



Be Well

The Buzz: UConn



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AUGUST IS: NATIONAL IMMUNIZATION AWARENESS MONTH!

Inside this issue:

Why Immunize?

Importance of Sleep!

Wellness Cheats!

The 7 Dimensions of Wellness
+ a Quiz!

Zucchini Parmesan!

Continue to check out
the [EHHD website](#) for
new updates and in-
formation!

Immunizations are NOT just for kids Immunizations and vaccinations are critical for [all individuals](#). They are safe, effective, and necessary for the protection and prevention of dangerous and contagious illnesses and disorders. Children and adults of all ages should be sure their immunizations are up to date, as daycares, schools, colleges, and even work places could serve as breeding grounds for possible outbreaks.

When children are not vaccinated, they are at increased risk for diseases and can also spread diseases to others in their classrooms and community – including babies who are too young to be fully vaccinated, and people with weakened immune systems due to cancer or other health conditions.

Additional measures should be taken by pregnant women and very young children,

as well as those travelling to certain areas of the world to make sure they are adequately immunized. The latest data from the Centers for Disease Control and Prevention (CDC) shows that vaccination rates for adults are extremely low ([National Health Interview Survey](#), 2014). For example, rates for Tdap and zoster vaccination are 28 percent or less for adults who are recommended to get them. Even high risk groups are not getting the vaccines they need – only 20 percent of adults 64 years or younger who are at increased risk for complications from pneumococcal disease are vaccinated. This means that each year tens of thousands of adults needlessly suffer, are hospitalized, and even die as a result of diseases that could be prevented by vaccines.

-For more information about the importance of vaccines, [visit the CDC](#)

Are you getting enough sleep?



Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety. The damage from sleep deficiency can occur in an instant (such as a car crash), or it can harm you over time. For example, ongoing sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn, and get along with others. Sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day. It's forming new pathways to help you learn and remember information. Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

-For more information, visit the [National Institute of Health](#)

| Age | Newborns (0-3 months) | Infants (4-11 months) | Toddlers (1-2 years) | Preschoolers (3-5 years) | School-Aged Children (6-13 years) |
|-------------|-----------------------|-----------------------|----------------------|--------------------------|-----------------------------------|
| Recommended | 14-17 hours | 12-15 hours | 11-14 hours | 10-13 hours | 9-11 hours |

| Age | Teenagers (14-17) | Young Adults (18-25) | Adults (26-64 years) | Older Adults (65+ years) |
|-------------|-------------------|----------------------|----------------------|--------------------------|
| Recommended | 8-10 hours | 7-9 hours | 7-9 hours | 7-8 hours |

[National Sleep Foundation](#)

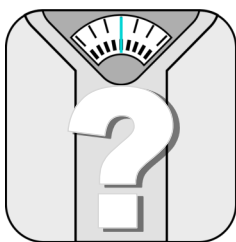
Wellness Cheats:

- ◆ Start your day off right—take a walk through the neighborhood, morning stretches, or brief [5-minute exercise routine](#).
- ◆ Be sure to stay hydrated throughout the day. The [Institute of Medicine](#) recommends at least 13 cups a day for men and at least 9 cups for women.
- ◆ Each day plan to focus on at least one wellness goal to increase your 7 Domains of Wellness; finally do that lunch with a friend, attend a webinar that really interests you, or go to that museum exhibit you've been thinking about for weeks!
- ◆ Make sure you schedule regular check-ups to your doctor's office and dentist

Ask Be Well: Real Questions From Real Members

Q: It seems that my weight is the most important measurement of my health. Is this true?

A: NO! There are many important measurements to your health beyond the number on the scale! When it comes to *physical wellness*, weight is just one factor to consider. Your blood pressure, cholesterol, level of physical activity and whether you smoke are also incredibly important. In fact, [research suggests](#) that your level of physical activity is a more important measurement than your weight. In other words, people who achieve 20 minutes of moderately intense activity each day are more physically well than those who do not, regardless of their weight!



Also, it is important to keep in mind that physical health is only one of 7 factors to consider when thinking of your wellness. The other wellness factors are emotional, occupational, spiritual, intellectual, environmental, and social. [Click here](#) to take a self-assessment to see how well *YOU* are doing in the [7 Dimensions of Wellness!](#)



Be Well is an employee wellness program provided through the Eastern Highlands Health District with funding by the CT Department of Public Health. The goal of the program is to make the healthy choice the easy choice.

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Summer isn't over yet! Find last minute "Staycation" or weekend get-away ideas [here!](#)

Zucchini Parmesan

Ingredients

- 2 large zucchini, thinly sliced
- 2 tablespoons olive oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 1 (16 ounce) jar spaghetti sauce
- 1 cup shredded mozzarella cheese

Directions

1. Preheat oven to 325 degrees F (165 degrees C).
2. In a large pot boil the zucchini until tender; drain. Meanwhile, in a medium frying pan heat the olive oil over medium heat and saute the onion and garlic until



the onion is tender.

3. Combine the zucchini, onion and garlic in a 9x12 inch casserole dish, and mix well. Pour the spaghetti sauce over the mixture and stir well. Top with mozzarella cheese (use more or less depending on your preference).

4. Bake in preheated oven for about 20 minutes, or until heated through and cheese is bubbly.)