

## Upcoming ConnectiFIT Events:

- ConnectiFIT's two-year anniversary celebration at the DPH will be held on May 16th in 470 Conference room A/B at 12:30. Employees who fill out a short interest survey will be entered into a CTFIT raffle.
- Two exciting presentations will be featured at the anniversary event. Dr. Pouran Faghri will present "Factors Contributing to Unhealthy Habits and What you Should Do About It" and Sara Gustavasen will be presenting relaxation techniques you can use at home and work.
- Please hand in your Capitol City logs to ConnectiFIT or Gene Nichols by May 9th. Total flights will be calculated according to all returned logs and you can claim your prize for the Capitol City Climb during the Anniversary Celebration held on May 16th. Post Participation surveys will be distributed via email and can be returned at the anniversary event. Please contact ConnectiFIT if you will be unable to collect your prize during the celebration.

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Connecticut Department of Public Health

Newsletter

May 2007

### Commissioner's Corner

ConnectiFIT will be celebrating its two-year anniversary on May 16<sup>th</sup> and during this DPH has taken major strides in becoming a healthier workplace. Four pedometer walking programs have taken place over the past two years to which encouraged employees to increase their physical activity while at work and throughout the entire day. Health Risk Appraisals were conducted last spring with follow-up consultations for over 60 employees. The first stair climbing program, the Capitol City Climb, is currently underway and is encouraging DPH employees to take the stairs instead of the elevators. To increase awareness of health and wellness related issues, ConnectiFIT has held 14 Healthy Living Seminars and produced 13 newsletters. In addition to these programs the Farmers Market has had two very successful seasons and we are expecting the third

season to begin in early July. Overall, the ConnectiFIT worksite wellness program has been a successful program and I would like to congratulate the ConnectiFIT Team: Dr. Pouran Faghri (Principal Investigator and Project Director), and her team of UConn graduate students, Sara Gustavesen, and Erika Blozie, as well as Gene Nichols (DPH ConnectiFIT Coordinator), DPH Obesity Program staff for making this program a success. I invite you all to celebrate ConnectiFIT contributions on May 16<sup>th</sup> in conference room A/B at 12:30. During this celebration, you will have the opportunity to share your thoughts about ConnectiFIT by participating in a survey. The survey asks you questions about the program and the effect of this initiative on your health related behaviors and your ideas about future programming. By completing this survey you will be entered in a raffle. I hope you all will show your support for ConnectiFIT during this celebration.

### A Message from ConnectiFIT Program Director: Dr. Pouran D. Faghri

On May 16<sup>th</sup> we will be celebrating the two-year anniversary of the ConnectiFIT program. We regard ConnectiFIT as a participatory worksite health promotion program. Participatory health promotion programs have been shown to be more effective in improving employees' health than top down mandated approaches. These programs provide a sense of empowerment and ownership to the employees in addressing their health issues. The effectiveness is also attributed to the fact that employees themselves identify challenges and opportunities at their worksite as well as their daily life and propose interventions that are tailored to their specific lifestyles.

A sense of ownership for the program and team work has also been shown to be effective in psychological health. Over the past two years, the ConnectiFIT advisory committee, whose members are representative of most employees, has been meeting regularly and evaluating the ongoing programs and approving new programs. For the names of the advisory committee members, please visit the ConnectiFIT website. Once again the ConnectiFIT Team would like to thank you for your support and encouragement. For questions or comments please email ConnectiFIT at: [ConnectiFIT@po.state.us](mailto:ConnectiFIT@po.state.us). We hope to see you on May 16<sup>th</sup> at 12:30 pm in 470 conference room A/B.

## Manage Your Stress During Mental Health Month

May is Mental Health month. For many employees stress is a workplace related issue that affect mental health. Each person is affected by stress and copes with stress differently. Below are some tips to help reduce stress from Mental Health America's "Coping with Stress" checklist . Hopefully you will find some tactics for coping with stress that are right for you.

**Focus on one thing at a time.** Do not become overwhelmed by many tasks. Focus on one assignment at a time.

**Be realistic.** If you are overwhelmed with work, do not offer to take on additional tasks. Know when to say "No."

**Meditate.** For relief from a stressful day, take five to ten minutes of quiet time to clear your mind and refocus.

**Do not cope alone.** Allow your friends and family

to lend support.

