

Wellness Watch

Providing Miami-Dade County Employees with the Latest Wellness News, Programs and Events



MEN'S HEALTH AWARENESS MONTH

Celebrate the men in our lives by turning our attention to what matters most: their health and wellness. The primary focus this month is to provide health education and resources to help men prevent and manage health conditions. Men are encouraged to take action by making necessary behavior modifications and visiting their primary care physician for their annual physical and recommended preventive screenings.

For your reference, here is a chart for recommended screenings for men by age categories:

Preventive Health Screenings	
Age 18-29	Age 40-64
Blood Pressure	Blood Pressure
Cholesterol	Cholesterol
Diabetes	Diabetes
Immunizations	Colorectal Cancer
Dental Exam	Osteoporosis
Eye Exam	Prostate
	Dental Exam

U.S Men's Health Status

- 12.0% men aged 18 and over are in fair or poor health
- 33.1% men aged 20 and over have hypertension



Top 3 Leading Causes of Death in Men in U.S

Heart Disease

Cancer

Accidents (unintentional injuries)

Source: Summary Health Statistics: National Health Interview Survey, 2018 https://www.cdc.gov/nchs/data/nvsr/nvsr68/nvsr68_06-508.pdf

"YOUR HEALTH IS AN INVESTMENT, NOT AN EXPENSE"

Healthy Selfie:

Submit a Healthy Selfie for a chance to be featured in our monthly newsletter

What makes a selfie healthy, activities such as swimming, running, walking, biking, hiking, and yoga may be submitted. You may also share what you're eating, too. Additional activities that may be considered are healthy self-care and social activities that are good for your mental wellbeing such as meditation, reading, quality time with friends and family, downtime relaxing, learning a new skill, etc.

To be featured in the Healthy Selfie article in an upcoming newsletter, please submit high quality images to **WellnessWorks@MiamiDade.gov**.

Emotional Wellness Reminder: Just Breathe

Breathing is an unconscious thing we do daily but if you make it a conscious effort it can change your emotional state and physical state in an instant. Try breathing in and out to the count of 10 (5 in/5 out) for a minimum of three rounds focusing on breathing into your diaphragm. This practice decreases the stress response in our bodies and allows us to slow our heart rate and our thoughts. Over time deep breathing has been shown to reduce blood pressure and cardiovascular risks. Check in with yourself over the next month. Remember like with anything, the more you practice the better you become. Stay Well.

If you want more Emotional Wellness Tips... check out our EAP's Emotional Wellness Channel on Microsoft Stream.

BE WELL. STAY WELL. EARN \$20 DOLLARS FOR COMPLETING YOUR PHA ONLINE AT WWW.HEALTHYROADS.COM



MIAMI-DADE COUNTY EMPLOYEE WELLNESS CENTER

The Employee Wellness Center (EWC) invites you to stay healthy together. Discover programs and offers especially designed for you while staying away from the fitness center and powered by Aquila (<https://conta.cc/2XGPOR4>). Membership is still only \$9 per pay period.

Mango Tapioca – A perfect healthy snack with an abundance of mangos.

A variation on traditional tapioca pudding, this refreshing dessert is low in fat but creamy and satisfying all the same. Mango contains skin-friendly carotenoids and vitamin C to help skin stay looking young. It also has silica, a mineral that keeps skin elastic by helping to form collagen.

Ingredients

SERVES 6-8

- 2 cups puréed mango
- 1 tbs. lemon juice (about ½ lemon)
- ½ cup sugar
- 1 tsp. lemon zest
- ¼ cup tapioca
- 2 cups water
- 1 cup evaporated milk



Instructions:

1. Place the mango puree in a nonreactive saucepan, such as copper or enamel-coated cast iron. Add the lemon juice and sugar and cook over low heat, stirring constantly, until very thick, about 5 minutes.
2. Add the lemon zest, remove from heat, and set aside to cool. Reserve ½ cup of the mango mixture for the topping.
3. Place the tapioca and water in a small saucepan over medium-high heat and cook tapioca, stirring continuously, until it is thick and transparent, about 1–3 minutes.
4. Add the tapioca to the mango mixture. Fold in the evaporated milk.
5. Spoon the mango tapioca into martini glasses or parfait cups. Refrigerate overnight until set.

Top with the reserved mango mixture or slices of fresh mangoes

FoodTrients: Carotenoids, Fiber, Vitamin C

National Men's Health Week

National Men's Health Week, June 10-16, is observed each year leading up to Father's Day. This week is a reminder for men to take steps to be healthier, but they do not have to do it alone! Whether it is your husband, partner, dad, brother, son, or friend you can help support the health and safety of the men in your life.

Set an Example with Healthy Habits

You can support the men in your life by having healthy habits yourself and by making healthy choices.

- Eat healthy and include a variety of **fruits and vegetables** every day. Fruits and vegetables have many vitamins and minerals that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.
- **Regular physical activity has many benefits.** It can help control your weight, reduce your risk of heart disease and some cancers, and can improve your mental health and mood. Find fun ways to be active together. Adults need 2½ hours of physical activity each week.
- Set an example by choosing not to smoke and encourage the men in your life to quit smoking. **Quitting smoking** has immediate and long-term benefits. You lower your risk for different types of cancer, and don't expose others to secondhand smoke—which causes health problems. Call your state's tobacco quit line (for English speakers, call 1-800-QUIT-NOW [1-800-784-8669]; for Spanish speakers, call 1-855-DEJELO-YA [1-855-335-3569]).
- Help the men in your life recognize and reduce stress. Physical or emotional tension are often signs of stress. They can be reactions to a situation that causes you to feel threatened or anxious. Learn ways to manage stress including finding support, eating healthy, exercising regularly, and avoiding drugs and alcohol.

