



## Focus On Diet

### It's Not What You Eat, But How You Eat!

Last month we focused on how exercise was a key factor to regain some of our innate physicality and maintain our health and wellness. ***This month our focus will be on diet with the hope that I can instill in you a new perspective of looking at how you eat.***

We all know a neighbor, friend, relative or co-worker who followed some extreme diet and lost a lot of weight. Certainly, pop culture, the news, bookstores and social media are all awash with the latest and greatest diet trends!

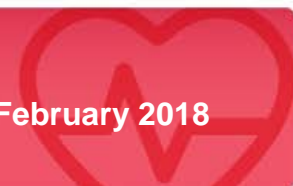
Unfortunately, faddish or extreme diets don't work for long-term weight loss or maintenance. Recently, ***U.S. News and World Report***, using a panel of health experts, reviewed the 40 most popular diets and ranked them according to ease of compliance, the likelihood of losing significant weight in the short and long term, and effectiveness against cardiovascular disease and diabetes.

***The Mediterranean Diet and the DASH Diet tied for the No. 1 Best Diet Overall.*** It is worth noting that both of these diets are well balanced, boost longevity, and help to prevent a number of chronic diseases. So if you're interested in working on a specific diet program, these two are worth a look.

Another diet/nutrition option I would encourage you to consider is based upon ***The Blue Zones***. For the last four decades, National Geographic has had a team of researchers studying areas of the world where people tend to enjoy the longest healthy lives. Their mission was to locate places that not only had high concentrations of 100-year-olds, but also clusters of people who had grown old without diseases like heart problems, obesity, cancer, or diabetes.

***By 2009, they found five places that met their stringent criteria. These locations were Ikaria, Greece, Okinawa, Japan, Sardinia, Italy, Loma Linda, California, and Costa Rica.*** The researchers looked at commonalities of diet, activity, and lifestyle. Dan Buettner, a National Geographic Fellow and New York Times bestselling author, has written several books on this. One of his books, "***The Blue Zones Solution***," discusses these commonalities in a way to make them useful for us all to emulate. He has even formed The Blue Zones Project and brought these health and wellness concepts to 20 different communities across the United States. These 20 communities are already starting to see positive impacts on the health and wellness of their residents.

***(See the next page for helpful details on food rituals that work in the Blue Zones. Also, check out our Employee Spotlight featuring Diana DSousa.)***



Food Rituals that Work in the Blue Zones	
Make breakfast your biggest meal of the day	Slow down and pause before you eat. Consider what you are about to eat and think about menu items that could get you into trouble*
Always try to eat breakfast at home. This saves the average person 100 – 300 calories and that's a lot in a year	Never eat standing up
Expand your definition of breakfast beyond just cereal and eggs. In many Blue Zones, beans and corn tortillas or whole grain bread and a bowl of beans are common breakfast items	Never eat while driving
If you must eat lunch out, pack it the night before	When you eat alone, just eat. Doing anything else just leads to mindless eating and more calories
Prepare ingredients for your dinner in the morning	Establish a time and a family rule that everyone eats dinner together
Designate Sunday afternoon as your time to prepare for the week so that you can freeze food for later	Pick one day a week and splurge on one meal of your favorite foods.

\*I personally do this all the time. Before I eat or drink anything, I consider, "Is it worth the taste or is the metabolic cost too high knowing that I'll eat too much of it?" – Dr. Berry

Next month we will talk specifically about Blue Zone food choices. In the meantime, consider some of your bad meal rituals that you can easily change for the better. – *Dr. Phillip Berry, City Physician*

## Employee Spotlight: Life Has Changed Dramatically Since I Started Running...



In 2008, Mayor Kathy Taylor offered City of Tulsa employees a chance to train and participate in the Tulsa Run through the City's Wellness Program. While I enjoyed walking every day, I had never considered myself a runner. A group from the Finance Department joined the training and some of us participated in the 15K. ***I completed my first run at the age of 53!***

It's now been 10 years and I've run in several races, including the Tulsa Run and the Route 66 Marathon. ***I'm so glad I took the chance and tried something new.*** I'm extremely grateful for the support of the City of Tulsa and its focus on wellness. Life has changed dramatically since I started running.

***Besides the health benefits of losing weight and curing my sciatica pain, I've gained confidence on what I can do with the right team and training.*** For those of you who are thinking about running and not sure if you can do it, I encourage you to find a co-worker, make a plan, and try it. You never know, you might get as addicted to running as I did.