**Find a hobby.** Take a time out to engage in activities that make you happy.

**Take on a healthy lifestyle.** Make sure you are obtaining appropriate amounts of sleep each night, eat a balanced diet (visit mypyramid.gov for more information), consume caffeine and alcohol in moderation, and find a balance between work and play.

**Be physically active.** Achieving thirty minutes of physical activity per day helps the mind as well as the body. Take advantage of ConnectiFIT's physical activity programs to increase your physical activity levels while at work.

For more information on how to manage stress and to find the more tips for managing stress visit [www.mentalhealthamerica.net/go/stress](http://www.mentalhealthamerica.net/go/stress).

## MAY 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
6	7	8	9	10	11	12
						
13	14	15	16	17	18	19
						
20	21	22	23	24	25	26
27	28	29	30	31		

### Schedule of Events

**May 9th**– Return all completed Capitol City Climb logs to ConnectiFIT or Gene Nichols at MS#11APV.

**May 16th** – ConnectiFIT's Two-Year Anniversary Celebration. This event will be held in 470 Conference room A/B at 12:30. Dr. Pouran Faghri will present "Factors Contributing to Unhealthy Habits and What you Should Do About It" and Sara Gustavasen will be presenting on relaxation techniques to use at home and work.

More information about the celebration will be delivered via email and will be available on the ConnectiFIT website.

## Protein and Your Diet

The 2005 Dietary Guidelines for Americans recommend approximately 6 ounces of meats and beans should be consumed each day. To get an idea of how little this is, one ounce equivalencies are  $\frac{1}{2}$  ounce of nuts or seeds,  $\frac{1}{4}$  cup dried beans or tofu, one ounce of meat (a deck of cards size serving is about three ounces), one egg, or one tablespoon of peanut butter. When planning your diet consider the following healthy ways to incorporate protein:

**Choose lean meat to start.** Round steaks, top loin, top sirloin and chuck shoulder and arm roasts are the leanest types of beef selections. Among the leanest selections of pork are pork loin, tenderloin, center loin, and ham. Buy ground beef that 90% lean or leaner. Buying skinless chicken or removing the skin before cooking creates a leaner choice for chicken.

**Keep foods lean.** Trim off visible fats from meat and poultry before you cook it. Instead of frying foods, broiled, grilled, roasted, poached

and boiled meats and poultry are leaner options. You can also keep foods lean by preparing them without added fats, high fat sauces and gravies.

**Vary your choice of proteins.** Incorporate more fish into your diet. Salmon, trout and herring are all excellent choices because they are rich with omega-3 fatty acids. Dried beans and peas can be used as an addition to a meal or as a main dish. Meats can also be replaced in many of your favorite dishes. Consider using walnuts or pecan in salads or replacing meat with toaster nuts in a stir-fry.

For more tips on consuming lean protein, visit mypyramid.gov and select inside the pyramid and choose meats and beans. For other dietary recommendations please read Dietary Guidelines for Americans 2005, which can be found on the United States Department of Agriculture website at [www.cnpp.usda.gov/DietaryGuidelines.htm](http://www.cnpp.usda.gov/DietaryGuidelines.htm).

## Discover Bushnell Park

This spring take advantage of your surroundings. Instead of following the same paths around Hartford, venture out and explore historic Bushnell Park. Originally called "City Park", Bushnell Park was the first public park in America to be payed for, planned, and built by a city. Bushnell Park is also home to 50 different types of trees, which are featured in its tree walks.

Four distinct trails around Bushnell Park highlight rare species of trees, points of interest, and historical tidbits. The Capitol East Walk features eight varieties of trees and a walk around the Capitol, as well as a view of two statues and an antique weapon. The Elm Street Pump House Walk draws attention to the White Oak, Connecticut's state tree and the Pump House public art gallery. The Pond Carousel Walk features nineteen types of trees in a short distance as well as a statue, sculpture and carousel.

The Soldiers and Sailors Memorial Arch Walk focuses on the fourteen types of trees, many of which are the largest in the state of their species, and the historic Soldiers and Sailors Memorial Arch. Try one of these routes on your next break.

The Bushnell Park Tree Walks brochure contains the history of Bushnell Park as well as information about each species of tree that can be found in the park. Each of the four paths are outlined in the brochure, including information on the points of interest on each walk. For a copy of this Bushnell Park Tree Walks brochure please contact the Department of Environmental Protection. For more information on the Bushnell Park Foundation, a group that is dedicated to the maintenance and preservation of Bushnell Park, please visit their website at [www.Bushnellpark.org](http://Bushnellpark.org).