Flu Season: It’s Worth A Shot

This Fall, Emory University will be offering two separate and distinct flu shot programs for students, faculty and staff.

Seasonal Influenza
Beginning in September, flu shot clinics will be offered on campus for seasonal influenza (the “regular” annual flu shot). The CDC stresses the importance of seasonal flu shots to significantly decrease your overall influenza risk during the 2009-2010 flu season.

Times and locations will be posted on the Faculty Staff Assistance Program website at www.fsap.emory.edu, the main Emory home page and published in the Emory Report.

H1N1 Influenza
The CDC currently predicts that immunizations for the H1N1 flu will be available late fall. Recent CDC press releases have indicated that the following groups will likely have priority for the H1N1 vaccine:

- Healthcare and emergency professionals
- Household contacts and caregivers of children younger than 6 months
- College-age students
- Persons aged 25 through 64 years who have health conditions associated with higher risk of medical complications from influenza

If and when the vaccine is available and approved for use, Emory plans to offer these vaccinations to the specific priority groups as directed by the CDC. The H1N1 vaccine will be a two-dose series, with doses a minimum of 21 days apart. Details about H1N1 vaccinations will follow as soon as possible.

For H1N1 general information, visit www.emory.edu/flu.

Submitted by Dr. Michael Huey on behalf of Emory Student Health and Counseling Services and the Faculty Staff Assistance Program

Take Precautions to Stay Healthy During Cold and Flu Season

As cold and flu season approaches, you can take a few simple steps that go a long way towards preventing the spread of germs. The Centers for Disease Control and Prevention (CDC) promote the influenza vaccine as the single best way to prevent seasonal flu, but also recommend the following six good health habits:

Avoid close contact. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick. If possible, stay home from work, school and avoid running errands when you are sick. You will help prevent others from becoming ill.

Cover your mouth and nose. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Clean your hands. Washing your hands often will help protect you from germs. Consider soap and water as well as liquid gels, etc.

Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

Practice other good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

Melissa Morgan, MS, HFS, Wellness Specialist
Source: Centers for Disease Control and Prevention
www.cdc.gov/flu
Wellness and Lifestyle

The Public Health Corner:

Depression 101

Mental health is a core component of our overall well-being and has been defined as “a state of successful mental functioning, resulting in productive activities, fulfilling relationships, and the ability to adapt to change and cope with adversity” (Healthy People 2010). Depression is the most prevalent mental health concern in America and it impacts individuals of all backgrounds. Major depressive disorder, the most common type of depression, has been found to affect almost 7% of the U.S. population age 18 and older every year (National Institute of Mental Health). Some symptoms of depression include decreased energy, persistent feelings of sadness and hopelessness, irritability, and loss of interest in activities that were once enjoyable.

Depression is a highly treatable condition through medication, psychological treatment, or a combination of both. However, due to the misconception that depression is a personal weakness, feeling too embarrassed to ask for help, and other social stigmas, the majority of individuals with depression do not seek treatment. As such, depression is the primary cause of disability in the U.S. and the cause of 2/3 of suicides each year (Healthy People 2010).

Depression does not need to take this toll. If you are concerned about yourself, a loved one, or a colleague, or would just like to discuss strategies to enhance your mental wellness, FSAP offers free and confidential counseling services, online confidential self assessments, education and workshops, and referrals. You can also find out more about Emory’s Step UP mental health campaign called “Embrace Your Mind and Spirit” in this edition of All About Health.

For more information on depression, including its symptoms, types and causes, visit www.nimh.nih.gov/health/publications/depression/nimhdepression.pdf. For more information on Healthy People 2010, go to www.healthypeople.gov.

Alyssa Lederer, MPH, CHES, FSAP Health Educator

Embrace Your Mind and Spirit

Each day, people struggle with mental health issues, whether it’s everyday stress, situational stress such as grief, or something more severe. Therefore, it is important to understand that there are various situations which can affect your mental wellbeing.

