

Converse County
Health and Wellness
Newsletter

March 2009

The Health and Wellness Committee is dedicated to providing pertinent health information to the county's employees. In addition, the committee will provide wellness opportunities to increase knowledge about the relationship between lifestyle and health. Through these avenues, the employee will have the opportunity to take control of their health, increase morale and create a more healthy and positive working environment.

Thoughts from Sue

Hollen: "Happiness is an important part of being beautiful in that you can't really feel happy unless your body feels tuned and your mind feels sharp. Without a sound body, you can't form a sound mind. One of the strongest correlations to happiness is having the health to accomplish your purposes in life."



Earth Day: April 22

Converse County employees will have the opportunity to help observe Earth Day this year with a litter clean-up project. The GIS Department will be organizing this event. This activity will also help promote health and wellness by proving light physical activity, and an opportunity to volunteer and lend a hand in the community.



Exercise Group: This group is open to all county employees and spouses. They meet three times a week in the Courthouse

Community room, usually M, W, and F at 5:15 pm.



For more information, you can contact Kristy Shuler in the Treasurer's office, kristy.shuler@conversecounty.org or 358-3120.

H2O: Remember this rule for water consumption "8 for 8". Eight, 8 oz. glasses of water daily!

Personal Health Experience Update: Dave St. John

Fish and Omega-3 Fatty Acids

AHA Recommendation

Omega-3 fatty acids benefit the heart of healthy people, and those at high risk of — or who have — cardiovascular disease.

AHA Information

Omega-3 fatty acids benefit the heart of healthy people, and those at high risk of — or who have — cardiovascular disease. The link between omega-3 fatty acids and CVD risk reduction are still being studied, but research has shown that omega-3 fatty acids

- decrease risk of arrhythmias, which can lead to sudden cardiac death
- decrease triglyceride levels
- decrease growth rate of atherosclerotic plaque
- lower blood pressure (slightly)

Randomized clinical trials have shown that omega-3 fatty acid supplements can reduce cardiovascular events (death, non-fatal heart attacks, non-fatal strokes). They can also slow the progression of atherosclerosis in coronary patients. However, more studies are needed to confirm and further define the health benefits of omega-3 fatty acid supplements for preventing a first or subsequent cardiovascular event

Increasing omega-3 fatty acid intake through foods is preferable. However, coronary artery disease patients may not be able to get enough omega-3 by diet alone. These people may want to talk to their doctor about taking a supplement. Supplements also could help people with high triglycerides, who need even larger doses.

Summary of Recommendations for Omega-3 Fatty Acid Intake

Population	Recommendation
Patients without documented coronary heart disease (CHD)	Eat a variety of (preferably fatty) fish at least twice a week. Include oils and foods rich in alpha-linolenic acid (flaxseed, canola, and soybean oils; flaxseed and walnuts).
Patients with documented CHD	Consume about 1 g of EPA+DHA per day, preferably from fatty fish. EPA+DHA in capsule form could be considered in consultation with the physician.
Patients who need to lower triglycerides	2 to 4 grams of EPA+DHA per day provided as capsules under a physician's care.

Patients taking more than 3 grams of omega-3 fatty acids from capsules should do so only under a physician's care. High intakes could cause excessive bleeding in some people.

Personal experience

I have taken medicine for high cholesterol a long time. My cholesterol had remained on the high side. Last year before the health fair I started taking a fish oil supplement, and we started cooking with olive oil. They were the only two changes I made and the results my Cholesterol was below 200 the first time in years and triglycerides were down. A fluke maybe only time will tell.

For information or suggestion please contact: Kim Hiser, Sue Hollon, Pam Leetch, Sarah Repshire, or Dave St John.