

EMPLOYEE HEALTH NEWSLETTER

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INLET GROVE COMMUNITY HIGH SCHOOL

Wake Up Call

American Diabetes Alert Day

By Edwina Antoine

“People often think that diabetes, Type 1 or Type 2, is not a serious condition” says Dr. Jeremy Allgrove, a pediatric endocrinologist at Barts Health NHS Trust, in an article of the Daily Mail of UK. ‘But if you don’t look after yourself, it’s a killer.’

According to the Centers of Disease Control, in cause of death diabetes ranked as number seven. In 2014 there were 76,488 deaths.

Are you or anyone you know at risk for diabetes, if you are unsure well worry on the fourth Tuesday of March it is American Diabetes Alert Day and I’ll inform you about diabetes. Diabetes is not just a minor issue, it’s a serious issue. You have to know what the signs and symptoms of diabetes so you can be successfully aware and alert others.

Diabetes is genetic, so you learn about your family’s history and it can also be produced.

According to Joselin Diabetes Center these are common symptoms:

- ◆ Being very thirsty
- ◆ Frequent urination
- ◆ Weight loss
- ◆ Increased hunger
- ◆ Blurry vision
- ◆ Tingling or numbness in the hands or feet
- ◆ Frequent skin, bladder or gum infections
- ◆ Wounds that don’t heal
- ◆ Extreme unexplained fatigue

Other risk factors include obesity, high cholesterol, high blood pressure, and physical inactivity. The risk increases as you grow older; people 40 and over are more likely to develop diabetes. Native Americans, African Americans, Hispanic Americans and Asian Americans/Pacific Islanders are more common to develop diabetes. Also, people who develop diabetes while pregnant (a condition called gestational diabetes) are more likely to develop full-blown diabetes later in life.

“Infuse your life with action. Don’t wait for it to happen. Make it happen. Make your own future. Make your own hope. Make your own love. And whatever your beliefs, honor your creator, not by passively waiting for grace to come down from upon high, but by doing what you can to make grace happen... yourself, right now, right down here on Earth.”

~Bradley Whitford

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Upcoming Dates

- 03/10/17: Blood Drive
- 03/11/17: IGHS Basketball game
Volunteers needed from 5P.M.-8P.M.
- 03/18/17: Beach clean-up @Phil Foster Park from 9A.M.-1P.M.
- 03/25/17: Highway Clean-up on President Barack Obama Hwy to Silver Beach Road from 9A.M-12P.M

Nutrition is key

By Briana Pierre

Most of us find ourselves in a never ending battle with maintaining healthy nutrition habits. Whether it's because they can't find the time to keep up with nutrition or find the drive to be healthy. Well don't worry I'm here to help you by giving you some basic nutrition tips that don't change your schedule or your lifestyle.

Nutrition is defined as the process of providing or obtaining the food necessary for health and growth. Initially getting adequate amounts of sleep contributes to a healthy lifestyle whether you're aware of it or not.

An adequate amount of sleep is characterized as 7 to 9 hours of uninterrupted sleep every night. According to the journal *Impact of sleep debt on metabolic and endocrine function* "Sleep debt has a harmful impact on carbohydrate metabolism and endocrine function".

Another tip is to be social. Being socially involved contributes to nutrition in both mental and physical forms, studies show that people with healthy social relationships are healthier and live longer.

Keeping hydrated by drinking water is also good for nutrition. According to healthyventuracounty.org "Water helps flush our systems of waste products and toxins".

If you don't drink enough water, your kidneys won't have enough fluid to function properly causing other nutritional defects. You should also keep away from refined carbohydrates because not all carbs are equal, refined carbohydrates are very processed. According to the article *27 Health and Nutrition Tips That Are Actually Evidence-Based* "Studies show that refined carbohydrates are linked to overeating and numerous metabolic diseases".

Most of us don't get a lot of sunlight so we lack vitamin d. Vitamin D is an important vitamin required by the body for the absorption of calcium, bone development, immune functioning, and alleviation of inflammation. If your someone who lacks sunlight if t it's good to replace it with intake of vitamin d whether it's a vitamin d3 pill or other supplements like smoked salmon, fortified cereals, fortified cheese, egg yolk, and pork. According to the article *Top 10 Foods Highest in Vitamin D*, "Vitamin D deficiency can lead to rickets, a weakened immune system, increased cancer risk, poor hair growth, and osteomalacia."



