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SECRETS TO LONGEVITY AND HAPPINESS REVEALED

UI HEALTH FAIR

THE GOOD STUFF: NUTRITION EDITION
According to the 2011 Gallup-Healthways Well-Being Index®, Iowa is ranked 16th in the nation when it comes to being healthy – including measurements regarding physical, emotional, and mental health. The Well-Being Index® is a daily assessment (done by telephone) of U.S. residents; at least 1,000 adults are polled every day. These real-time results are reported down to the level of cities and congressional districts to identify “pockets” of the country that are doing well health-wise and those that are suffering. At The University of Iowa, we want to do our part to support Iowa’s efforts to gain the #1 Ranking by 2016 as measured by the Well-Being Index®. In this edition you’ll find all sorts of things in support of the Healthiest State Initiative.

Yours in good health,

Megan Hammes
Manager, UI Wellness/Human Resources

PS. More information about the Gallup-Healthways Well-Being Index® can be found at well-beingindex.com. You never know — you could be one of the 1,000 Americans polled daily!
At The University of Iowa, we aspire to fully incorporate health and wellness into the lives of our campus community members. This is possible through a commitment to continuous development of a healthy campus culture in the spirit of learning and discovery that is at the heart of a distinguished public university.
In the Eastern Iowa Corridor, happiness and longevity has been a hot topic amongst people who have a passion for health and wellness. The term “Blue Zone” refers to an area where the healthy choice is the easier choice; environmental factors such as walkability and access to healthy nutrition options are readily available so they ‘nudge’ community members to healthier lifestyles. The concept of a “Blue Zone” came about as the result of research by Dan Buettner, (funded by National Geographic), where he traveled the globe and uncovered best practices that lead to longevity and well-being.

You may or may not find it surprising that some of the world’s “Blue Zones” are located in Greece, Japan, Costa Rica, California and Italy. If you don’t live in a “Blue Zone”, we do know that there are things that we as individuals and communities can do to adopt healthy lifestyle habits that mimic those of the healthiest places on Earth. These habits have been coined, “The Power 9® Principles”. They are fully explained at www.bluezonesproject.com and you can learn more by reading, *The Blue Zones: Lessons for Living Longer From the People Who’ve Lived the Longest.*

**Facebook Question:** Tell us how you incorporate The Power 9® into your life at the liveWELL facebook page (facebook.com/uiltlivewell) and you could win a liveWELL pedometer pack of 5 so you and your “tribe” can gauge how active you are!
**Know Your Purpose.** Schedule some time on a regular basis to brainstorm or strategize around what you enjoy and don’t enjoy in life and work. You can help access your right hemisphere by doodling, daydreaming, or going for a long walk — anything that lets your mind wander. That’s when breakthroughs and spontaneous connections are most likely to occur.

**Move Naturally.** Do you think it is cliché when you hear people talk about ‘taking the stairs’ or ‘parking farther away’? It’s not. Building more movement into your natural daily activities can be just the nudge that mimics that of people who live in environments that are conducive to exercise. If you work on-campus, indoor and outdoor walking routes are provided to you at [www.uiowa.edu/hr/wellness/resources/maps](http://www.uiowa.edu/hr/wellness/resources/maps).

The second annual Healthiest State Walks were held on October 3. Iowans were encouraged to go for a 1-kilometer walk, which generally takes less than 15 minutes. Over 15 University of Iowa walking groups registered their walks with hundreds of participants. The idea being simple: If you could fit in time for a quick walk on October 3, why not other days, too? View other UI colleagues and Iowans who walked at [www.facebook.com/Healthiestiowa](http://www.facebook.com/Healthiestiowa).
Plant Slant. We need more color on our plates. Period. Eating foods that come from a plant is extremely beneficial to our health. Iowa’s climate is ideal for growing them, as well, as the Department of Nursing showcased this summer. A vibrant container garden beautified the Carver Patio at UIHC over the hot, dry summer. Nurses created meaningful container gardens, some edible and some not, that highlighted the work that they do. For a meatless meal option, check out a featured vegetarian recipe in “Coach’s Corner” on page 10.

Down Shift. In a handout called “101 Ways to Cope With Stress” you’ll find things such as:

- Smile
- Buy Yourself a Flower
- Cook a meal and eat by candlelight

Our monthly $500 winners share some of their favorite ways to “Down Shift” on page 14.

Health Coach Carla Melby identifies that a lot of her clients struggle with feeling overwhelmed with responsibilities. Due to their generous spirit, they often take on many roles at church, school, and committees which wind up draining their time and energy. Carla’s “spin” on this is to “Just Say No” as that is actually saying “YES!” to what they truly want and enjoy (like hobbies, family, etc…)

80% Rule. Stop eating when your stomach is 80% full. With over two-thirds of Iowa’s population being overweight or obese, clearly we have some work to do in the nutrition arena. Check out the new 8-week challenge program called, The Good Stuff: Nutrition Edition (see page 9) to support good nutrition habits.
Wine @ 5. Antioxidants in red wine especially are linked to lower incidence of heart disease, certain cancers, and slowing the progression of Alzheimer’s. Most experts will agree that if you don’t drink, you don’t need to start, but if you do so in moderation, there can be health benefits.

