



September - October 2011

EMORY | all about health

FACULTY STAFF ASSISTANCE PROGRAM - [www.fsap.emory.edu](http://www.fsap.emory.edu)

## Kicking the Habit

According to the Centers for Disease Control and Prevention (CDC), more than 20 percent of Americans 18 years of age or older currently smoke cigarettes. The American Cancer Society reports that smoking damages nearly every organ in the human body and is linked to at least 15 different cancers. Current smokers have a 2.26 times increased risk of death from heart disease compared with those who never smoked. They also have a 3.56 times increased risk of cancer death.

Most smokers are fully aware of the risks of continuing to smoke, but find that it's not always so simple to quit the habit. Medical experts have found that a person's health improves within minutes of the last puff from the last cigarette, and continues in the years that follow. Many smokers become discouraged because they have tried to quit numerous times with no success. However, these attempts are part of the normal journey toward becoming a nonsmoker.

Emory and the Faculty Staff Assistance Program support your decision to quit smoking and are here to assist with the difficult task of quitting. The FSAP offers the following services to faculty, staff, and same household family members:

**One-on-one Counseling:** Our behavioral mental health clinicians can help you manage the emotional side effects of breaking a nicotine addiction.

**Tobacco Cessation Medications:** An evaluation for cessation medications, such as Chantix and Zyban, can be completed at the FSAP at no charge. Prescriptions can be provided if appropriate.

**Freedom From Smoking®:** This American Lung Association program is an 8-week series that provides a step-by-step plan for quitting smoking in a supportive environment with others who are experiencing the same feelings and challenges. Classes are offered several times throughout the year, and are free for Emory employees and their spouses/SSDPs.



### Additional Emory resources:

**Tier Zero Medications:** Emory includes all prescription smoking (and other tobacco product) cessation drugs on Tier Zero which are covered at 100 percent. Included medications are Nicotrol NS, Nicotrol Inhaler, Zyban and Chantix.

**Quit for Life:** This personalized 12-month program includes scheduled telephonic counseling sessions, an 8-week supply of (NRT) Nicotine Replacement Therapy (patch or gum) and unlimited Web support. This program is currently offered free of charge to Emory employees and their spouses/SSDPs. Visit [www.alerewellbeing.com](http://www.alerewellbeing.com) for more information on this program.

For more information on the FSAP programs, please call 404.727.4328 or visit our website, [www.fsap.emory.edu](http://www.fsap.emory.edu). For more information on Tobacco Free Emory, please visit [www.tobaccofree.emory.edu](http://www.tobaccofree.emory.edu).

#### Resources:

Centers for Disease Control & Prevention: [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)  
American Cancer Society: [www.cancer.org](http://www.cancer.org)

Melissa Morgan, MS, ACSM-HFS



## Going Nuts for a Healthy Diet

Healthful eating means having a variety of foods, including fat and protein—which are both found in nuts. Fats are needed to help our bodies digest and use vitamins A, D, E and K.

A one-ounce serving of nuts (about ¼ cup) provides 14-21 grams of heart-healthy fat and approximately 175 calories. These nutrient-rich snacks are an excellent source of protein, providing around five grams per serving. Nuts are a plant food and contain fiber but no cholesterol. On the other hand, the protein found in meat comes with cholesterol and contains no fiber.



Nuts (simply edible kernels in a hard shell) are packed with the artery-protecting antioxidant vitamin E; folate and B6 for healthy red blood cells; calcium, phosphorus, and magnesium for bone building; and potassium for blood pressure regulation. Nuts also contain copper, iron and zinc, which are important for proper immune function.

To keep freshness, store them in tightly sealed bags or containers in the refrigerator or freezer, where they may be kept for up to a year. Frozen nuts defrost in minutes.

Nuts go well with pasta dishes and in vegetable or fruit salads. They are terrific chopped and added to poultry stuffing or mixed with cooked whole grains, minced vegetables and herbs for stuffed sweet peppers.

For additional information or recipes: [www.nuthealth.org](http://www.nuthealth.org)

*Tiffany Barrett, MS, RD, LD, Winship Cancer Institute*

## Walnut Coated Chicken

3lbs chicken breast, boneless/skinless (cut into 6 pieces)  
 2 garlic cloves, minced  
 1 cup buttermilk  
 1 cup panko bread crumbs  
 ¼ cup walnuts, finely chopped  
 ½ cup cornmeal  
 2 teaspoons garlic salt\*  
 2 tablespoons paprika



2 teaspoons ground cumin  
 1 teaspoon cayenne pepper  
 1 teaspoon dried thyme  
 ½ teaspoon black pepper

Place chicken and garlic in a large bowl. Pour buttermilk over the chicken and turn to coat. Cover tightly and refrigerate, turning the chicken occasionally, for 2 hours. Preheat oven to 350°F.

