



Healthy Habits

Faculty and Staff Wellness Program

Calvin College

August, 2009

Did you know?

Each year on average in the U.S., about 50,000 adults die from vaccine-preventable diseases or their complications. 3

An average of 36,000 vaccine-preventable deaths each year are attributed to influenza; 90% of these deaths are in persons 65 years of age and older. 3

During most influenza seasons, an average of 5% to 20% of the U.S. population is infected with influenza virus. 3

National Immunization Awareness Month

Immunizations and vaccines seem like a thing of the past in America. Some diseases, like Polio and Diphtheria, have thankfully become very rare in the United States. However, according to the Center for Disease Control and Prevention, we should not stop giving vaccines for diseases like polio until they are completely non-existent. All it takes is one sick person who infects the population, and soon America has an epidemic on its hands. We vaccinate to protect our future. 1

Below are the most common vaccines. If you think that you need one of these vaccines, discuss this with your personal physician.

Influenza can be treated by a vaccine which helps fight getting the flu or passing it to others. It is recommended for people 50+ years old, people with medical problems, women who will be pregnant during flu season, and students. 2

Pneumococcal Polysaccharide is recommended for people over the age of 65, people who have a chronic illness, alcoholics, smokers, those at high risk for pneumococcal infections, and people who have recently received an organ or bone marrow transplant. 2

Zoster (or Shingles) is recommended for anyone over age 60 to prevent shingles. 2

Human Papillomavirus (HPV) is the most common sexually transmitted virus in the United States. There are about 40 types of HPV, the most common of which leads to cervical cancer in women. Certain strains of this virus can also cause genital warts in both genders. The HPV vaccine is routinely recommended for girls 11-12 years of age, and girls and women 13 through 26 years of age who did not receive it when they were younger.

Pertussis (whooping cough) is a highly contagious respiratory tract infection. This vaccine, called dTAP, will also protect against tetanus and diphtheria. 5

Hepatitis A vaccine should be given to anyone over the age of 1 who has certain risk factors, including living in or traveling to a community with a high rate of hepatitis A. The vaccine prevents against the hepatitis A virus (HAV), which causes liver disease. HAV is usually spread by close personal contact and sometimes by eating food or drinking water containing HAV. 6

Hepatitis B vaccine is recommended for all individuals under age 19, as well as adults with specific risk factors, including high risk jobs, traveling in high risk communities and sexual contact with an infected individual. Chronic hepatitis B virus leads to liver cancer, cirrhosis, and liver failure in 15-25% of the infected population. 7

COMING THIS FALL!

Great Lakes Cardio Challenge

Look for information later this month on our next individual and team challenge. Do YOU think you have what it takes to swim across Lake Michigan or bike the length of Lake Superior?

Healthy Habits Fridays

Join us on Fridays this Fall for one-time classes. Choose from:

- Tai Chi
- Line/Folk Dance
- Belly Dance
- Self Defense
- Turbo Kick
- Latin Dance

Express Classes

Having trouble finding the time to exercise? Try one of our shorter “express” classes. Only 20-30 minutes each!

- Core Express
- Interval Express



Health Habits Highlights of the Month

Meet Keith Johnson!



Keith works in the Calvin Store as the Textbook Coordinator. Recently, Keith made several changes in his life and adopted a healthier lifestyle, all because of the result of a simple preventive test. When Keith went to get his yearly physical, testing showed his glucose level to be high. In February he was diagnosed with type II diabetes after doctors found that his A1c score was 7.2. (Above 7, a person is diagnosed with type II diabetes.) He was told that if he did not make changes in his life, he would run a high risk of diabetes-related health issues, including heart attack, stroke, depression, blindness and even amputations. “This outcome did not look pleasing to me,” Keith commented, and he soon started dieting and exercising rather than immediately going on medication. Controlling his food intake was one of the biggest adjustments he made. He was restricted to 65 grams of carbohydrates for each meal, with a 25-30 gram snack at night. “To give you an idea of how many that is, one slice of bread is 15 grams of carbs!” Keith notes. He tries to make up his plate of 1/2 vegetables, 1/4 pasta, rice or potato, and 1/4 meat. Along with this, he made rules for himself. He started using a smaller plate and would say no to seconds. He avoids cake, pie, doughnuts and candy bars. Finally, he decided to start walking for exercise — around two and a half miles every evening. By making these changes and sticking to them, he has seen amazing results. Since February 10th, Keith has lost 30 pounds, lowered his A1c score to 6.5, and has reduced his total cholesterol. Keith said that it required him to “make it a habit”, and that before you start a diet similar to his, to “check with your doctor first. If you are looking to lose weight, be prepared to give up certain things in your life. Being healthy is sometimes hard, but it’s worth it”

Well done Keith, and keep up the good work!

HEALTHY HABITS CASH INCENTIVE

If you have Priority Health insurance through Calvin, don’t forget that the deadline for this quarter’s incentive is August 31. Here are a few activities that might help you achieve the required 2 credits for this quarter:

- “Home Fitness” Seminar on August 21, 12:00 OR 4:45pm (0.5 credits)
- Turn in an “Activity Tracker” any time after August 15 (1.0 credit)
- Fitness Center equipment orientation - sign up in Fitness Ctr. (0.5 credits)
- Walked or biked to work at least 3 times per week (1.0 credits)
- Donated blood since June 1- email Healthy Habits (0.5 credits)
- Dental cleaning since June 1- email Healthy Habits (0.5 credits)
- Hiking/kayaking/backpacking trip - 2+ days (0.5 credits)

1. <http://www.cdc.gov/vaccines/vac-gen/why.htm>
2. <http://www.immunize.org/catg.d/p2011.pdf>
3. <http://www.nfid.org/pdf/factsheets/adultfact.pdf>
4. <http://www.nfid.org/pdf/factsheets/adultqa.pdf>
5. <http://www.cdc.gov/vaccines/vpd-vac/pertussis/default.htm>
6. <http://www.cdc.gov/vaccines/vpd-vac/hepa/default.htm>
7. <http://www.cdc.gov/vaccines/vpd-vac/hepb/default.htm>