Beginning September 8, Step UP Emory’s website, www.stepup.emory.edu, will feature assessment tools, expert information and resources on topics such as reducing everyday stress, stages of change and managing mental illness. Step UP Emory will also host two events focusing on mental wellness.

A Visit From former First Lady Rosalynn Carter

Join us for a special mental health forum featuring remarks from Mrs. Carter, who has dedicated 35 years of her career to helping people with mental illnesses and continues her work through the Carter Center’s Mental Health Program. Mrs. Carter’s address will be followed by a discussion panel of experts who will provide additional information about mental health disorders, treatment, prevention, early intervention and resilience.

Friday, September 18, 1 p.m. – 2:30 p.m.
Emory University Cox Hall, 3rd Floor Ballroom
(Pre-register at www.emoryhealthcare.org. Click on Events in the blue navigation bar. Select “For Employees” in the pull-down menu.)

Seven Keys for Maintaining Personal Enthusiasm

Motivational speaker and trainer William O’Neal will share his inspiring messages on developing your potential and unleashing your greatness.

Tuesday, September 15
11 a.m. – 11:30 a.m.
Emory University Hospital Auditorium
(No registration necessary)

For more information, visit Step UP Emory at www.stepup.emory.edu beginning September 8.
What You Eat Can Promote a Healthy Immune System

A strong immune system is your best defense against getting a cold, the flu, food borne illness or an infectious disease. A normal immune response ultimately offers protection from other health problems, including allergies, abnormal cell development and cancers.

Good nutrition, which includes handling food safely to avoid food borne illness, is essential to a strong immune response. A relatively mild deficiency of even one nutrient can make a difference in your body’s ability to stay healthy and fight infection.

Among the nutrients well recognized for their many roles in building immunity and immune response are protein, vitamins A, C and E and zinc. Others including vitamin B6, folate, selenium, iron and copper, as well as prebiotics and probiotics, may also influence immune response.

To promote your immunity, follow a healthful eating plan with plenty of immune-boosting nutrients.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Foods rich in</th>
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<tbody>
<tr>
<td>Vitamin A</td>
<td>Carrots, pumpkin, sweet potatoes, collard greens, spinach, sweet peppers and apricots</td>
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<tr>
<td>Vitamin C</td>
<td>Oranges, grapefruit, sweet peppers, papaya, pineapple, strawberries and broccoli</td>
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<tr>
<td>Vitamin E</td>
<td>Sunflower seeds, almonds, spinach, sweet potatoes, carrot juice and broccoli</td>
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<tr>
<td>Zinc</td>
<td>Oysters, beef, crab, baked beans, duck, fortified cereals</td>
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<tr>
<td>Vitamin B6</td>
<td>Brown rice, potatoes, sweet potatoes, cabbage, brussel sprouts, fortified cereals and tuna</td>
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<tr>
<td>Folate</td>
<td>Orange juice, okra, spinach, enriched cereals and rice</td>
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<tr>
<td>Selenium</td>
<td>Brazil nuts, whole grain wheat, barley, halibut, tuna, haddock, turkey, couscous and oat bran</td>
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<tr>
<td>Iron</td>
<td>Lentils, corn meal, spinach, turkey, beef, beans and fortified cereals</td>
</tr>
<tr>
<td>Copper</td>
<td>Beef, oysters, lobster, shiitake mushrooms, chocolate, barley and chestnuts</td>
</tr>
<tr>
<td>Protein</td>
<td>Chicken, fish, lamb, beef, pork, barley, beans, milk and yogurt</td>
</tr>
</tbody>
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Sweet Potato, Leek and Ham Soup

Yield 4 servings (serving size: about 1 1/4 cups)

Olive oil-flavored cooking spray
1 cup diced cooked ham
1 1/2 cups sliced leek
2 tablespoons water (optional)
3 cups cubed peeled sweet potato
1 cup fat-free, low-sodium chicken broth
2 cups water
1 (5-ounce) can evaporated fat-free milk
1/4 teaspoon freshly ground black pepper
Thinly sliced leek, for garnish (optional)
Thinly sliced green onions, for garnish (optional)

