 in Fargo. Pete has also launched the North Dakota Worksite Wellness website. You can have a sneak peek at www.NDworksitewellness.org.

Call in: 877-455-8688

Participant number: 641163



**BlueCross
BlueShield
of North Dakota**

An independent licensee of the
Blue Cross & Blue Shield Association

Noridian Mutual Insurance Company

American Heart Association (AHA)'s New Two-Point Program

Speaker: Joan Enderle

October 15 | 11:30 a.m. CST

Joan Enderle is the director of the AHA's Go Red for Women North Dakota Initiative. She is passionate about the mission of "building healthier lives, free of cardiovascular disease" by providing individuals and worksites with the tools needed to make healthy lifestyle changes.

Joan is a graduate of North Dakota State University, Fargo, with a bachelor of science degree in dietetics. She received a master of business administration degree from the University of Mary. As a licensed registered dietitian and certified diabetes educator, Joan worked for 24 years in the health care industry before joining the AHA in 2006.

She will talk about My Life Check, a new online health assessment tool based on the knowledge and experience of AHA medical experts. My Life Check assesses the state of your heart health, provides an overall health score and answers the question: How healthy are you? No matter what the score, individuals can live a longer, better life with seven small steps. They're known as "Life's Simple 7." You can learn more by visiting <http://mylifecheck.heart.org/>.

Call in: 877-455-8688

Participant number: 641163

Future Speakers and Topics

In November, licensed registered dietitian Lori Howard from Blue Cross Blue Shield of North Dakota (BCBSND) will address weight management and nutrition counseling. Look for more details on the call in next month's newsletter. Lori has a bachelor of science degree with a double major in dietetics and corporate and community fitness from North Dakota State University.

Marissa Parmer will speak in December about the launch of a new competition for NDPERS employers in 2011. She'll also address how to relieve holiday stress through fitness. She has a bachelor of science degree in physical education wellness from Eastern Kentucky University, Richmond, and a master of kinesiology degree from the University of North Dakota, Grand Forks.

Send your ideas for future topics to Marissa Parmer at marissa.parmer@bcbsnd.com or Rebecca Fricke at rfricke@nd.gov.

Free BCBSND Member Education Programs

If you are looking for ways to get more out of your health care dollar, BCBSND's Member Education Program can help. A Member Education consultant can meet with your employees and provide concise, easy-to-understand information about how insurance works, what drives costs and what employees can do to reduce their health care costs.

A Member Education presentation takes approximately 30 minutes. Your Member Education consultant can tailor a presentation by including your group's utilization statistics and information about how your group compares to statewide averages and peer groups. The consultant also provides a tool that participants can use to maintain or improve their health.

Call today to set up a presentation.

Jessica Petrick, western North Dakota, 701-255-5575

Milissa Van Eps, eastern North Dakota, 701-795-5360

Marissa Parmer
BCBSND/NDPERS Wellness
Specialist
Phone: 701-277-2852
Fax: 701-277-2253
E-mail:
marissa.parmer@bcbsnd.com

How to Read a Nutrition Label

Nutrition labels provide lots of good information, but many people don't know how to read them.

Serving Size. The nutrition label always lists a serving size, such as one cup of cereal or two crackers. See the label. Serving sizes help people understand how much they're eating. If you ate six crackers, that would be three servings.

Servings Per Container. The label also tells you how many servings are contained in that package of food.

Calories. The label tells you the total number of calories in a single serving.

Calories from Fat. Another important part of the label is the number of calories that come from fat.

The calories in food come from fat, protein or carbohydrates. When stocking healthy snacks, sweets or side dishes, consider foods that have 30 percent or less of their total calories from fat and 10 percent or less of their total calories from saturated fat.

To determine the percent of total calories from fat, divide fat calories by the total calories and multiply by 100. For example, this label indicates 15 calories are from fat. Divide 15 by 60 (total calories) to get .25. Next, multiply .25 by 100 to get 25 percent of total calories from fat.

Total Fat. Total fat is the number of fat grams (g) contained in one serving of the food. The different kinds of fat—such as saturated, unsaturated and trans fat—may be listed separately on the label. High fat, saturated fat and trans fat intake have been linked to chronic diseases.

When stocking healthful snacks, sweets or side dishes, a good rule of thumb is to choose foods with less than three to seven grams of fat per serving. Trans fat should be less than two grams per serving and saturated fat should be less than one gram per serving (low fat is considered less than three grams per serving)

Total Carbohydrate. Total carbohydrate listed on the food represents the number of grams of carbohydrates per serving. This total is broken down into grams of sugar and grams of dietary fiber. Added sugars have no nutritional value other than extra calories that can lead to weight gain. Sugar has also been linked to tooth decay. The U.S. Department of Agriculture recommends limiting added sugar to six percent to 10 percent of total calories. Choose foods with less than five grams of sugar per serving or less than one-third total carbohydrate from sugar per serving most of the time.

If you have more nutrition questions, don't miss our November Conference Call with licensed registered dietitian Lori Howard of BCBSND.

Nutrition Facts	
Serving Size 2 crackers (14 g)	
Servings Per Container About 21	
Amount Per Serving	
Calories 60	Calories from Fat 15
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 1,000
Total Fat	Less than 65g 90g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



Did you have five servings of fruit today?



Heart disease is the No. 1 cause of death in North Dakota, yet 80 percent of those deaths could be prevented with lifestyle changes.

12 Exercise-at-Work Tips

1. **Wear a pedometer at work.** Because every step counts, wearing a pedometer is a wonderful motivator to walk more during your workday.
2. **Walk around the office.** There's no need to sit still while you talk on the phone or think. Pacing and fidgeting are physical activity.
3. **Walk around the building.** Sometimes a face-to-face talk is the best way to communicate, and it gets you up and moving around.
4. **Walk up and down stairs.** If you have a choice, always take the stairs. If you have stairs, take as many trips up and down as possible.
5. **Walk around the block.** Got a coffee break? Got a few free minutes? Take a walk outside and get some fresh air and extra steps.
6. **Walk and talk.** Need to discuss something with a coworker? A walking meeting can be more productive and healthier too.
7. **Lift weights while you talk.** Keep a free weight near the telephone; pick it up when you get a call and pump your arms while you talk.
8. **Take a weight break.** Feeling tired and bogged down? Take five to 10 minutes to lift your hand weights and get your blood flowing.
9. **Work your abs.** You can strengthen tummy muscles while sitting in a chair. Sit straight, tighten muscles and release. Repeat.
10. **Stretch your arms and legs.** Stuck at your desk? Use a resistance band for a five to 10 minute stretch.
11. **Stretch your stress away.** Tension in your shoulders, neck and back is easy to release with standing stretches and a resistance band.
12. **Check your pedometer.** Find out how many steps you take during a typical workday. Why worksite wellness is a must

North Dakota Top Health Risks

According to the U.S. Department of Health and Human Services, in a typical worksite of 25 North Dakota employees you will find:

- 16 are overweight or obese
- 13 have two or more risk factors for heart disease
- 7 have high cholesterol
- 6 binge-drink
- 5 smoke
- 4 have high blood pressure
- 4 get no leisure-time physical activity
- 3 have had a heart attack or stroke or have been diagnosed with heart disease
- 1 has diabetes

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.

Jessica Petrick

BCBSND

701-255-5575

Contact Jessica if you are located in western North Dakota to set up a Member Education program.



Meditation can reduce stress.