

To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



MAY 2021

How the Four Pillars of Well-being Work Together: A New Guide for You

By Jane Grannis, Wellness Manager

If you've attended a wellness class or read an article published in this newsletter, you may already be familiar with the concept of the **Four Pillars of Well-being**.

Physical, emotional, social, and financial health, when present and balanced, results in total well-being. Imbalance of one or two pillars in our life increases stress and risk of disease.



It is for this reason we've designed the wellness program around this philosophy. Now, we're making it easier for you to identify which pillars our classes and activities address using our **pillar icons** guide.

Each class or activity flyer is stamped with corresponding pillars. You may be surprised to find that a cooking class can also address financial well-being like [Heart Healthy Cooking](#), and that gut health is crucial not only for physical health, but emotional as well, as in the [Behind the Belly Button](#) series.

The connection between good nutrition and exercise (physical health) is obvious, but other pillars impact well-being. The most common sources of stress are money, work, family, economic outlook and family relationships (emotional, social and financial health). It's not uncommon to experience issues in more

than one area, or perhaps even all of them. This makes for a sickening reality (literally). People under stress, especially chronic stress, are more likely to suffer from headaches, insomnia, heart disease and high blood pressure, to name just a few.

Relationships are crucial to both physical and psychological well-being. Through research, we now know that there is a connection between social isolation, loneliness and both physical and mental health. Individuals lacking in strong relationships, both individual and community, are at a higher risk for developing arthritis, type 2 diabetes, and heart

disease, among others. There may also be a connection to cognitive decline, dementia and Alzheimer's.

Interaction with others and supportive networks increase the quality of life because they fill a fundamental human need. They reduce emotional stress, and thus reduce the constant release of stress hormones, which lead to an inflammatory response and increased risk for disease.

Understanding the benefits of incorporating the **Four Pillars of Well-being** and using our handy icons to navigate your many wellness program choices will help you lead a happier and healthier life.

I encourage you to take advantage of the upcoming activities on [page 3](#). Which pillar will you focus on first?

Additional information: [New Cigna Study Reveals Loneliness at Epidemic Levels in America](#).

Inside

[Page 2](#): Skin Cancer and Sunscreen Safety; Tell it Well

[Page 3](#): Upcoming Webinars:

- Financial Wellness for the Single Life
- Cook Along Kitchen Series – Heart Healthy Cooking
- Spotlighting Menopause
- Skin Cancer Prevention

Series Videos: Behind the Belly Button

[Page 4](#): The ABCs of Asthma; Biometric Screening Process in 2021

[Page 5](#): What is a Vaccine Emergency Use Authorization?; COVID-19 Vaccines Facts and Myths Webinar; COVID-19 Resources; Wellness Center Info

[Page 6](#): Cantaloupes!; I Don't Like Running or Jumping Jacks; Chicken Pita Bread Pizza

Skin Cancer and Sunscreen Safety



Your
UHC
Nurse

Amy

By Amy Hertog, RN, BSN,
Clinical Nurse Liaison

May is **Skin Cancer Awareness Month**. Skin cancer is the most common cancer in the United States and worldwide.

There are different types of skin cancers. **Basal cell cancer** is the most common form of skin cancer. It begins in the basal cells — a type of cell within the skin that produces new skin cells as old ones die off. This type of skin cancer:

- Frequently develops in people who have fair skin. People who have deeper skin color may also get this type of skin cancer.
- Often looks like a flesh-colored round growth, pearl-like bump, or a pinkish patch of skin.

Squamous cell cancer is the second most common form. It develops in the squamous cells that make up the middle and outer layers of the skin. This type of skin cancer:

- Is most likely to develop on light skin, although can also develop on darker skin.
- Looks like a red firm bump, scaly patch, or a sore that heals and then re-opens.

Melanoma is the most serious type of cancer. It develops in the cells (melanocytes) that produce melanin — the pigment that gives your skin its color. This type of skin cancer:

- Can develop within a mole that you already have on your skin or appear suddenly as a dark spot on the skin that looks different from the rest.
- Early diagnosis and treatment are crucial.
- Knowing the [ABCDE warning signs of melanoma](#) can help you find an early melanoma.

