



Well Worth It

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Go Red for Women!

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In recognition of **National Go Red for Women Day** the Wellness Council of WV invites your organization to email a photo of your wellness team and/or employees wearing red on Friday, Feb. 1 to info@wcgv.org for the chance to win a free Governor's Conference registration! Photos must be received by Noon on Friday, 2/1/08.

First Quarter Trainings Announced

The Wellness Council of WV has released the remainder of its First Quarter event calendar for 2008. January trainings included two Well Workplace 101 classes as well as a conference call to review the criteria and application for the Caperton Award for Senior Management. In February and March the Council will offer the following:

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| February 1 st | Go Red Contest (see above article) |
| February 1 st | N.E.W.W. Award Conference Call |
| February 12 th | <i>Special Session:</i> HIPAA & Wellness (Charleston) |
| March 11 th | Well Workplace 101 (Morgantown) |
| March 17 th | "Go Green" on St. Patrick's Day (see page 2) |

"Adversity doesn't build character, it reveals it."

--Vince Lombardi

More information is available on our website at www.wcgv.org under the "Announcements" section on the home page. Don't miss out! Register early!



"Something will have gone out of us as a people if we ever let the remaining wilderness be destroyed."

-- Wallace Stegner

Going Green on St. Patrick's Day

Wellness for our employees should include wellness for our environment. The Wellness Council's newest challenge—"Go Green on St. Patrick's Day" is to recognize programs that include program for reusing, recycling or renewing resources.

Does your office use recycled paper? Do you collect cans and bottles? Write a quick note to the Council--- less than 100 words--- listing some of your programs and attach a photo of the project. We will review all submissions and feature the winners in our April newsletter for other members to read about and possible duplicate. Send all submissions to info@wcvv.org no later than Noon on March 17th.

For Example: The Wellness Council recently enrolled all employees in the "Green Dimes" program to decrease junk mailings to our homes. Additionally, the Council is utilizing "Smart Strips" in our offices to reduce the amount of electricity we use daily.

For more information on "Going Green," check out the following links:

www.earth911.com

www.greendimes.com

www.enginesoff.org

Thank you and good luck going green!

Caffeine & Pregnancy: Is it Fact or Myth?

Myth: Caffeine causes birth defects --**Fact:** Numerous studies on animals have shown that caffeine can cause birth defects, preterm delivery, reduced fertility, and increase the risk of low-birth weight offspring and other reproductive problems. There have not been any conclusive studies done on humans though. It is still better to play it safe when it comes to inconclusive studies.

Myth: Caffeine causes infertility--**Fact:** Some studies have shown a link between high levels of caffeine consumption and delayed conception.

Myth: Caffeine causes miscarriages--**Fact:** A few studies have shown that there may be an increase in miscarriages among women who consume more than 300 mg (three 5 oz cups of coffee) a day. Other outcomes include preterm labor and low-birth weight babies. Again, it is safer to avoid caffeine as much as possible.

Myth: A pregnant woman should not consume ANY caffeine.

Fact: Experts and studies have stated that "moderate" levels of caffeine have not been found to have a negative effect on pregnancy. The definition of "moderate" varies anywhere from 150 mg – 300 mg a day.

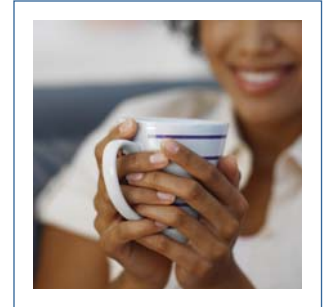
How much caffeine is too much? The less caffeine you consume, the better. Some experts say more than 150 mg of caffeine a day is too much, while others say more than 300 mg a day is too much. Avoiding caffeine as much as possible is your safest course of action. If you must get your fix, it is best to discuss this with your health care provider to make the healthiest choice for you and your baby. See page 3 for how much caffeine is in your favorite indulgence!

HOW Much Caffeine Is In That???

Information from American Pregnancy Association

How much caffeine is in your favorite drinks & snacks?

- Starbucks Grande Coffee (16 oz) 400 mg
- Starbucks House Blend Coffee (16 oz) 259 mg
- Dr. Pepper (12 oz) 37 mg
- 7 Eleven Big Gulp Diet Coke (32 oz) 124 mg
- 7 Eleven Big Gulp Coca-Cola (32 oz) 92 mg
- Ben & Jerry's Coffee Buzz Ice Cream (8 oz) 72 mg
- Baker's chocolate (1 oz) 26 mg
- Green tea (6 oz) 40 mg
- Black tea (8oz) 60 mg
- Excedrin (per capsule) 65mg



Some experts believe pregnant women should not consume more than 150 mg of caffeine a day.

You Should Know...

(From *Consumer Reports on Health*, Vol. 20 Number 1)

Safer Shopping

Web site from Consumers Union, publisher of Consumer Reports on Health, lists all products recently recalled by the government along with photos to help identify each one:

www.NotInMyCart.org

OTC Overload

Taking multiple over-the-counter drugs can lead to overdoses if you inadvertently buy two or more drugs with different brand names—such as Advil for colds and Aleve for pain relief—the same type of ingredients. Read labels carefully, and check with your doctor if you aren't sure.

A Pedometer

The humble counting devices make good walking buddies: people took up to 2,000 more steps on days that they wore them, research has shown.

“One of the great mistakes is to judge policies and programs by their intentions rather than their results.”
 -Milton Friedman (Nobel Prize in Economics 1976)

Heart Health: No-Drug/Low-Drug??

Simple lifestyle changes can dramatically reduce your risk for heart disease. According to the American Heart Association and the Centers for Disease Control, heart disease is the leading cause of death in the United States and is a major cause of disability. Almost 700,000 people die of heart disease in the U.S. each year. (About 29% of all U.S. deaths) Coronary Atherosclerosis (hardening of the arteries) is the most expensive condition to diagnose & treat.

There are many medications for preventing and treating heart disease. However, the MOST effective way to reduce risk factors is to maintain healthy weight and diet, practice "portion control" and regularly participate in physical exercise.

Government-funded trials have shown that a diet low in salt and high in fruits, vegetables, and low-fat dairy products can lower blood pressure as well as commonly prescribed drugs. Here are some general guidelines for heart health:

- FEED YOUR HEART: follow a heart-healthy diet
- GET YOUR FIBER: high fiber diets can lower bad cholesterol levels
- EAT FISH: Omega-3 fatty acids in fish prevent blood clots and abnormal heart rhythms as well as lower blood pressure and triglycerides
- AVOID TRANS FATS: Trans fats, partially hydrogenated oil that lurks in margarines and many fast or packaged foods raise bad cholesterol
- CUT BACK ON SALT: People at risk for hypertension who eat less salt suffer 25-30% fewer heart attacks, strokes and invasive heart procedures over 10-15 years.

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