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NEWSLETTER OF THE
CITY OF TACOMA

HealthVine



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STAY YOUNG AT HEART

Most Americans are aware of the prevalence and dangers of heart disease, yet it remains the leading cause of death for people of most racial/ethnic groups in the United States, including African Americans, Hispanics and Whites. For Asian Americans or Pacific Islanders and American Indians or Alaska Natives, heart disease is second only to cancer*.

It is also widely known that heart disease is one of the most preventable chronic diseases (e.g., 80 percent of strokes are preventable*). Thus, in the spirit of National Heart Health Month, we are encouraging you to further focus on your heart healthy habits! **See Page 2 for more information.**

*Learn more from the [American Heart Association](http://www.heart.org).

CANCER PREVENTION MONTH



In addition to influencing your risk of heart disease, your everyday choices also impact your risk for developing cancer. The American Heart Association and [American Cancer Society](http://www.cancer.org) healthy lifestyle recommendations are similar but, for cancer prevention, the American Cancer Society also encourages you to adhere to their screening guidelines. Screenings give you the best chance of finding cancer early (while it is small and before it has spread), even in people who have no symptoms. **See Page 2 for more information about these screening guidelines.**



NEW YEAR, NEW YOU CHALLENGE

There are 78 teams and 334 employees registered for this challenge!

Challenge Duration: Jan. 15—Feb. 25

Weekly Drawing Winners:

- Shelly Hals (Jan. 16)
- Christina Vindivich (Jan. 23)
- Chelsea Weflen (Jan. 30)

Remaining Weekly Draw Dates:

- Feb. 6
- Feb. 13
- Feb. 20

Grand Prize: The winning team will be notified on Feb. 26. Each team member will be awarded a Fitbit Charge 2.



CANCER SCREENINGS

You cannot completely prevent cancer, but you can help to reduce your risk. A healthy lifestyle plus regular cancer screenings for early detection give you the best odds for a cancer-free life.

American Cancer Society Guidelines* for the Early Detection of Cancer:

Breast Cancer

- Women ages 40 to 45 should have the option to start annual mammograms.
- Women ages 45 to 54 should get annual mammograms.
- Women ages 55 and older should switch to mammograms every two years, or can continue yearly screening.

Colon and Rectal Cancer

Starting at age 50, both men and women should follow one of these testing plans:

- Colonoscopy every 10 years, or
- CT colonography (virtual colonoscopy) every five years, or
- Flexible sigmoidoscopy every five years, or
- Double-contrast barium enema every five years

Cervical Cancer

- Cervical cancer testing should start at age 21.
- Women between the ages of 21 and 29 should have a Pap test done every three years.
- Women between the ages of 30 and 65 should have a Pap test and an HPV test done every 5 years.

Prostate Cancer

- Starting at age 50, men should talk to a healthcare provider about the pros and cons of testing so they can decide if testing is the right choice for them.
- If you are African American or have a father or brother who had prostate cancer before age 65, you should have this talk with a health care provider starting at age 45.

*Learn more from the [American Cancer Society](#).



MINIMIZING YOUR DISEASE RISK

Stay active: Aim to get at least 30 minutes of moderate physical activity five days a week. Consider exercising with a friend or family member for accountability. Also, the City of Tacoma offers resources that can make exercising more convenient, such as the [Employee Wellness Centers](#) and/or the [Gym Membership Discounts](#).

Eat healthy: The food we eat is important because it provides the fuel that our bodies use to make new cells and create the energy we need to thrive and fight diseases. There is no “one size fits all” diet for Americans, but there are key foods that everyone should aim to include in their daily diets: healthy fats (e.g., avocado, olive oil, fish, almonds, macadamia nuts), fruits (e.g., blackberries, blueberries, raspberries, strawberries), vegetables (e.g., leafy greens, cauliflower, broccoli, asparagus), lean meats, and whole grains.

Lose weight: Excess weight causes extra strain on the heart, and influences blood pressure, cholesterol and triglyceride levels. Being overweight or obese is also linked with an increased risk of several types of cancer. Losing weight on your own can be challenging, so consider joining one of the current **Weight Watchers @ Work** groups at the City of Tacoma. Members of these groups have collectively lost 902 pounds in 21 weeks. Email your [Wellness Coordinator](#) for more information.

Stop smoking: Smokers are twice as likely to suffer heart attacks. Not surprisingly, tobacco use is also linked to certain cancers (e.g., lung). Both Kaiser Permanente and Regence offer [Tobacco Cessation Programs](#) at no cost.

UPCOMING EVENTS

Event	Date	Location
Eat Your Way to Better Health! (Webinar) The food we eat has a bigger impact on our health than almost any other factor. Yet in today's environment of minimal time and super-sized portions—and with conflicting reports about what is and is not healthy—many of us struggle to get the nutrients we need to thrive. During this interactive session, we'll take the guesswork out of healthy eating and provide simple, sustainable strategies that can be incorporated into even the busiest lifestyles. Whatever your health-related goals might be, this session will empower you with resources and information to help you lead the longest and healthiest life possible.	Feb. 1 (or after)	firstchoiceeap.com Username: cityoftacoma
Live a Heart Healthy Life (Lunch and Learn) Join the American Heart Association and the Pulse Heart Institute for a conversation around heart disease and steps you can take to live a heart healthy life.	Feb. 6	Tacoma Public Utilities Administration Building So. (ABS) Room B-1