Sun protection is a key in prevention of skin cancer. This is because the sun emits **ultraviolet (UV) rays**.

UVA rays have the least energy among UV rays.

- Cause skin cells to age.
- Some indirect damage to their DNA.
- Mainly linked to long-term damage such as wrinkles.
- Thought to play a role in some skin cancers.

UVB rays have slightly more energy than UVA rays.

- May damage the DNA in skin cells directly.
- Main cause of sunburns.
- Thought to cause most skin cancers.

TIPS

There are a few things you should know before you buy and apply sunscreen so that you get the maximum protection possible.

Get advice on what to buy, where to apply, and how much in this article [Sunscreen: How to Help Protect Your Skin from the Sun](#) from the FDA.

For more information about sun safety, read the UHC article on [Sun Safety](#).

Visit [Amy's web page](#) or contact her at 464-5579 or by email at amy_hertog@uhc.com.

Learn about skin cancer risks, signs, symptoms and screening methods during a one-hour [Skin Cancer Prevention webinar](#), presented by Moffitt Cancer Center. See [page 3](#) to register.



We want to hear
from you!

TELL IT WELL Employee Feature

If you or your spouse/domestic partner has improved their life by making healthy changes, *To Your Health* wants to feature and congratulate you! Contact Jane Grannis at wellness@pinellascounty.org for details on how to share your story.



Mark Your Calendars: Wellness Activities for You

Financial Wellness for the Single Life

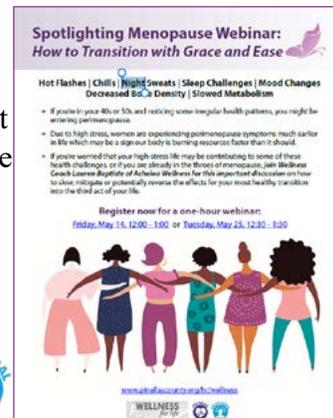
What does your financial journey look like solo? Take control of your life and achieve your financial goals and dreams.

[View the flyer](#) to learn more and register for the the **May 12** webinar at 1:00 p.m.



Spotlighting Menopause

Due to high stress, women are experiencing perimenopause symptoms much earlier in life which may be a sign our body is burning resources faster than it should. [View the flyer](#) for more information and to register for either the **May 14**, 12:00 or **May 25**, 12:30 webinar.



Cook Along Kitchen Series – Heart Healthy Cooking

Join us for a cooking demonstration and discussion of heart-healthy foods and cooking techniques to reduce your risk of heart disease with a focus on increasing fiber, fruits, vegetables, and whole grains, while decreasing saturated fat and sodium intake. [View the flyer](#) for more information and to register for the **May 17**, 12:00 class.



Skin Cancer Prevention

May is Skin Cancer Prevention Month. Learn about skin cancer risks, signs, symptoms and screening methods during this one-hour webinar, presented by Moffitt Cancer Center. [View the flyer](#) for more information and to register for the **May 20**, 12:30 webinar.



Behind the Belly Button Series Videos



If you missed them, watch the prior sessions in the series on video.

Gut Health

[Watch the video](#) to uncover the mysteries of the gut and learn ways you can improve your own gut health.

Digestion and Nutrient Absorption

[Watch the video](#) for a closer look at how digestion works to break down food to usable forms of energy, vitamins and minerals and how they're absorbed into the body.



The Microbiome Explained

[Watch the video](#) to learn about superbugs. Our body has over 100 trillion microbial cells. When that ecosystem tips out of balance, we get sick.

Epigenetics

Although DNA can't be changed, epigenetics can change how our body reads the DNA sequence. Epigenetics offers scientific proof that the choices we make can affect our health. [Watch the video.](#)

Coming in June - All About Hunger: Learn different ways our body and brain experience hunger, and strategies to assess whether, when and what to eat.



The ABCs of Asthma

By Amy Hertog, RN, BSN, Clinical Nurse Liaison

Did you know that approximately 25 million americans (nearly 8% of the population) have asthma? Asthma was responsible for over 1.7 million emergency room visits in the US in 2016. (Source: Centers for Disease Control and Prevention).

