

# On the Move



A Publication of CPS Heartbeats, Chesapeake Public Schools Employee Wellness Program April 2009

## A MESSAGE FROM DR. NICHOLS

I would like to remind everyone about a new diabetes program which began in January. This program is available to all employees and retirees who are covered under Chesapeake Public Schools health insurance and their covered dependents. Information regarding the program is included in this newsletter or by visiting [http://www.cpschools.com/departments/risk\\_management/index.html](http://www.cpschools.com/departments/risk_management/index.html) and click on HealthMap Rx™. I encourage anyone who has diabetes and is eligible, to participate in this beneficial program.

## The Latest News

### HealthMap Rx™ Program for Diabetes

The program is offered to our employees and retirees, covered under Chesapeake Public Schools health care plans, and their covered beneficiaries with diabetes. Participation is voluntary and those participating will actively engage in an educational/health monitoring program and work with specially-trained pharmacists to learn how to self-manage their condition. **The program is free.** For participating in this program, your co-pays for diabetes medication and supplies will be waived.

Benefits of the program include:

- Learning more about diabetes
- Learning to better manage diabetes on a daily basis
- Others who have participated in the program experienced reduced blood sugar levels, lower cholesterol, lower blood pressure and better screening for diabetes-related complications.

### May is American Stroke Month (Source: [americanheart.org](http://americanheart.org))

#### What risk factors for stroke can't be changed?

- **Age** - the chance of having a stroke approximately doubles for each decade of life after age 55.
- **Heredity (family history) and race** - your stroke risk is greater if a parent, grandparent, sister or brother has had a stroke. African Americans have a much higher risk of death from a stroke than Caucasians do.
- **Sex (gender)** - stroke is more common in men than in women. In most age groups, more men than women will have a stroke in a given year. However, more than half of total stroke deaths occur in women. At all ages, more women than men die of stroke. Use of birth control pills and pregnancy pose special stroke risks for women.
- **Prior stroke, TIA or heart attack** - the risk of stroke for someone who has already had one is many times that of a person who has not. Transient ischemic attacks (TIAs) are "warning strokes" that produce stroke-like symptoms but no lasting damage. TIAs are strong predictors of stroke. A person who's

had one or more TIAs is almost 10 times more likely to have a stroke than someone of the same age and sex who hasn't. Recognizing and treating TIAs can reduce your risk of a major stroke. If you've had a heart attack, you're at higher risk of having a stroke, too.

#### What stroke risk factors can be changed, treated or controlled?

- **High blood pressure** - high blood pressure is the most important controllable risk factor for stroke.
- **Cigarette smoking** - in recent years, studies have shown cigarette smoking to be an important risk factor for stroke. The use of oral contraceptives combined with cigarette smoking greatly increases stroke risk.
- **Diabetes mellitus** - diabetes is an independent risk factor for stroke. Many people with diabetes also have high blood pressure, high blood cholesterol and are overweight. This increases their risk even more. While diabetes is treatable, the presence of the disease still increases your risk of stroke.

- **High blood cholesterol** - people with high blood cholesterol have an increased risk for stroke. Also, it appears that low HDL ("good") cholesterol is a risk factor for stroke in men, but more data is needed to verify its effect in women.
- **Poor diet** - diets high in saturated fat, trans fat and cholesterol can raise blood cholesterol levels. Diets high in sodium (salt) can contribute to increased blood pressure. Diets with excess calories can contribute to obesity. Also, a diet containing five or more servings of fruits and vegetables per day may reduce the risk of stroke.
- **Physical inactivity and obesity** - being inactive, obese or both can increase your risk of high blood pressure, high blood cholesterol, diabetes, heart disease and stroke. So go on a brisk walk, take the stairs, and do whatever you can to make your life more active. Try to get a total of at least 30 minutes of activity on most or all days.

