



Flu or flood: Are you ready? Make a plan, build a kit, get involved

This fall our region faces the possibility of two major emergencies: flooding of area rivers (including the Green River) and a return of the H1N1 virus, "swine flu." Each of these situations demands unique preparation and response, but the common denominator in staying safe is to get ready.

FLU:

Call the Public Health 24/7 Flu Hotline at 877-903-KING (5464) TTY Relay: 711 for the latest information on H1N1 immunizations,



symptoms and treatment. (in English and Spanish/Español) or go online and visit www.kingcounty.gov/health/H1N1.



FLOOD:

Call the King County Flood Control District (weekdays) at 206-296-8001 or visit

www.kingcounty.gov/safety/FloodPlan for information on how to build a kit, check your flood insurance, sign up for emergency notifications and more.



September Health Hero — Lynn Anders

Last year, the Senior Deputy Ombudsman attended a free health screening for employees and was surprised by the results. Though physically active, her cholesterol was high and her blood glucose was in the pre-diabetic range.

"Obviously my self-image had not caught up to reality," says Anders, who took advantage of preventive programs covered by King County's benefits and began working with a team at Virginia Mason, including a nutritionist.

"I told them I often don't even have time to make oatmeal each day." So the nutritionist suggested adding raw oats to her yogurt each morning. Other changes followed. "I park farther away from work and walk the extra distance as briskly as I can." says Anders, "I love the fact that there is a workout facility in my building."

Results? Lynn's good cholesterol is up, her bad is down. She is no longer at higher risk of heart attack. "The fact that county benefits cover the cost of preventive care is huge. I might not have done it otherwise," says Anders.

Don't miss the 2009 Heart Walk on October 3rd

Come get two more hours of life!

That's right - every hour of regular exercise, adds two hours to your life expectancy!

This year's Heart Walk is October 3.

King County Executive Kurt Triplett, your co-workers, friends and family are signing up to get that hour of exercise and support the American Heart Association's (AHA) life-changing and life-saving research and educational programs.

Register online at www.pugetsoundheartwalk.kintera.org or call 206-834-8626 to register over the

phone.

The AHA provides great tools and tips, including a website where you can solicit donations quickly online. You can participate even if you are unable to be at the walk on October 3rd.

General questions? Call 206-834-8626 or email king.walk@heart.org.

right: King County Councilmember Pete von Reichbauer with friends at a previous Heart Walk



And the winners are —



Congratulations to the **2009 Live Well Challenge** award winners:

- **Top Point Earning Traditional Team** – Snap Pea Dragons (Department of Public Health)
- **Top Point Earning Couples Team** – The Mick & Spirit Team Up (Department of Natural Resources and Parks)
- **Most Improved Traditional Team** – The Nutty Hardwalking Conscientious Munchers (Department of Transportation)
- **Most Improved Couples Team** – Dangeo-Kokorowski (Department of Executive Services)
- **Most Inspirational Team Captain** – Deborah Dequier, Conditioned Reflexes (Department of Public Health)



Thanks to everyone for your enthusiasm and friendly competition. Keep up the good work!

To see the final team standings and much more visit: www.kingcounty.gov/LiveWellChallenge.

County bends the trend on health care costs

King County is bending the trend on health costs, thanks to the engagement of employees and their spouses or domestic partners. That's according to the Fourth Annual King County Health Reform Initiative Measurement and Evaluation Report transmitted to the County Council. The annual report tracks results of the program from 2005 through 2008. Key findings:

- The county's health care expenses were \$18 million

Eat Smart by eating more

September is National Fruits & Veggies—More Matters™ Month.

No matter how many fruits and vegetables you and your family are eating now, most people would benefit from eating more. It can reduce your risk of obesity, diabetes, hypertension, heart disease, stroke and some types of cancer. But sorting through all of the recommendations can be difficult.

Here are some of the basics.

Eat more veggies: Eat 2½ cups each day.*

- Dark green vegetables like broccoli, spinach, and other dark leafy greens. Most adults should eat at least three cups each week.
- Orange vegetables like carrots and sweet potatoes. Most adults should eat at least two cups a week.

Eat more fruit: Eat 2 cups each day.*

- Choose a variety. Fruits differ in nutrient content. When you vary your choices, you are more likely to get nutrients and fiber you need.
- Fresh, frozen, canned or dried. Eat fresh fruit that is in season as much as possible. Choose frozen, canned or dried fruits without added sugars.

**Based on a 2,000 calorie diet.*

less than projected since the program began in 2005.

- Significant improvements have been made in 12 out of 14 health indicators including body weight, cholesterol, blood pressure, smoking, and managing stress.
- Our 90 percent participation in the wellness assessment ranks among the highest in the nation.

For more on the report visit www.kingcounty.gov/HealthMatters.

Employee resources

Rev Up for Retirement — Sept. 21, Chinook Bldg, Rooms 121 & 123, 11 a.m. – 1 p.m. Speakers on everything from PERS to Medicare. Register now: kc.orientations@kingcounty.gov or 206-263-3696.

Healthy IncentivesSM presentations - If you couldn't attend, go to www.kingcounty.gov/HealthMatters

Eat Smart — Get tips and healthy recipes submitted by your co-workers. Go to www.kingcounty.gov/HealthMatters and click on "Eat Smart" or call 206-205-5017. Be sure to check out the "Recipe Box".

Move More – There is still time to enjoy this weather! Go to www.kingcounty.gov/HealthMatters and click on "Move More" then "Local events" to see what's happening in September.

Quit Tobacco - Smoking is expensive. Quitting is free. King County offers comprehensive benefits to help you make the move. Click on "Quit Tobacco" from the *Health Matters* site or call 206-263-6085.

For more resources, go to www.kingcounty.gov/HealthMatters or call 206-205-5017.