In a large plastic bag, or bowl, combine the panko, walnuts, garlic salt\*, paprika, cumin, cayenne pepper, thyme, and black pepper. Shake well to mix.

Remove chicken from buttermilk, allow excess to drip off. Set one piece at a time in the panko mixture. Shake the bag, or toss in the bowl, until well coated.

Arrange the chicken on prepared baking pan, leaving space between the pieces. Bake until golden brown and internal temperature is 165°, about 45 to 60 minutes.

Makes 6 servings. One serving contains approximately: Calories 208, Fat 6g, Carbohydrate 26g, Fiber 3g, Protein 14g, Sodium 814 mg, Carbohydrates 24 g, Fiber 3 g.

\*Substituting ½ teaspoon garlic powder for the garlic salt would reduce sodium content from 814 mg to 320 mg per serving.

Source: [www.nuthealth.org](http://www.nuthealth.org)

*Recipe adapted by Diane Weaver, RD, LD, Wellness Specialist.*

## Changes for Flu Shots 2011!



Whether you are an Emory University (EU) or Emory Healthcare (EHC) employee, there will be changes to the way you get your flu shot this year.

**EU employees:** Flu shots will be offered to benefits eligible employees through a partnership with Kroger. Visit [www.fsap.emory.edu/flu](http://www.fsap.emory.edu/flu) for all the details.

**EHC employees and EU employees working in an EHC facility:** You must pre-register for your flu shot. Please visit the intranet at [www.ourehc.org](http://www.ourehc.org) for schedules and more information.



## Wellness Calendar

### WELLNESS FAIR

October 13

1599 Clifton Road Building  
5th Floor, Room 5C  
8:30 am – 2 p.m.

### BLOOD PRESSURE SCREENINGS

September 30

Rollins School of Public Health  
8th Floor, Rita Anne Rollins Room  
1518 Clifton Road  
10 a.m. – 11:30 a.m.

October 6

B. Jones Building, Room 301  
200 Dowman Drive  
11 a.m. – 12:30 p.m.

October 27

Goizueta Business School, Room 500  
1300 Clifton Road  
10 a.m. – 11:30 a.m.

### WEIGHT WATCHERS AT WORK®

1525 Clifton Road

Fridays, 12:30 p.m. – 1:30 p.m.  
Room 112

Clinic A

Mondays, 12:15 p.m. – 1:15 p.m.  
Brown Auditorium, Tunnel Level

Math & Science Center

Tuesdays, 12:30 p.m. – 1:30 p.m.  
Room N215

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



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# Fall Fun!

Goodbye humidity, hello fresh air! It's finally that time of year again, where we can get cozy in our sweaters while enjoying the beautiful scenery and crisp air that fall brings. Since summer is often perceived as the most fun and active season of the year, many of us stop exercising and slowly transition out of our daily active routine as the weather gets cooler. Now that the humidity has finally subsided, being outside is much more tolerable and can even improve your breathing.

Fall has just as many activities to help maintain and enhance your well being. Take advantage of the fresh air outside with some of these ideas for you to try by yourself, with family and/or friends.

**Go to the park.** The park is one of the best places for physical activity. The vibrant colors of the leaves provide a calming atmosphere for the community and are ideal for those who enjoy photography.

**Go for a walk** and take pictures, bring a frisbee or a football, paint or draw, go for a bike ride, the activities are endless!



**Pick and bake.** Go to your local apple orchard and pick out some fresh apples and bake a delicious homemade apple pie. It keeps you active and you get to reward yourself with dessert at the end. Baking your own pie allows you to control the ingredients that are used allowing you to become more aware of your intake.

**Rake race.** Once the leaves have piled up on your lawn, you can turn raking into a game. Provide each family member or friend a rake and set the time for one minute. Whoever rakes the most leaves within that time wins a prize of your choice. They can then jump in the pile of leaves afterwards.

For more ideas, please visit [www.squidoo.com/autumn-activities-fall-traditions-fall-ideas](http://www.squidoo.com/autumn-activities-fall-traditions-fall-ideas).

*Alicia Ahn, Wellness Intern*

## Other Fall Programming at FSAP

- **"Take Charge of Your Fitness" Life Cycles Workshop**  
October 12, Noon - 1:00 p.m.\*
- **"Helping Someone You Care About With An Alcohol Problem" Workshop**  
October 18, Noon - 1:30 p.m. (Co-sponsored with Student Health Services)\*
- **Grief & Loss Support Group (6 sessions)**  
Begins Thursday, October 20; meets weekly from 4 p.m. - 5:30 p.m.  
All prospective participants must schedule a screening appointment no later than Thursday, October 13.\*
- **Anger Management Skills Group (7 classes)**  
Begins Wednesday, October 26; meets weekly from 4 p.m. - 5:15 p.m.  
All prospective participants must schedule a screening appointment no later than Wednesday, October 19.\*

\*Call FSAP at 404-727-4328 to register and for location/other details