



Health Screening 2010



Wim & Wiger

A Health Newsletter Serving the North Coast Schools Medical Insurance Group

Vol. 15, No. 14 February 2010

Editor: Susan Bishop

(707) 445-7126

Date	Time	Place
Tuesday, 3/02/10	6:00 - 8:00 a.m.	Eureka H. S. Annex (formerly Marshall Elem) Call Pam Nason (707) 441-3363
Thursday, 3/04/10	6:00 - 9:00 a.m.	Humboldt County Office of Education Resource Center Conference Room (TRC) Call Susan Bishop (707) 445-7126
Tuesday, 3/09/10	6:00 - 10:00 a.m.	Arcata High School - Multi Purpose Room Call Tammy Pires (707) 839-6481
Wednesday, 3/10/10	6:00 - 9:30 a.m.	McKinleyville Middle School - Azalea Station Call Jeff Brock (707) 839-1549
Tuesday, 3/16/10	6:00 - 9:30 a.m.	Humboldt County Office of Education Resource Center Conference Room Call Susan Bishop (707) 445-7126
Thursday, 3/18/10	6:00 - 9:30 a.m.	Fortuna High School - Healthy Start Bldg. Call Sarah Reback 725-4461 ext. 3011
Tuesday, 3/23/10	6:00 - 10:00 a.m.	Southern Humboldt - So. Fork HS Library Call Bambi Henderson (707) 943-1789
Thursday, 3/25/10	7:30 - 8:30 a.m.	College of the Redwoods - Crescent City Call Kelly Wilson (707) 465-2306
Thursday, 4/01/10	7:30 - 9:00 a.m.	College of the Redwoods - Mendocino Call Charlie Claybrook (707) 962-2663
Tuesday, 4/13/10	7:00 - 10:00 a.m.	Hoopa High School - GYM Foyer Call Carol Hutton (530) 625-5600 ext. 1, then ext. 1005
Thursday, 4/15/10	7:30 - 9:00 a.m.	Mattole Elementary School Call Lauren Jones (707) 629-3311

Director's Note

Stacy Lane - JPA Director

Last year one of our members came to me with an idea. She told me about a local group that existed to improve the quality of healthcare in our community and thought I should get involved with their program. I am happy to report that I have spent the past year learning about this organization, how they operate and how they can make a difference in the lives of our JPA members. The Community Health Alliance of Humboldt-Del Norte, Inc. (CHA) is a network of health care providers, consumers, employers, and community leaders serving as the North Coast's forum for community-based health planning and advocacy. Their mission is to increase access to health care, improve the quality of care, strengthen the integration of the medical community, and engage consumers in better managing their health and their health care. CHA is funded in part by a grant from the Robert Wood Johnson Foundation, a large non-profit organization with a mission to improve the quality of health care locally, as well as reduce race, ethnicity and language barriers in our local

health care systems. Humboldt County is one of 15 areas in the country lucky enough to be awarded this grant. They work in collaboration with the Independent Practice Association, local employers, and St. Joseph hospital.

One of the missions of CHA is to be an advocate for health care consumers in our area. They have asked me to gather information on what you, our JPA members, feel is important to you when it comes to quality of the health care you receive. Quality is a very broad term, so feel free to share whatever you would like. For example, I think that the length of time my doctor spends with me and how they involve me in my treatment decision is important. Someone else may think quality means how much the doctor charges for services. Please email me your comments at slane@humboldt.k12.ca.us or call me at (707) 445-7055. Please visit <http://www.communityhealthalliance.org> to learn more about CHA. Also, visit <http://www.rwjf.org> to learn more about the Robert Wood Johnson Foundation.

Get Down on LDL

To maintain a healthy low level of LDL cholesterol, eat foods that decrease artery-clogging LDL particles. Eat beans, oats, whole grains, soy, fatty fish and citrus. They all deliver soluble fiber. Also eliminate foods that enhance the particles, such as red meat, dairy products and margarine, which contain saturated and trans fats.