Care for your beans

By Carnelie Guillaume

Our kidneys are more than just two bean shaped organs. Without them our bodies wouldn't be able to filter or cleanse itself as well it does.

The kidneys are a pair of organs located in the back of the abdomen. Each kidney is about 4 or 5 inches long, about the size of a fist. The kidneys' function is mainly to filter the blood. Throughout this process the most essential job for the kidneys is to regulate water. The average adult human body is 50-65% water, averaging around 57-60. For your body to work properly, it must contain just the right amount of water. Another one of the important jobs of the kidneys is to remove excess water from the body or to preserve water when the body needs more.

Your kidneys also help remove waste products, such as urine. The wastes in your blood come from the normal breakdown of active muscle and from the food you eat. Many of the substances in the blood and other body fluids must be kept at the correct level for the body to function properly.

For example, sodium (salt) and potassium are minerals that come from food. The body needs these minerals for good health, but they must be kept at certain levels. When the kidneys are working properly, extra minerals, such as sodium and potassium, leave your body in the urine.

Healthy kidneys also make important chemicals in your body called hormones. Hormones are powerful chemical messengers that help organs, tissues, and cells communicate within the body. They also circulate in the bloodstream like "messengers" and regulate blood pressure, red blood cell production and the calcium balance in your body.

Here are a few health strong kidney rules:

- ◆ Eat healthy and keep your weight in check
Keeping fit helps to reduce your blood pressure and therefore reduces the risk of Chronic Kidney Disease
- ◆ Maintain a healthy fluid intake
- ◆ Do not smoke
Smoking slows the flow of blood to the kidneys.

SPRINGY RECIPE

Parmesan Chicken



Ingredients:

- 4 to 6 boneless, skinless chicken breasts
- 1 cup all-purpose flour
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 extra-large eggs
- 1 tablespoon water
- 1 1/4 cups seasoned dry bread crumbs
- 1/2 cup freshly grated Parmesan, plus extra for serving
- Unsalted butter
- Good olive oil
- Salad greens for 6, washed and spun dry

Directions:

Pound the chicken breasts until they are 1/4-inch thick. You can use either a meat mallet or a rolling pin.

Combine the flour, salt, and pepper on a dinner plate. On a second plate, beat the eggs with 1 tablespoon of water. On a third plate, combine the bread crumbs and 1/2 cup grated Parmesan. Coat the chicken breasts on both sides with the flour mixture, then dip both sides into the egg mixture and dredge both sides

in the bread-crum mixture, pressing lightly.

Heat 1 tablespoon of butter and 1 tablespoon of olive oil in a large saute pan and cook 2 or 3 chicken breasts on medium-low heat for 2 to 3 minutes on each side, until cooked through. Add more butter and oil and cook the rest of the chicken breasts. Toss the salad greens with Lemon Vinaigrette. Place a mound of salad on each hot chicken breast. Serve with extra grated Parmesan.

Total: 30 min

Active: 20 min

Yield: 6 servings

Level: Intermediate



Counting Sheep

By Rachelle Pierre

Sleep is very essential to everyday life. Some people get some sleep but don't get enough to sufficiently fill the desired amount that the body needs to function properly. The body needs a total of seven to nine hours of sleep. If not given the required amount of hours you may put yourself in a lot of danger. Lack of sleep may affect your memory, cause car accidents, startup depression, age your skin, impair judgment and can also lead to serious to health problems like Heart attack, High blood pressure, Stroke, or Diabetes.

In case you didn't know, Daylight saving time is on Sunday, March 12. That means that time will jump forward and we will have one less hour to sleep. This one hour may be a great loss to those who already have to wake up early in the morning. Help your body to get enough sleep by :

- Trying to go to sleep and get up at the same time everyday

- Getting as much natural sunlight as possible
 - Moving vigorously during the day—don't sit for more than an hour
 - Limiting caffeine, nicotine, alcohol, and big meals at night
 - Taking time for relaxing activities before sleep
- Creating a calm and restful sleep environment

Raising awareness for sleep so you can stay on beat!!



Spring is in effect

MARCH 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10 HIV/AIDS AWARENESS DAY	11
12	13	14	15	16	17 NO SCHOOL Happy St. Patrick's Day 	18
19	20 	21 HOLIDAY	22 HOLIDAY	23 HOLIDAY	24 DISTRICT CLOSED	25
26	27	28	29	30  TAKE A WALK IN THE PARK DAY	31	