Remind Men to Get Regular Checkups

Encourage men to see a doctor or health professional for regular checkups and to learn about their family health history.

- Men can **prepare for doctor's visits.** Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they can become a problem.
- It's important for men (and women) to understand their **family health history**, which is a written or graphic record of the diseases and health conditions present in your family. It is helpful to talk with family members about health history, write this information down, and update it from time to time.

Know the Signs and Symptoms of a Heart Attack

Every 40 seconds someone in the U.S. has a heart attack. Know the signs of a heart attack and if you think you or someone you know is having a heart attack call 911 immediately. Major signs of a heart attack include:

- Pain or discomfort in the jaw, neck, or back
- Feeling weak, light-headed, or faint
- Chest pain or discomfort
- Pain or discomfort in arms or shoulder
- Shortness of breath



Encourage Men to Seek Help for Depression

Depression is one of the leading causes of disease or injury worldwide for both men and women. Learn to recognize the signs and how to help the men in your life.

- **Signs of depression** include persistent sadness, grumpiness, feelings of hopelessness, tiredness and decreased energy, and thoughts of suicide.
- **Those that suffer from depression or anxiety should seek help as early as possible.** If you or someone you care about is in crisis, please seek help immediately.
 - Call 911
 - Visit a nearby emergency department or your health care provider's office
 - Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255); TTY: 1-800-799-4TTY (4889) to talk to a trained counselor

Metabolic Training:

Metabolic training is about getting the "biggest bang for your buck". Metabolic training is doing exercises geared toward improving the capacity of certain energy systems and is likened to interval training—bouts of harder work followed by important rest intervals. Metabolic training not only has the benefit of being fun and taking less time out of your day, but this type of training also increases one's capacity for high-intensity exercise, offers a longer "after burn" (burn more calories AFTER your workout is finished), increases production of testosterone or growth hormone (helps maintain muscle mass while still burning calories), and enhances the ability to move more functionally. So what should be your overall goal with metabolic training? Safely completing a large amount of work in a short amount of time.

Click the link for workout: <https://www.acefitness.org/education-and-resources/professional/expert-articles/3531/metabolic-training-the-workout/>

"Let Wellness Come to You"



WELLNESSWORKS
MIAMI-DADE COUNTY

Self-Care Webinar Series

Wellness on Demand Channel

WellnessWorks & Employee Assistance Program (EAP) virtual health and wellness resource channel, available on the Microsoft Live Stream platform.

The channel includes: Videos on Exercise, Stretching, Meditation and Wellness Tips:

<https://web.microsoftstream.com/channel/f33616db-93f4-4e50-bdd4-074900b58773>

Take 10-20 minutes for Your Health Virtual Breaks

Take 10 for Your Health Virtual Break with Laura

This virtual break includes: stretching, low- Impact aerobics, nutrition tips, and a joke to make you smile.

Monday and Friday 10:30 AM to 10:45 AM

- Join Zoom Meeting <https://miamidade.zoom.us/j/788078494>

Take 10 for Your Health Virtual Break with Monique

This virtual break includes: stretching, low- Impact aerobics to help boost energy and improve your blood circulation throughout your work day.

Wednesday 10:30 AM to 10:45 AM

- Join Zoom Meeting <https://miamidade.zoom.us/j/661798965>

Take 10 for Your Health Virtual Break: WellTalks with EAP

This is a place to come together as a Miami-Dade County team and support each other. We are a community that is going through a shared experience. This forum is a place to get away from the noise for a few minutes and just take some time to talk.

Tuesday and Thursday 10:30 AM to 10:45 AM

- WebEx Meeting number: 476 785 244
Password: BUjs3ArmM38
<https://miamidade.webex.com/miamidade/j.php?MTID=m2c5e360c57301f643d3e12e374b02eb7>
- Join by phone +1-415-655-0001 US TOLL
Access code: 476 785 244

WellnessWorks is hosting a Self-Care Webinar Series. Every Monday through Friday at noon, AvMed health coaches will be presenting a short 20 minute webinar on self-care topics. You will even have a chance to ask questions during the Q&A.

Earn 25 points by participating in each webinar as you engage with the WellnessWorks program. When you have earned 75 points, you will be entered into a quarterly drawing to win a \$250 prize.

For more information visit <https://secure.miamidade.gov/employee/coronavirus/wellness-works-resources.page>

Monday, June 15	5K: Common Injuries and Prevention
Tuesday, June 16	Benefits of Building Muscle Mass
Wednesday, June 17	Aromatherapy: Energy
Thursday, June 18	COVID 19: Implications for Mental Health & Substance Abuse
Friday, June 19	Whole Grains: What are they good for?
Monday, June 22	5K: Clothing and Sun Care Consideration
Tuesday, June 23	Food Labels: What to look for
Wednesday, June 24	Tips to Burn Calories without Exercising
Thursday, June 25	Aging: What Should I be Concerned With?
Friday, June 26	Pandemic Panel: COVID-19 Updates

Join WellnessWork's first ever [Virtual 5K](#) on June 26th. Create your own 5K and run it.

In preparation, four webinars will be offered to help you get ready at noon on Mondays:

- June 1 – [Getting Started: How to Prepare for a 5K](#)
- June 8 – [Proper Footwear Considerations](#)
- June 15 – [Common Injuries and Prevention](#)
- June 22 – [Clothing and Sun Care Considerations](#)

Register by June 15. Then, get ready, get set and go.