What is asthma?

Asthma is the chronic inflammation of airways, which become even more swollen when something triggers the symptoms. The muscles around the airways tighten, making it difficult for air to move in and out of the lungs. This tightening causes coughing, wheezing, shortness of breath and/or chest tightness. There is no cure for asthma, but it can be managed with proper prevention of asthma attacks and treatment.

Who is at risk for asthma?

Asthma is more common in adult women than adult men. If you have a parent with asthma, you are three to six times more likely to develop asthma than someone who does not have a parent with asthma. Some children who experience viral respiratory infections go on to develop chronic asthma.

Other risk factors include:

- Allergic conditions such as eczema or hay fever
- Smoking, including those whose mothers smoked during pregnancy or those exposed to secondhand smoke
- Smog exposure
- Being overweight or obese, including adults and children. Although the reasons are unclear, some experts point to low-grade

inflammation in the body that occurs with extra weight. Obese patients often use more medications, suffer worse symptoms and are less able to control their asthma than patients in a healthy weight range.

What triggers an asthma attack?

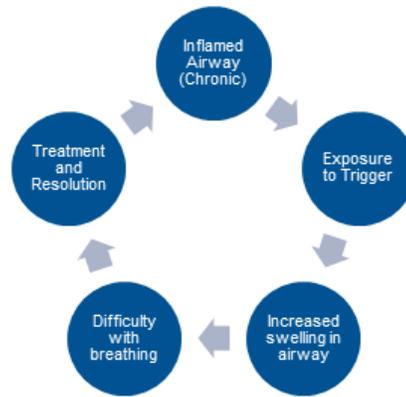
Common asthma triggers include: animal dander, dust mites, cockroaches, indoor mold, pollen and outdoor mold, tobacco smoke, smoke, strong odors, perfumes, sprays, fumes and vacuum cleaning.

If you have asthma, exposures to certain elements in the workplace can cause asthma symptoms. And, for some people, exposure to certain dusts (industrial or wood dusts), chemical fumes and vapors, and molds can cause asthma to develop for the very first time.

It is important asthmatics see their healthcare provider regularly, understand their medications, take medications as directed, assess and monitor control (peak flow meter), avoid environmental exposures or triggers, and keep immunizations up to date.

Asthma coaching is available for those who medically qualify and are on the County health plan. Asthma coaching can help you to

better manage your condition and breathe easier. **To enroll in Asthma Coaching, call UnitedHealthcare at (888) 478-4752.** If you are identified as qualifying through your medical claims data, you may also receive a phone call invitation. You may qualify for Wellness Incentive Program rewards of 25,000 points or \$100 by participating in this program. See [Chronic Condition Management](#) for more information.



No-Cost Financial Counseling

Get two free calls with a licensed financial planner to discuss retirement, debt, budgeting, investment, etc. with the Employee Assistance Program. Visit www.pinellascounty.org/hr/EAP.

Biometric Screening Process in 2021

Before you get your screening, be sure to watch the [tutorial video](#). Also, review the [webpage](#) including [FAQs](#) and the [Rally Help Guide](#) with step-by-step instructions and screenshots for every step in the process.

Save \$500 in 2022 with the preferred health plan premium by completing the biometric screening and Rally health survey in 2021.



What is a Vaccine Emergency Use Authorization?

By Amy Hertog, BSN, RN

An Emergency Use Authorization (EUA) is a clearance given to the Food and Drug Administration (FDA) which is covered under the Federal Food, Drug, and Cosmetic Act. It allows the use of a drug or treatment prior to approval.

The EUA does not mean approval of a drug in the full aspect of the term, but instead authorizes the FDA to make available an unapproved product OR an unapproved use of an approved product during a declared state of emergency. It may be issued when there are no adequate, approved, and available alternatives.

Project Bioshield Act of 2004, the Pandemic and All-Hazards Preparedness Reauthorization Act of 2013, presidential executive orders and others impact the scope of EUAs.

One of the key minimum requirements for issuing an EUA is that known and potential benefits outweigh the known potential risks. The FDA has guidelines that explain the conditions that need to be met before a drug or treatment can receive an EUA.

