

# Sutter Wellness



**HAPPY NEW YEAR!**

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**Sometimes the most important thing in a whole day is the rest we take between two deep breaths.**

**~Etty Hillesum**

## Change Happens- And So Does Stress

~Tom Sherry, Human Services Director

Change is inevitable. It happens every day regardless of our desires. I'm reminded of that daily when I look in the mirror and see that my hair is no longer brown. Some changes we initiate. Some are governed by outside forces. Either way we retain control over our attitude and can determine how we deal with change. Colleague

Along with change comes stress. Stress has gotten a "bad rap" over the years. Events that have been identified as the most stressful include: getting divorced, getting married, having a child, and moving (even to a better home). So even a perceived positive event can be stressful. Actually, stress in the right amounts can be a good thing. When we exercise we stress our muscles and actually build muscle and tone our bodies. Many of us have made New Year resolutions to work out more in order to change our bodies and improve our health. By doing this we have chosen to add stress to our lives in the form of walking, running or other forms of physical activity. We also routinely engage in activities that stress or challenge our minds. We might work on puzzles, play cards, play chess or checkers, or any of many online games. All of these activities are self imposed and we often times enjoy the challenge and the feeling of accomplishment. In all of these cases we control our involvement in these activities.

However, even with these activities we can over-stress ourselves. This may take the form of muscle strains on the physical side or frustration when playing games.

Changes governed by outside forces are outside of our control. We may see the change as positive or negative. No matter how we perceive the change, we still have control over how we respond. Dealing with change in a proactive manner often creates opportunities for alternatives in adjusting to the change. A positive attitude can go a long way to dealing with change making our lives more enjoyable, interesting and satisfying. If, however, you find yourself being overwhelmed by a change remember your support systems like family and friends. As County employees you also have available to you the Employee Assistance Program (EAP). Their phone number is 1-800-937-7770.

I hope that all County employees have an enjoyable, productive and interesting 2012.



## Folic Acid: Not Just For You

~Viki Coleman, Public Health Nurse III

For more information regarding folic acid and birth defects prevention:

[http://www.marchofdimes.com/pregnancy/folicacid\\_before.html](http://www.marchofdimes.com/pregnancy/folicacid_before.html)

Folic Acid Awareness Week is January 8<sup>th</sup> through 14<sup>th</sup>. Folic acid is a B vitamin that the body needs every day to be healthy. It can be found in some enriched foods and in multi-vitamin pills. Folic acid can reduce your risk of some diseases, and helps cell growth and repair, something your body does every day. Folic acid is very important before you get pregnant. If women have enough of it in their bodies before pregnancy, this vitamin can prevent up to 70% of birth defects of the baby's brain or spine. But it only helps if you start taking it several months before you get pregnant. Health experts say that ***all women of childbearing years should take folic acid every day*** whether or not they are planning to get pregnant. Then, if they do get pregnant, they have lowered their chances of having a baby with a birth defect.

Folic acid helps a baby's brain and spine form properly. Spina bifida, a birth defect of the spine, can cause paralysis of the lower body, with no control of bowel or bladder, and learning disabilities. Another type of birth defect affects the brain and causes babies to die within a few days.

Folic acid can be found in foods such as leafy greens, dried beans and enriched cereals and breads. A well balanced diet with fruits and vegetables is always important. However, most women don't get the recommended amount of 400 micrograms a day with diet alone. Almost every multivitamin you can buy has all the folic acid you need, so check the label. If you get an upset stomach from multivitamins, try taking them with meals or just before bed.

No one expects an unplanned pregnancy. But they do happen, every day. In fact, about half of all pregnancies are not planned. By the time you know you are pregnant, your baby's brain and spine are already formed. That's why you should get enough folic acid every day if there is any chance you could get pregnant.



In Our Community



### Healthier Living Workshop

A six week self management program for people living with health conditions such as diabetes, heart disease arthritis, chronic pain and cancer.

### Sutter County Public Health Auditorium

1445 Veterans Memorial Circle, Yuba City CA

Tuesdays, 1:00 pm – 3:30 pm  
January 10<sup>th</sup> - February 14<sup>th</sup> 2012

Workshops are free of charge

### Yuba City Senior Center

777 Ainsley Avenue, Yuba City CA

Thursdays, 9:00 am – 11:30 am  
February 9<sup>th</sup> - March 15<sup>th</sup> 2012

To register for either of these sessions and learn more about the workshops please visit our website [www.suttercounty.org/chronic](http://www.suttercounty.org/chronic)



Wellness Superstar of the Month



## You Be the Example!



Do you know someone who is working hard to live by a healthful motto or is an excellent example of wellness and wellbeing? Then nominate them!

Each month Sutter Wellness will recognize one employee for their outstanding dedication to wellness.