Right Tribe. Proactively surrounding yourself with supportive friends will do more to add years to your life than just about anything else. As a sequel to the original “Blue Zones®”, Dan Buettner set out to study the happiest people on Earth. These findings are found in his book, *Thrive: Finding Happiness the Blue Zones Way*. Guess what? The world’s happiest people also hang out with the “Right Tribe!”

Community. Feeling a part of a larger group is also an important principle. Studies demonstrate that people who attend some sort of community service, whether church or otherwise, outlived non-attenders by 4-14 years! While it’s only offered once per year, we invite you to be a part of a very large health-minded community by attending the UI Health Fair on November 7 at the Field House!

Loved Ones First. After lengthy surveys of people living in “Blue Zones”, putting family first — meaning aging relatives, loved ones, and children — was something that people in these communities shared.

The choice to live according to the “Power 9®” is yours. The time you invest now may show its dividends later on in terms of quantity and quality of life.

The Iowa City Area Chamber is leading the Iowa City area to become a designated Blue Zones community, so the Chamber encourages citizens to register support at www.bluezonesproject.com.
The theme of this year’s Health Fair for UI faculty and staff is The Healthiest State Initiative. The University of Iowa wants to help Iowa become the Healthiest State in the nation by 2016! Show your support and enhance your health and wellness knowledge by attending. This is a FREE event.

**Date:** Wednesday November 7  
**Time:** 7:30 a.m. – 4:00 p.m.  
**Who:** University of Iowa Faculty and Staff

**WHY?**

- Free Health Screenings: bone density, cholesterol, blood pressure, body composition
- Door prize drawings and giveaways
- Registration for Live Healthy Iowa 2013 teams
- Representatives from TIAA-CREF, UI Benefits, UI Health Plans Office, Delta Dental and Wellmark to assist with your 2013 Benefits enrollment questions
- Blood Drive 10:00 am - 3:00 pm
- Flu Vaccines (Wear loose-fitting clothes and bring University ID)

The UI Health Fair is sponsored by the University of Iowa Community Credit Union and TIAA-CREF along with UI partners: UI Wellness, UI Health Care, and Recreational Services.
Whether a novice or experienced gamer, or maybe not a gamer at all, our newest wellness challenge, The Good Stuff: Nutrition Edition is guaranteed to ignite your interest in healthy eating!

The video game feel of this wellness challenge sets it apart from all others. Scheduled to start on Monday November 5, you will not want to miss this great opportunity to rack up points to the UI Wellness Store, earn great prizes, and improve your nutrition.

The 8-week campaign is focused entirely on putting healthy eating habits into play the ChooseMyPlate.gov way. There are four levels of play – each featuring a healthy eating habit that you will adopt to help Hopper, the official game mascot, score health points.

Upon mastering each level of healthy play, the participant finishes off a self-care activity and progresses to the next level.

At the end of the challenge, you’ll be rewarded with points to the UI Wellness store to earn items such as hawkeye gear, exercise equipment, fitness passes, or massage gift certificates! Even better, you will walk away with a handful of sound eating habits in place that will leave you feeling healthy and full of energy. Who doesn’t want to IMPROVE healthy eating habits during the challenging winter and holiday months?

To enroll in The Good Stuff: Nutrition Edition or for more information, visit the UI Wellness website at www.uiowa.edu/hr/wellness!
I lona Lichty is a registered dietitian who has over 20 years of experience in individual and group counseling in nutrition and lifestyle modifications, with emphasis on weight management, stress reduction, and physical activity. Ilona is passionate about empowering people to build healthy habits to enjoy their lives to the fullest. She greatly enjoys working with others to help them address the issues that prevent them from achieving their personal wellness goals.

Since joining the liveWELL team in April 2012, Ilona has quickly become the office expert on all things plant-related. She has nursed several office plants back to health as well as diagnosed one with a rare disease—that one sadly ended up moving from the office to the dumpster! We now refer to her as “the plant whisperer!” A degree in horticulture before pursuing a career in dietetics is where Ilona credits this knowledge. Ilona also happens to be a vegetarian, so has a wealth of knowledge on vegetarian diets.

