Join your co-workers for 30 minutes of walking on Wednesday, April 6, 2011, as Emory recognizes National Start! Walking Day. This annual event, sponsored by the American Heart Association, is a day to kick off a commitment to healthy living and promote a heart healthy activity that can be incorporated into the work environment.

National Start! Walking Day is a component of the American Heart Association’s Start! program, the movement that calls on all Americans and their employers to create a culture of physical activity and health through walking.

In 2010, Emory had over 200 employees participate in National Start! Walking Day during their workday. Designated walk times were held at various locations including Emory’s main campus, Emory University Hospital Midtown, The Carter Center, Decatur Plaza, and Emory University Orthopaedics and Spine Hospital.

For National Start! Walking Day locations and times at Emory, visit the FSAP website www.fsap.emory.edu.

Melissa Morgan, MS, HFS, Wellness Specialist

Emory’s wellness programs took the platinum on behalf of the University and Emory Healthcare for being a fit-friendly company from the American Heart Association. Besides physical activity, criteria for the award includes increasing healthy eating options at work and promoting a wellness culture.

The program’s wellness initiatives also won a silver Health at Work award from CompPsych Corporation, which promotes employee assistance programs.

Eddie Gammill, Manager of Wellness Programs at FSAP, says the award “lets us see how we stand nationally with other companies.” Some of the winning criteria included flu shots, “CPR Anytime” training and Step UP Emory initiatives.

Emory University and Emory Healthcare were jointly honored as one of Atlanta’s Healthiest Employers at a breakfast hosted by the Atlanta Business Chronicle on February 18.

Emory was ranked as the fourth healthiest employer in the large company category (500+ employees). Companies were honored for their efforts to keep their workforce healthy and supporting a healthy lifestyle.

Emory was recognized for its wellness services provided by the Faculty Staff Assistance Program and Employee Health. Also cited were its onsite pharmacy and fitness centers, as well as its partnerships across campus.
Wellness and Lifestyle

Take Steps to Maintain a Healthy Weight

Healthy People 2020, which is an initiative to help Americans become healthier, has an overarching 10-year goal to “promote health and reduce chronic disease risk through the consumption of healthful diets and achievement and maintenance of healthy body weights.” Examples of objectives set to reach this goal by 2020 are to “increase the proportion of adults who are at a healthy weight” and to “reduce the proportion of adults who are obese.”

According to data from National Health and Nutrition Examination Survey (NHANES), the Centers for Disease Control and Prevention, and the National Center for Health Statistics, 34% of Americans over the age of 20 were obese in 2005-2008.

Taking steps to becoming a healthy weight can reduce our risk for high blood pressure, as well as chronic diseases such as type 2 diabetes, certain types of cancer and heart disease. According to the U.S. Department of Health and Human Services (DHHS), even losing ten pounds can help decrease the risk of these chronic illnesses, as well as the risk for early death for those who are overweight or obese.

One way to reach a healthy weight is to increase the amount of healthful foods, such as fruits, vegetables and whole grains, in our daily intake. While doing so, we also want to decrease intake on added sugars (soft drinks, candy); sodium (prepackaged, process foods); trans fats (cakes, cookies) and saturated fats (cheese, whole milk). Eat smaller portions and look for opportunities to include fruits, vegetables and whole grains in snacks, home-cooked meals and restaurant foods. While grocery shopping, be sure to read nutrition facts labels. For example, when looking for whole grain items, be sure that the nutrition label reads “whole” or “whole grain.” Products which list words such as, “multi-grain,” “seven-grain,” or “100% wheat,” may not contain whole grains.

In addition to increasing the amount of fruits, vegetables and whole grains in daily food intake, increasing physical activity helps us achieve a healthy weight. Start by making small, realistic goals and developing a specific action plan. Choose a buddy to help you along the way. DHHS recommends aiming towards a goal of 2.5 hours of physical activity per week. This can be broken down into five blocks of 30-minute activity, or even several 10-minute active periods throughout the day. Eating a more healthy diet and increasing physical activity also has amazing affects on one’s mental health.

For information on the Faculty Staff Assistance Program, visit www.fsap.emory.edu or to make an appointment for wellness, fitness and nutrition coaching, call 404.727.WELL.