To nominate a fellow employee, simply email Ericka at [glansdon@co.sutter.ca.us](mailto:glansdon@co.sutter.ca.us), and in 150 words or less, explain why you think that employee is a "Wellness Superstar". All nominations must be received no later than the 15th of each month.

## Healthy Recipe of the Month

Sunsweet Growers Inc. is the world's largest handler of dried tree fruits including cranberries, apricots and of course, prunes. Sunsweet products can be found at most grocery, drug and club store retailers throughout the world, or at the Sunsweet Gift Shop in Yuba City.

For additional information about the benefits of prunes visit the Sunsweet Growers website at:

[http://healthprofessionals.sunsweet.com/education/ed\\_center.html](http://healthprofessionals.sunsweet.com/education/ed_center.html)

The dried plum (also known as prunes) is a wonderfully sweet fruit that has been grown in California for over 140 years. Dried plums offer many health benefits to their consumer, ranging from antioxidant to improved digestive health. One cup of dried prunes provides your body with an excellent source of fiber, Vitamin A and Vitamin K; however, on the flip side, prunes are high in sugar and when eaten in high amounts can lead to an “explosive situation.” So like with all good foods, it’s best to eat in moderation. Another benefit of dried plums is that they can be pureed and used as a fat replacer in many baked goods recipes. For those of you who like to modify your recipes for a healthier option, you can often times replace up to half of the fat requirements of a recipe with the fruit puree without sacrificing much of the flavor or texture. This can be a great way to increase the amount of fiber you are eating while enjoying a special treat. All in all, dried plums are a great treat whether they are eaten whole or in one of your favorite dishes.

### Pancetta Plum Focaccia

**Prep Time:** 15 minutes

**Rise Time:** 30 minutes

**Cook Time:** 25-30 minutes

**Ingredients:**

- 3 oz diced pancetta
- 1/2 red onion thinly sliced
- 1 (14 to 16 oz) uncooked pizza dough (preferably whole wheat)
- 1/2 cup Sunsweet® Plum Amazins (diced plums)
- 2 oz fresh mozzarella
- 2 tbsp chopped fresh rosemary
- balsamic vinegar

**Directions:**

1. Preheat oven to 450°F.
2. Sauté pancetta and onion in a medium skillet over medium-high heat for 10 minutes, stirring frequently; set aside.
3. Knead Plum Amazins into pizza dough then roll or stretch into a 9 x 12 inch oval; place on a large baking sheet.
4. Top with pancetta mixture, then tear cheese into small 1/4-inch pieces and scatter over pancetta. Bake for 15 to 20 minutes or until crust is golden brown.
5. Sprinkle with rosemary and serve warm drizzled with balsamic vinegar.



# Understanding the New Child Safety Seat Law ~ Safe Kids Coalition



**NEW!** Effective January 1, 2012, California law requires that all children *under age 8* must be properly buckled into a car seat or booster in the back seat.

Children age 8 or older may use the vehicle seat belt if it fits properly with the lap belt low on the hips, touching the upper thighs, and the shoulder belt crossing the center of the chest. If children are not tall enough for proper belt fit, they must ride in a booster or car seat.

Everyone in the car must be properly buckled up. For each child under 16 who is not properly secured, parents (if in the car) or drivers can be fined more than \$475 and get a point on their driving records.

### Why is it necessary?

Studies have shown that children are far more likely to ride in car seats and booster seats if state law requires it. Seat belts are designed for adults and do not properly fit children under 4'9" tall, regardless of the child's weight. A booster simply "boosts" the child up in order to make the adult-sized belt safely fit a child-sized body. According to researchers at the Children's Hospital of Philadelphia, booster seats, which reposition the seat belt across the strongest bones of the child's body, reduce injury risk for children 4-8 years old by 45% compared to seat belts alone. If the belt crosses the child's waist instead of the hips or thigh bones, the child risks damage to internal organs and/or a spinal cord injury if involved in a collision.

### Is my 8-year-old ready for a seat belt?

Once a child reaches 8 years of age, parents should use this simple 5-step test to determine if their child can safely ride in a seat belt alone. **5-Step Test:**

1. Can the child sit all the way back against the auto seat?
2. Do the child's knees bend naturally over the seat cushion edge?
3. Does the lap belt cross the top of the hips/thighs, not the tummy?
4. Is the shoulder belt centered on the shoulder and chest?
5. Can the child stay seated in this position the whole trip?

If you cannot answer "yes" to all 5 steps above, your child must remain in a booster seat until the seat belt alone fits properly. Your child's weight is not a factor in determining proper fit. **NOTE!** *Belt-positioning boosters cannot be used with only a lap belt!* (See your car dealer for a lap/shoulder belt retrofit.)

### Key Safety Points:

1. Set a good example for your child by using a seat belt on every trip, no matter how short.
2. Ensure that your child is *properly* secured in a car seat, booster or seat belt on every trip.
3. Use the best safety seat system for your child's size and follow the manufacturer's instructions.
4. Keep your infant in a rear-facing seat as long as possible, ideally until age 2 or until the infant reaches the upper weight and height limit for that particular seat.
5. Never seat a child in front of an airbag.
6. Keep your child in the back seat until age 13.