USA Weekend 1/22/10



Don't Forget
the FREE 24/7 NURSELINE
(800) 977-0027

Loss of Sleep

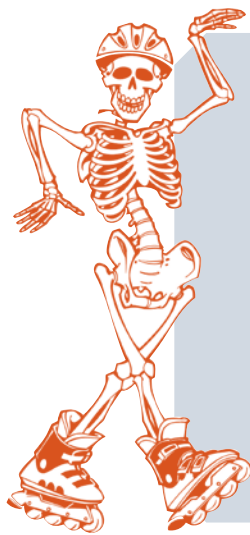
As a general rule, adults need between six and nine hours of sleep a night. A chronic lack of sleep cannot be recovered. You may feel rested and sharper after sleeping in, but the benefit is temporary. Lost sleep is lost forever, and persistent lack of sleep has a cumulative effect when it comes to the havoc it can wreak on your health. Tips for getting good quality sleep include:

- No TV right before bed. It is too stimulating to your brain and it will take you longer to fall asleep.
- Eat a high-protein snack several hours before bed. This can provide the L-tryptophan needed to produce melatonin and serotonin. Melatonin is an antioxidant that helps to suppress harmful free radicals in your body and slows the production of estrogen, which can activate cancer.
- Wear socks to bed. Your feet will often feel cold before the rest of your body. A study has shown that wearing socks reduces night waking.



- Keep the temperature in your bedroom no higher than 70 degrees. Many people keep their homes and upstairs bedrooms too hot.
- Avoid grains and sugars before bed. They will raise blood sugar and inhibit sleep. Later, when blood sugar drops too low (hypoglycemia), you might wake up and not be able to fall back asleep.

Mercola.com 2/2/10



Osteoporosis and Vitamin D

Data shows that 10 million Americans (8 million women and 2 million men) already have osteoporosis, and nearly 34 million have low bone mass that puts them at risk of bone loss. New research from Johns Hopkins demonstrates that vitamin D delivers an extra benefit. A study of 1,010 men showed that adequate levels of vitamin D not only helps prevent and treat osteoporosis, but also may help prevent heart disease. You can increase your intake of vitamin D level by eating fatty fish (salmon, tuna, mackerel) and vitamin D-fortified dairy products, taking vitamin D supplements and briefly exposing skin to sunlight strong enough to enable the body to make vitamin D. A blood test to check your vitamin D level should show that yours is more than 30 nanograms per milliliter.

USA Weekend 1/22/10



Exercise Beats Diabetes

A new study in the American Journal of Medicine indicates that exercise can help ward off type 2 diabetes. Over 20 years, 20,000 healthy men were studied, noting their height, weight, and activity level. Over the course of the study, more than 1,800 of the men developed diabetes. Those who were physically active and at a normal weight were less likely to develop diabetes than the inactive men. The obese men were more than six times as likely to develop diabetes as the men with normal weight, who were extremely active.

Tedd Mitchell, M.D., Cooper Clinic, Dallas

CHICKEN TACOS WITH SALSA

- 3 limes
- ¼ cup orange juice
- ¼ cup chopped fresh cilantro
- 3 cloves garlic, minced
- ½ teaspoon ground cumin
- 4 boneless, skinless chicken breast halves, pounded to ½ inch thickness
- 1 large red onion, thinly sliced
- 6 whole wheat flour tortillas (8 inch diameter)
- 2 cups prepared salsa
- ¾ cup fat-free sour cream
- 2 cups finely shredded leaf lettuce



1. Grate the rind from the limes into a large bowl. Cut the limes in half and squeeze the juice into the bowl; discard the limes. Stir in the orange juice, cilantro, garlic and cumin. Add the chicken and turn to coat. Cover and refrigerate for at least 1 hour or up to 4 hours; turn at least once while marinating.
2. Heat a large skillet coated with cooking spray over medium heat. Add the chicken and onion to the skillet and cook for 3 minutes per side, or until a thermometer inserted in the thickest portion registers 160 degrees, and the juices run clear and the onions are softened. Cut the chicken into 1 inch slices.
3. Wrap the tortillas in plastic wrap and microwave on high power for 1 minute. Divide the chicken mixture among the tortillas. Top with the salsa, sour cream, and lettuce. Roll to enclose the filling. Slice each taco in half.

268.2 cal; 4 g fat; 1 g sat fat; 48.5 mg cholesterol; 868 mg sodium; 33.3 g carbo; 8.4 g total sugars; 4.4 g dietary fiber; 22.5 g protein.

Prevention.com