Nancie Vito, MPH, CHES, FSAP Consultant

Helpful Healthy Tips

- Plan ahead to help avoid unhealthy snacks or meals.
- Bring a list to the grocery store and avoid shopping while you’re hungry.
- Have rinsed, cut-up fruits and vegetables on hand for a healthy snack.
- Choose a vegetable as a side dish when eating out, and add fruits to your salads and desserts.
- Substitute whole grains for refined grains when choosing pasta, rice and breakfast cereal.
- Keep a diary to track your daily food intake and physical activity.
**Eat Right with COLOR**

The American Dietetic Association reminds everyone that an easy way to focus on eating better is to “Eat Right with Color,” which is this year’s theme of National Nutrition Month®. Consumers should include a colorful variety of fruits, vegetables, whole grains, lean proteins and dairy on their plates every day. Here is a produce color guide to help brighten your plate and improve nutrition:

**Green produce** indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.
- Fruits: avocado, apples, grapes, honeydew, kiwi and lime
- Vegetables: artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

**Orange and deep yellow fruits and vegetables** contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.
- Fruits: apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple
- Vegetables: carrots, yellow pepper, yellow corn and sweet potatoes

**Purple and blue options** may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks.
- Fruits: blackberries, blueberries, plums, raisins
- Vegetables: eggplant, purple cabbage, purple-fleshed potato

**Red** indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.
- Fruits: cherries, cranberries, pomegranate, red/pink grapefruit, red grapes and watermelon
- Vegetables: beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

**White, tan and brown foods** sometimes contain nutrients that may promote heart health and reduce cancer risks.
- Fruits: banana, brown pear, dates and white peaches
- Vegetables: cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn

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**Carrot Cake Pancakes**

Stuffed with toasted walnuts, shredded carrots, and all the spices found in carrot cake, these light buttermilk pancakes are a guilt-free breakfast pleasure. Top with some homemade honey butter, light pancake syrup or fruit puree.

**Ingredients**
- 5.6 ounces all-purpose flour (about 1 1/4 cups)
- 1/4 cup chopped walnuts, toasted
- 2 teaspoons baking powder
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground nutmeg
- Dash of ground cloves
- Dash of ground ginger
- 1/4 cup brown sugar
- 3/4 cup low-fat buttermilk
- 1 tablespoon canola oil
- 1 1/2 teaspoons vanilla extract
- 2 large eggs, lightly beaten
- 2 cups finely grated carrot (about 1 pound)
- Cooking spray
- 3 tablespoons butter, softened
- 2 tablespoons honey

1. Weigh or lightly spoon flour into dry measuring cups, and level with a knife. Combine flour and next 7 ingredients (through ginger) in a large bowl, stirring with a whisk. In a separate bowl, combine 1/4 cup brown sugar and next 4 ingredients (through eggs); add sugar mixture to flour mixture, stirring just until moist. Fold in 2 cups carrot.

2. Heat a large nonstick skillet over medium heat. Coat pan with cooking spray. Spoon 4 (1/4 cup) batter mounds onto pan, spreading with a spatula. Cook for 2 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 1 minute or until bottoms are lightly browned. Repeat procedure twice with remaining batter. Combine butter and honey and serve with pancakes.

**Yield:** 6 servings (serving size: 2 pancakes and about 2 teaspoons honey butter). **Nutritional Information:** Calories: 300, Fat: 13g (sat 5g, mono 5g, poly 3g), Protein: 8g, Carbohydrate: 40 g, Fiber: 2g, Cholesterol: 90mg, Iron: 2.3mg, Sodium: 225mg, Calcium: 150mg

**Note:** To reduce fat content by 6 grams (mostly saturated fat), forgo the honey butter and top with a fresh fruit puree.

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**Source:** Cooking Light, JANUARY 2010
**Nutrition analysis by Tara Cox, MPH, RD, Wellness Specialist**
Walking is a versatile activity that most everyone can participate in. It can be done indoors or outdoors, with friends or alone, and without spending any money on special equipment or a gym membership.

Studies show that regular exercise, including walking, can help reduce the risk of chronic disease and certain cancers, as well as help maintain healthy blood pressure and blood glucose levels, improve mental well being and manage body weight.

Even modest amounts of walking provide health benefits. For maximum benefit, work your way up to 30 to 60 minutes a day at a brisk pace, most days of the week. Here are some tips for starting with a walking program:

Set realistic and achievable goals, such as 30 minutes five days a week. Build walking into your schedule if you can’t commit to 30 minutes all at once. For example, walk for 10 minutes on your lunch break.

Push your pace. After a few minutes of slower walking to warm-up, increase your speed enough to raise your heart rate and break a sweat. You should still be able to talk, but not be able to sing.

Cool down after each walking session. To reduce stress on your heart and muscles, end each walking session by walking slowly for a few minutes. Follow this with stretches.

Track progress. Keeping a record of how many steps you take, the distance you walk and how long it takes can help you see where you started and serve as a source of inspiration. Record these numbers in a walking journal or log them on your computer.

Make it fun. If you don’t like walking alone, invite your spouse, partner, friend or neighbor to join you. You might also join a health club and use a treadmill.

Melissa Morgan, MS, HFS, Wellness Specialist
Sources: www.startwalking.org, www.mayoclinic.org