For more information  
about Child safety  
seat laws and related  
programs contact  
**David Westover at**

**822-7215**

[http://www.co.sutter.ca.us/pdf/news/Booster Seat Flyer.pdf](http://www.co.sutter.ca.us/pdf/news/Booster%20Seat%20Flyer.pdf)

## WELLNESS CHALLENGE!

Congratulations [Amelia Granados](#) from WIC for winning the wellness challenge for December.

**“I gave up soda last November because it was contributing to my weight. I really wanted to begin losing weight and practice a healthier lifestyle.”**

Sutter Wellness challenges you to send in your greatest success story related to kickin' unhealthy habits. Write a simple outline of what the bad habit was and how you kicked it and how you plan to remain kickn' it.

Send entries titled “Wellness Challenge” to [elansdon@co.sutter.ca.us](mailto:elansdon@co.sutter.ca.us). Entries will be reviewed and the most inspirational story will receive a prize.



## BRAIN EXERCISE!

### Riddle

Abuse me for I will not care.  
Curse me when I stray from fair.  
Brute force won't put me in my place.  
Smooth and even wins the race.  
Envy colors where I rest.  
No sandy beaches for the best.

Email your guesses to [elansdon@co.sutter.ca.us](mailto:elansdon@co.sutter.ca.us).  
Please put “Brain Exercise-March”  
in the subject line. *GOOD LUCK!!!*

**Try NOT to Google!!!**

**Decembers winner is [Lisa Mathews, WIC](#)**

## SUTTER WELLNESS UPCOMING EVENTS

- EATING HEALTHY FOR LIFE: SUPPORTING CHANGES**  
JANUARY/FEBRUARY 2012, THURSDAYS BEGINNING JANUARY 19TH 12PM-1PM,  
 HEALTH DEPARTMENT AUDITORIUM. JOIN US FOR THIS INFORMATIVE 6 WEEK PROGRAM THAT WILL PROVIDE YOU WITH THE TOOLS TO SUPPORT HEALTHY DIETARY CHANGES! FOR MORE INFORMATION OR TO RSVP, PLEASE CONTACT ERICKA @ 822-5939 OR [ELANSDON@CO.SUTTER.CA.US](mailto:ELANSDON@CO.SUTTER.CA.US)
- SUTTER WELLNESS WALKING CLUB**  
 EVERY SATURDAY BEGINNING JANUARY 7<sup>TH</sup> AT 8AM - SUTTER BIKE PATH  
 SUTTER WELLNESS WANTS YOU TO JOIN THEM FOR A BRISK 1 HOUR WALK ON THE SUTTER BIKE PATH BEGINNING AT ROYO RANCHERO DR. FAMILY, FRIENDS AND PETS ARE WELCOME!
- LOCAL CLUB FITNESS DAY**  
 SATURDAY JANUARY 28<sup>TH</sup> FROM 9AM-11AM, GEWEKE FIELD  
 GET UP, GET MOVIN', AND GET READY TO TRAIN WITH YOUR LOCAL FITNESS CLUBS. JUMP START THE NEW YEAR AT THIS 2 HOUR INTERACTIVE CIRCUIT TRAINING AND SEE WHAT CLUB FITS YOUR NEEDS BEST. FRIENDS AND FAMILY WELCOME!
- BLESS YOUR HEART WALK**  
SATURDAY, FEBRUARY 4<sup>TH</sup> 2011 – YUBA SUTTER MALL  
 JOIN US IN CELEBRATION OF NATIONAL HEART MONTH AS WE WALK AROUND THE MALL DRESSED IN OUR “HEARTIEST” OUTFITS. BE ON THE LOOKOUT FOR A TEAM REGISTRATION FORM FROM YOUR TEAM CAPTAIN. FOR ADDITIONAL INFORMATION PLEASE CONTACT ERICKA @ 822-5939
- BROWN BAG LUNCH SERIES: UNNATURAL CAUSES, CHRONIC STRESS**  
TUESDAY FEBRUARY 21<sup>RD</sup>, 12:00PM – 1PM HEALTH DEPARTMENT AUDITORIUM  
 THE HEALTH EDUCATION UNIT WILL BE SHOWING A BRIEF VIDEO AND DISCUSSING HOW PROLONGED STRESS CAN TRIGGER BOTH ACUTE AND PROLONGED CHRONIC HEALTH PROBLEMS. THERE WILL BE A STRESS REDUCTION ACTIVITY TO FOLLOW. FOR MORE INFORMATION OR TO RSVP PLEASE CONTACT ERICKA AT [ELANSDON@CO.SUTTER.CA.US](mailto:ELANSDON@CO.SUTTER.CA.US) OR CALL 822-5939.