– *Diana DSousa, Budget Analyst*





## New Opportunities

### Free College Benefit

Did you know the American Federation of State, County and Municipal Employees (AFSCME) and Eastern Gateway Community College (EGCC) have partnered to offer City employees the chance to earn an **online degree from an accredited school with no out-of-pocket expense?**

#### How Does it Work?

The Free College Benefits is a last dollar scholarship that fills the gap between the cost of tuition, fees and e-books at EGCC and any federal, state or employer education grants for which you are eligible.

It's a type of financial aid so students must comply with federal, state, and college academic and financial aid policies, which are on the EGCC website. To determine the amount of your scholarship, students first apply for and use any federal student aid awarded through the Free Application for Federal Student Aid.

Even if it is determined you are not eligible for any grants, **AFSCME's last dollar scholarship will cover you and apply to your remaining balance for tuition, fees and e-books.** So, who is eligible for the free college benefits? AFSCME members, retired AFSCME members and even family of AFSCME members.\*

If you're interested in pursuing a Business Management Degree, you can concentrate on Health Care Management, Human Resources, Marketing or Finance. A business management certificate is also available with the option for concentration in Accounting.

Additional degrees include: Criminal Justice, Associate of Arts, Early Childhood Education, Accounting, Paralegal or Individualized Study. **For more details, visit: [www.freecollege.afscme.org](http://www.freecollege.afscme.org) or call 1 (888) 590-9009.**

\*Defined as children or stepchildren, grandchildren or step-grandchildren, spouses, domestic partners and financial dependents.

**(See the next page for our Reward's Employee Spotlight, featuring Kylan Brewer, Engineering Services.)**

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***A College Degree Can Be Your Pathway to Exciting New Opportunities, Greater Responsibility and More Earning Power!***

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## Employee Spotlight: I Heard About AFSME's College Benefit and Jumped On It!

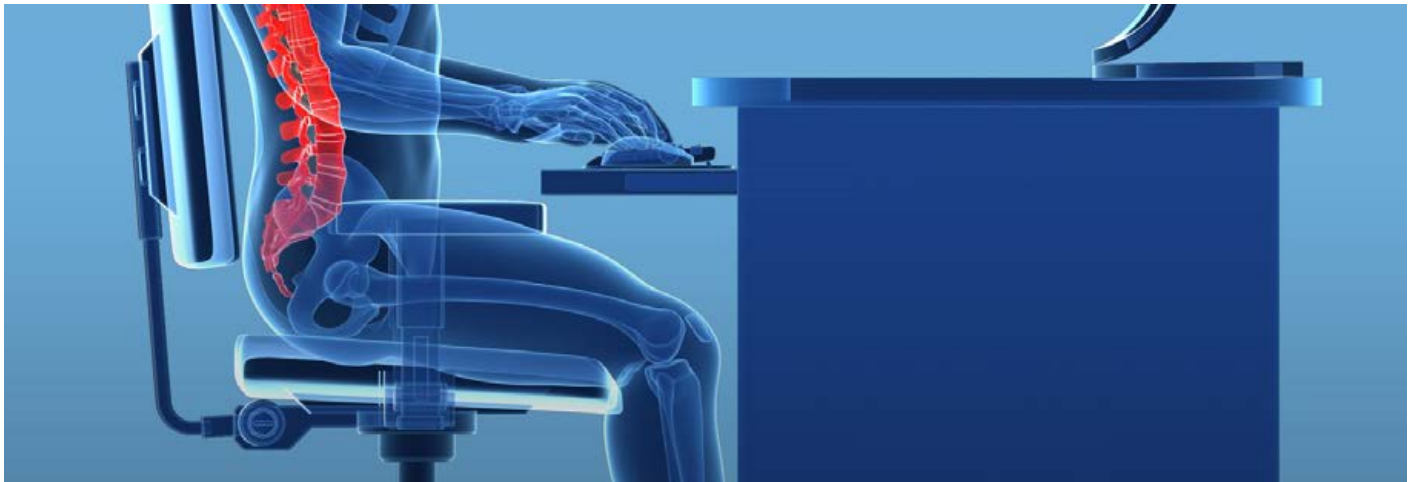


Two years ago I stopped by AFSME's booth at the Health Fair and was blown away when I found out **AFSCME's College Benefit was free for employees who are AFSCME members.** I started my online classes last spring and am set to finish this spring and receive my Associates degree. I know first-hand that EGCC will work with you to get you where you want to go. ***It's been easy for me to go online and work at my own pace.***

Of course, I had deadlines to meet, but had a generous amount of time to get the work done. Without their financial aid, it would have cost me around \$30,000 to earn an associate's degree. I'm grateful for this amazing economic and educational benefit and recommend this 100 percent!