Preparation
1. Heat a large Dutch oven over medium heat. Coat pan with cooking spray. Add ham; cook 3 to 4 minutes or until browned, stirring frequently. Remove ham from pan; set aside.
2. Add leek to pan; coat with cooking spray. Cook leek, covered, 5 minutes or until very tender, stirring occasionally. Add 2 tablespoons water to pan, if needed, to prevent burning.
3. Add sweet potato and next 4 ingredients, scraping pan to loosen browned bits; bring mixture to a boil. Cover, reduce heat, and simmer 15 minutes or until sweet potato is very tender. Place half of potato mixture in a blender or food processor. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Process until smooth. Pour puree into a large bowl. Repeat procedure with remaining mixture. Return pureed mixture to pan. Stir in 3/4 cup reserved ham. Ladle soup into bowls; top servings evenly with 1/4 cup reserved ham. Garnish, if desired with leek and green onions.

Nutritional Information: 193 calories, 1 g fat, 15.5 g protein, 29.2 carbohydrate, 3.6 g fiber, 26 mg cholesterol, 2 mg iron, 505 mg sodium, 153 mg calcium

Immune boosting nutrients: Vitamins A, E and B6 and protein

Nutrition analysis by: Tara Cox, MPH, RD – Wellness Specialist
Source: Cooking Light, APRIL 2009
Wellness Calendar

Effective Parenting Skills
Wednesday, October 7, 2009
10 a.m. - 11:30 a.m.
1599 Building Conference Room 1A
(visitor parking is available)
Facilitator: Dr. John Wilson

Take Charge of Your Career
Wednesday, October 14, 2009
10 a.m. - 11:30 a.m.
1599 Building Conference Room 5A
(visitor parking is available)
Facilitator: Janis Ashkin, M.Ed., MCC, NCC

Stress-Less Holidays
Tuesday, November 3, 2009
Noon - 1:30 p.m.
1599 Building Conference Room 1A
(visitor parking is available)
Facilitators: Tara Cox, Wellness Specialist, FSAP, and Dr. Sue Matthews

Solutions to Basic Budgeting
Tuesday, November 10, 2009
3 p.m. - 4:30 p.m.
1599 Building Conference Room 1A
(visitor parking is available)
Facilitator: Robin Huskey, LCSW, CEAP

Walking Group: Meet Me @ the Quad
Thursdays, 8 a.m. - 8:30 a.m.
September 3 - October 1
Meet at the back of Candler Library
Call 404-727-4328 for more info.

FSAP Programs  Open to EU and EHC employees

Stress-Less Skills Group
Begin Tuesday, September 22, 2009; meets every other week from 4 p.m. - 5:30 p.m. for six classes
Prospective participants must be pre-screened by Tuesday, September 16.

Grief & Loss Support Group
Begin Monday, September 28, 2009; meets weekly from 4 p.m. - 5:30 p.m. for six classes
Prospective participants must be pre-screened by Friday, September 25.

Anger Management Skills Group
Begin Friday, October 9, 2009; meets every other week from 1 p.m. - 2:15 p.m. for six classes
Prospective participants must be pre-screened by Friday, October 2.

Call the Emory Wellness Center at 404-727-4328 to register or for more information.

Freedom From Smoking
Mondays, September 14 – November 2, 2009 (8-Week Program)
Cost: $50.00
To register or for more information, contact Tara Cox, Wellness Specialist, at tara.cox@emory.edu or 404-727-4328.

Weight Watchers at Work®

Weight Watchers at 1599 Clifton Road
Tuesdays from 11:45 a.m. - 12:45 p.m. in room 4A
Information/Registration Meeting - Tuesday, September 1
Meeting Dates: September 8 - December 15, 2009

Weight Watchers at Clinic A
Mondays from 12:15 p.m. - 1:15 p.m. in the Brown Auditorium
Information/Registration Meeting - Monday, September 28
Meeting Dates: October 5, 2009 - January 11, 2010

To register or for more information, contact Melissa Morgan, Wellness Specialist at melissa.morgan@emory.edu, or 404-727-4328.