While Ilona’s background is very strong in nutrition, as a Health Coach, she also helps people with other lifestyle issues such as smoking cessation, developing good physical activity habits, and stress management. If you are interested in setting up a Health Coach appointment with Ilona or one of the other liveWELL Health Coach staff, simply call 319-353-2973 or email livewell@uiowa.edu.
Edamame with Cranberries, Feta and Basil

- 1 (16 oz) bag frozen shelled edamame
- 1/2 cup dried cranberries
- 1/4 cup fresh basil leaves, cut into thin strips
- 2 tbsp olive oil
- 1/8 tsp freshly ground black pepper
- 1/2 cup crumbled feta cheese
- Serves 4

1. Boil or steam edamame for 5-10 minutes until tender. Drain and rinse under cold water to stop cooking.
2. Toss edamame, cranberries, basil, olive oil and pepper together in medium bowl. Gently stir in feta cheese.
3. Serve chilled or at room temperature.

Nutrient Value (1/4 recipe)
- Calories: 323
- Carbohydrate: 26g
- Protein: 16g
- Saturated Fat: 4g
- Fiber: 6g
FREE Flu Vaccines Offered to UI Employees

For UI Health Care Staff, the flu vaccine will be available in October. For non-UI Health Care faculty and staff, the seasonal flu vaccine kick off will be at the UI Health Fair on Wednesday, November 7 at the UI Field House with additional locations at Pappajohn Business Building, University Capitol Center, University Services Building, and BioVentures Center (Research Park Campus). Full details on the dates, times, locations, and eligibility criteria to receive a flu vaccine on campus can be found at www.uihealthcare.org/uehc/
UI faculty or staff members in a 50% or greater, regular position, and ALL UI Health Care employees, regardless of percent time worked, are eligible for a free flu vaccine.

Send a free, flu e-greeting to a grandparent, frequent traveler, new mom, or other special person. The CDC has a range of cards available (even ones for Halloween) at http://t.cdc.gov/ecards/.

For parents with kids in school or day care: The University has resources available if your child’s school or child care program closes intermittently or if your child is mildly ill. Paperwork needs to be submitted in advance of using these services. Please visit our web site at http://www.uiowa.edu/hr/famserv/childcare/index.html#backup to learn more and access the required forms.

“The Centers for Disease Control and Prevention (CDC) strongly recommends that everyone be vaccinated against seasonal influenza to protect yourself and others from its spread. The University provides vaccines free of charge at convenient locations to help remove any barriers to you receiving one.”

- Dan Fick, MD, Campus Medical Officer
How do you “Down Shift?”

**CHERYL SCHULTZ, Academic Advising Center**
“For me, stress relief comes in tackling items on my to-do list so that it doesn’t get TOO long, but also taking some time to relax by reading a good book or going to see a movie.”

**HEATHER SHIMON, Health Information Management**
“One way I relieve stress is to plan ahead, that way everything is organized and tends to run more smoothly. However, stress is inevitable, so during the times that organization can’t deter stress I get on my treadmill and walk!”

**EMY RIVERA, State Hygienic Lab**
“If I find myself getting anxious about something, I listen to music, pray, I go for a long walk on a trail, a good massage or I rent a funny movie that will make me laugh aloud.”

**TRACY NELSON, Patient Financial Services**
“It’s autumn, and between the Hawkeyes, West High, and watching my son play for the Simpson Storm, there’s a great deal of time spent at football games in my family. When we have time, we like to relax and de-stress by driving out to the Reservoir and walking the trails to see the fall color or playing Frisbee golf.”
**What are you going to do with your $500?**

**KATIE KEITEL, Department of Nursing**

“After thinking about what I should put the money towards, I decided to purchase some aquatics gear. I needed a little incentive to get back in the water, and this was it. I bought a couple competitive suits, swim goggles, and swim caps. I’m looking forward to swimming laps again!”

**liveWELL Readers:** If you’re thinking about getting back into the pool, too, consider using the first class natatorium that is good enough to host Big 10’s and other NCAA meets! Information on the Campus Recreation and Wellness Center’s pool hours can be found at http://recserv.uiowa.edu/Apps/Facilities/CRWC.

**NELLIE HERMANSON, Center for Student Involvement and Leadership**

“I was invited to my college roommate’s wedding in Washington DC (where I went to college), and I used my money to help pay for the ticket! I’m excited to reconnect with old friends and visit my alma mater!”

**liveWELL says:** “Nellie, we love how you used your winnings; reconnecting with old friends is totally in alignment with the 7th “Power 9” principle, “Right Tribe”, and is linked with health benefits and longevity.”
UI Faculty and Staff: Sign up Today for the latest Nutrition Challenge

November 5 – December 24, 2012. Register online at www.uiowa.edu/hr/wellness. Gain some healthy eating habits to get you ready for a great 2013! Earn points to the Wellness Store to get some stocking stuffers like free fitness passes, hawkeye apparel, fitness equipment, and more!

WE WELCOME YOU Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact UI Wellness at 319-353-2314.