**– Kylan Brewer, Engineering Services**





## Ergonomics

### Spare Me the Pain

According to the U.S. Bureau of Labor Statistics, **one-third of all workers' compensation claims are due to ergonomic issues**. Ergonomics involves designing and arranging workspaces so people work efficiently and safely, but the study is not limited to the workplace. Ergonomics also touches people in their everyday lives.

Ergonomics evaluates how you perform tasks and identifies any risk factors that may lead to injury. **Our Safety team can help identify the risk factors and find the best solution for you to eliminate risks or manage hazards.** We consider your individual capabilities and limitations to ensure tasks, equipment and the environment is best suited to fit your needs.

### What are Musculoskeletal Disorders?

These types of disorders affect how your body moves. Ergonomic conditions are **disorders of the soft tissues, specifically of the muscles, nerves, tendons, ligaments, joints, cartilage, blood vessels and spinal discs**. If you experience pain or injury in your soft tissues, it might be caused by factors such as repetition (keying or mousing), force, awkward posture (is your computer monitor adjusted properly?) and contact stress or vibration.

To avoid confusion from other types of injuries, please note that ergonomics disorders **are not caused by** slips, trips, falls or motor vehicle collisions. However, these types of injuries can bring about the onset of ergonomics injury.

### Recognizing Ergonomic Symptoms

Common ergonomic symptoms include tenderness or numbness in soft tissue areas, tingling, swelling, and pain. Sometimes an individual has difficulty moving or using an extremity. These types of symptoms may trigger trauma or a disorder related to ergonomic conditions.

**If you're experiencing ergonomic symptoms, please contact your City of Tulsa safety professional at [safety@cityoftulsa.org](mailto:safety@cityoftulsa.org) and request an ergonomic evaluation.** Also, if your symptoms are severe or worsening, let your supervisor know and call City Medical to arrange a visit to City Medical at 1638 S. Main.

**(Please see the next page for details on Ergonomic Risks and our Employee Shout-Out!)**

Main Categories of Ergonomic Risks	
<b>Environment</b> – risks found in your work environment (lighting, temperature, noise)	<b>Work Practices</b> – risks caused by work requirements, processes or procedures (standing, repetitive motions such as assembly line jobs and skipping breaks)
<b>Equipment</b> – risks associated with the equipment you use and proper fit/adjustment (desk, chair, computer, keyboard, monitor and vibrating machinery such as a jackhammer)	<b>Individual</b> – risks that are unique to you, such as a physical characteristic, habits and behavior (height, fitness, limitations)

Repetitive Movements (Non-Strenuous or Strenuous Can Cause Musculoskeletal Disorders and Some Conditions Can Occur By...	
<ul style="list-style-type: none"> <li>• A sudden increase in your workload</li> </ul>	<ul style="list-style-type: none"> <li>• The use of vibrating equipment</li> </ul>
<ul style="list-style-type: none"> <li>• The introduction of a new process to your work routine</li> </ul>	<ul style="list-style-type: none"> <li>• Maintaining poor or unhealthy posture</li> </ul>

## Ergonomic Solutions

**To help minimize and possibly eliminate ergonomic risk factors, please take the following steps:**

- Be sure to talk with a City of Tulsa safety professional to identify what is causing the symptoms and find solutions to eliminate or reduce the risks
- Use anti-fatigue mats if you're standing for long periods of time, particularly on concrete surfaces
- Alternate repetitive tasks with non-repetitive tasks at *regular intervals*
- Increase the number of breaks from repetitive work to reduce or eliminate ergonomic risk factors
- Consider alternating different muscle groups. For example, if you have to manually stack items, alternate with periodic rest breaks or more sedentary tasks such as entering shipping data into a computer
- Become involved in identifying problems and solutions – sign up for an ergonomics class to learn more about office workstation setup, the importance of body movement and proper lifting techniques

Taking the appropriate steps should help you with an increase in productivity (by decreasing your fatigue) and reducing possible injuries resulting in missed workdays. **Still have questions? Contact your City of Tulsa safety professional at: [safety@cityoftulsa.org](mailto:safety@cityoftulsa.org)**

## Employee Shout-Out: “I Am Grateful for Matt Being There to Keep Me Safe.”



After work as I was walking to my car, a homeless man approached me and started calling me names. I was on the phone with my daughter and didn't really know what to do. **But thankfully, Matt Parsell in I.T., came to my rescue and stood between the homeless man and me.**

Matt told me he used to be a police officer and would make sure I got to my car safely. So he walked me to my car and didn't leave until I was safely inside. I know Matt didn't have to stop and help me but he chose to do it. I greatly appreciate him going out of his way to keep me safe so I could get home to my daughter!

– **Lyntera Gatewood, HR Analyst**