### Inside this issue:

A Message from Dr. Nichols	1
The Latest News	1
Upcoming Events	1
Healthy Happenings Around CPS	2

### Upcoming Events

Earth Day	April 22
May Day	May 1
National Women's Check-up Day	May 11
National Employee Health & Fitness Day	May 20
Memorial Day	May 25
World No Tobacco Day	May 31
National Physical Fitness & Sports Month. For more information, visit: <a href="http://www.fitness.gov">http://www.fitness.gov</a>	May 1-31



# Healthy Happenings Around CPS

## Mammography Programs

Chesapeake Public Schools will be offering mammography screenings again this year. Mammography screening is designed to provide education and early detection of breast cancer to female employees.

Every female is encouraged to have a baseline mammogram between the ages of 35-40 and then every year beyond age 40, as directed by a physician for routine purposes.

If you are enrolled in the KeyCare (PPO) plan, you will be responsible for 10% of the allowable charges. If you are enrolled in the HealthKeepers (HMO), you will be responsible for a \$25 co-pay.

## Idida Walk

One hundred and eighteen people have entered the first annual Idida Walk walking program which began March 7, 2009, and continues through April 30, 2009.



Congratulations to Greenbrier Primary and SAB for having the largest number of employees participating!

**HAPPY & HEALTHY WALKING TO ALL PARTICIPANTS!**



## Operation Smile's Final Mile



Western Branch Intermediate school students participated in the Shamrock Marathon festivities by entering Operation Smile's Final Mile Program. WBI has been participating in the program since the onset four years ago with a record-breaking 154 students registered this year.

Students completed 25.2 miles in a 10-12 week period. On March 21, 2009, the students met at the Virginia Beach Boardwalk to

## Sentara Leigh Mobile Mammography

Sentara Leigh has been providing the mobile mammography screening for Chesapeake Public Schools for many years. The scheduling process is the same this year as in past years. To schedule an appointment, call **1-800-SENTARA**. **Be sure to mention that you are a Chesapeake Public Schools employee.** For a mobile mammography screening schedule, please visit: <http://www.cpschools.com/2009mammogram.html>

Referrals are not required from your physician for this procedure as it is being coordinated with Sentara, if you are enrolled in the HealthKeepers plan. Be sure to bring your insurance card with you.

## WeightWatchers®

**CPS employees are Big Losers!**

Over 200 CPS employees are participating in WeightWatchers® programs at various locations. Some of the Biggest Losers include:

- GBHS has eighteen members in their group and to date they have lost a total of **151** pounds.
- The SAB WeightWatchers® group has lost over **1,000** pounds since July 9, 2008.
- The group at WBHS has lost a total of **351.8** pounds
- GFHS members have lost **217.2** pounds
- Over **280** pounds have been lost by the group at OSMS
- **300** pounds have been lost by the employees that meets at Truitt



## Chesapeake Regional Medical Center

Beginning April 1, 2009, The Breast Center at Chesapeake Regional Medical Center will be offering Chesapeake Public Schools employees a special employee block schedule.

You may schedule your mammogram any day of the week; however there are blocked schedule times for Chesapeake Public Schools.

- Mon. or Thurs.—4:00 pm—7:00 pm
- Tues. or Fri.—7:00 am—8:00 am

For more information visit: <http://www.cpschools.com/2009mammogram.html>.

## Free and Clear®

**Free and Clear® Quit for Life** is a tobacco cessation program available to all employees, retirees and spouses. Anyone interested in quitting tobacco, including smokeless tobacco, may enroll in the twelve-month program.

- No cost for employee, retiree or spouse
- Quit Coaches who know to quit tobacco will help you
- Personal Quit plan designed by you and your Quit Coach. You and your coach will decide when to quit and the best techniques to use
- Call 1-866-QUIT-4-LIFE (784-8454) or visit **Free and Clear®** at [www.freeclear.com](http://www.freeclear.com) to enroll or find out more information.

get out and go walking or running.

*Barbara Fitzgibbons*

**CPS is proud of our students at WBI!**



*Rory Laubengayer approaching the finish line*

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

*- John F. Kennedy*