EUAs were first used for the general population during the 2009 swine flu pandemic. The FDA issued them for the use of certain antiviral drugs and for a PCR swine flu test.

Bear in mind that with the current COVID-19 vaccines, the methods have been in development for years. This technology allowed vaccine developers a “head start” earlier in the pandemic. These vaccines went into a 3-phase trial that involved many study participants.

In a phase 1 trial, the vaccine is given to a small number of generally healthy people to assess its safety at increasing doses and to gain early information about how well the vaccine works to induce an immune response.

Phase 2 studies include more people, where various dosages are tested on hundreds of people with typically varying health statuses and from different demographic groups.

In phase 3, the vaccine is generally administered to thousands of people involving broad demographic groups (i.e., the population intended for use of the vaccine) and generates critical information on effectiveness and additional important safety data.

Vaccine manufacturers must also include a plan for active follow-up for safety, including deaths, hospitalizations, and other serious or clinically significant adverse events, among individuals who receive the vaccine under an EUA, to inform ongoing benefit-risk determinations to support continuation of the authorization.

In conclusion, the EUA is intended to streamline some processes in order to make drugs and treatments available during a public health emergency.

COVID-19 Vaccines Facts and Myths Webinar



[View the video](#) (22 minutes) as UHC Nurse Liaison Amy Hertog clarifies the top 20 facts and myths about COVID-19 vaccinations. Learn about do's and don'ts when it comes to protecting your health with the available vaccines.

COVID-19 Resources

Visit our [COVID-19 for County Employees](#) page for these links and more:

- [Pinellas County vaccine information](#)
- [CDC vaccine information](#)
- [Employee FAQs](#)
- Face coverings are strongly encouraged.

Wellness Center Orientations

To access the Wellness Center, schedule an orientation by using the [Orientation Sign-up](#).

Questions?

Contact Wellness at wellness@pinellascounty.org or 464-4049.



Cantaloupes!

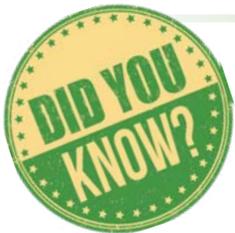
Cantaloupes are delicious, good-for-you superstars that taste their sweetest when they're in season during summer months. Their unique orange color is full of vitamins, minerals, and other nutrients.

- Beta-carotene (as much as carrots)
- Folate
- Vitamin C
- Fiber
- Potassium
- Water
- And many others!



Choose symmetrical melons that feel heavy and have little to no green. Ripe melons smell sweet and musky.

Use them in smoothies and sorbets. If you're feeling adventurous, combine cantaloupe with basil, mozzarella, onions, red wine vinegar and olives.



I Don't Like Running or Jumping Jacks

That's OK. There are many exercise options. Physical activity is anything that gets you moving including walking, gardening, pushing a stroller, raking leaves, dancing and swimming. See [Exercise Tips to Help Your Health](#), then view [more ways to stay active](#).

Chicken Pita Bread Pizza

Feel free to substitute any cooked chicken for rotisserie chicken.



Ingredients

- 1 whole wheat pita bread (about 6 inches in diameter)
- ¼ cup low-sodium marinara sauce, preferably one with less than 50 mg sodium per ½ cup
- ¼ cup shredded low-sodium part-skim mozzarella
- 1 ounce boneless, skinless rotisserie chicken, cut into strips (Vegetarians: Substitute 1 ounce tempeh, cut into strips and coated with ¼ teaspoon olive oil and a pinch salt)
- ½ yellow, red or green sweet pepper, sliced
- Fresh basil (optional)

Directions

1. Preheat oven to 400°.
2. Place pita on a sheet tray and cover with sauce. Sprinkle mozzarella over sauce, add chicken (or tempeh) and top with pepper slices.
3. Bake until cheese is melted and crust is golden brown, about 10 minutes. Top with basil, if desired, and serve.

Nutrition Facts (per serving)

Calories	336	Total Fat	12g
Protein	21g	Saturated Fat	5.1g
Carbohydrate	38g	Cholesterol	51mg
Dietary Fiber	6g	Calcium	247mg
Total Sugars	9g	Sodium	451mg

To Your Health

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