

April 2014

Health and
Wellness

Poster of the Month

E-Cigarettes: 10 Reasons to Avoid Them



There is a lot of confusion surrounding E-Cigarettes and why they are included in

the Smoke & Tobacco-Free Policy UC has implemented. View the poster below to find out!

[Download Poster](#)

Links and Resources

[UC Berkeley Wellness Newsletter](#)

[UC Irvine Heart Disease Prevention Program](#)

[UC Irvine Weight Management Program](#)

[UCLA Mindful Awareness Research Center \(MARC\)](#)

[UCSD Health & Wellness Lecture Series](#)

[UCSD Healthy Eating Program](#)

[UC San Francisco Medical Center Tobacco Education Center](#)

[UC Wellness Programs](#)



UC | Safety Spotlight

A UC System-Wide Publication of the Environment, Health & Safety Leadership Council



Wellness is much more than merely physical health, exercise or nutrition. It is the full integration of states of physical, mental, and spiritual well-being. The model used by our campus includes social, emotional, spiritual, environmental, occupational, intellectual and physical wellness. Each of these seven dimensions act and interact in a way that contributes to our own quality of life.

1. **Social Wellness** is the ability to relate to and connect with other people in our world. Our ability to establish and maintain positive relationships with family, friends and co-workers contributes to our Social Wellness.
2. **Emotional Wellness** is the ability to understand ourselves and cope with the challenges life can bring. The ability to acknowledge and share feelings of anger, fear, sadness or stress; hope, love, joy and happiness in a productive manner contributes to our Emotional Wellness.
3. **Spiritual Wellness** is the ability to establish peace and harmony in our lives. The ability to develop congruency between values and actions and to realize a common purpose that binds creation together contributes to our Spiritual Wellness.
4. **Environmental Wellness** is the ability to recognize our own responsibility for the quality of the air, the water and the land that surrounds us. The ability to make a positive impact on the quality of our environment, be it our homes, our communities or our planet contributes to our Environmental Wellness.
5. **Occupational Wellness** is the ability to get personal fulfillment from our jobs or our chosen career fields while still maintaining balance in our lives. Our desire to contribute in our careers to make a positive impact on the organizations we work in and to society as a whole leads to Occupational Wellness.
6. **Intellectual Wellness** is the ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interaction and community betterment. The desire to learn new concepts, improve skills and seek challenges in pursuit of lifelong learning contributes to our Intellectual Wellness.
7. **Physical Wellness** is the ability to maintain a healthy quality of life that allows us to get through our daily activities without undue fatigue or physical stress. The ability to recognize that our behaviors have a significant impact on our wellness and adopting healthful habits (routine checkups, a balanced diet, exercise, etc.) while avoiding destructive habits (tobacco, drugs, alcohol, etc.) will lead to optimal Physical Wellness.

http://wellness.ucr.edu/seven_dimensions.html

Five Keys to Safer Food

Keep Clean

- Wash your hands before handling food and often during food preparation
- Wash your hands after going to the restroom
- Wash and sanitize all surfaces and equipment used for food preparation
- Protect kitchen areas and food from insects, pests and other animals

Separate raw and cooked

- Separate raw meat, poultry and seafood from other foods
- Use separate equipment and utensils such as knives and cutting boards for handling raw foods
- Store food in containers to avoid contact between raw and prepared foods

Cook thoroughly

- Cook food thoroughly, especially meat, poultry, eggs and seafood
- Bring foods like soups and stews to boiling. For meat and poultry, make sure that juices are clear, not pink. Ideally, use a thermometer.

Keep food at safe temperatures

- Do not leave cooked food at room temperature for more than 2 hours
- Refrigerate promptly all cooked and perishable food
- Keep cooked food piping hot prior to serving
- Do not store food too long even in the refrigerator
- Do not thaw frozen food at room temperature

Use safe water and raw materials

- Use safe water or treat it to make it safe
- Select fresh and wholesome foods
- Choose foods processed for safety, such as pasteurized milk
- Wash fruits and vegetables, especially if eaten raw
- Do not use food beyond its expiration date

World Health Organization

Laughter is the Best Medicine

Story and photos by Sarah Craig

"A contagious mix of high-pitched giggles and deep belly roars echoed from wall to wall on the top floor of UCSF's Osher Center for Integrative Medicine during an hour-long session of laughter yoga. It was impossible to stifle a smile."

"The whole idea behind Laughter Yoga is that we laugh for no reason," said Teresa Corrigan, the instructor for the class and a nurse at the Osher Center for Integrative Medicine. "We just laugh for the sheer joy of laughing."



Corrigan brought the exercise to UCSF after taking a class on laughing and attending a party where some of her friends were trying it out. Not only does laughter boost our serotonin, dopamine and endorphin levels, she learned, but it is a great workout for the immune, lymph, and cardiovascular systems.

"I'm really convinced that it could be a big adjunct to healing for many people," she said. The combination of laughter with controlled exhalation can be a lifesaver for patients who really don't have a lot to laugh about.

As a weekly attendee of Corrigan's classes as well as a laughter yoga instructor, Dee Butterfield extols the virtues of the practice. "It helps tighten my stomach muscles and to improve my breathing," say Butterfield, "And I feel much more relaxed after every class."

While the therapeutic benefits are many, the best thing about laughter is its universal spirit of joy. "When we just look at each other and we laugh, there are no boundaries," Corrigan said. "The sheer joy of laughing allows us to tap into our inner spirit of joy. It's unconditional."

At the end of the session, Dee Butterfield surprised the class with cookies – decorated with smiley faces. "I brought the cookies because I wanted to continue sharing the joy of laughter!"

Health and wellness can be strengthened by laughter. How many of us have heard the saying "laughter is good medicine?" The University of California at San Francisco, a highly renowned medical school, studies and promotes laughter in various ways, as do some other universities around the country. One example is the "Laughter Yoga" program at UCSF's Osher Center for Integrative Medicine. A regular one-hour event is described as follows:

"Laughter is contagious and has a powerful and immediate effect on our mind, body and spirit. Our bodies can't tell the difference between real or simulated laughter!" This class involves deep breathing, stretching, clapping and laughter exercises. Our laughter exercises in this class will:

- Increase blood flow and oxygen to all the major organs
- Enhance endorphin levels which make us feel uplifted & can reduce pain
- Stimulate immune, digestive & cardiac systems
- Reduce stress levels
- Relax, strengthen & lengthen the muscles with stretching
- Help create a laughing community and be fun!



(<http://www.osher.ucsf.edu/classes-and-lectures/yoga/>)

Stop Germs

Get Vaccinated

The single best way to prevent the flu is to get a flu vaccine each season. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. There are several flu vaccine options for the 2013-2014 flu season.

Good Health Habits

- Avoid close contact. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Clean your hands. Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth. Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or nose.

Stop the Spread of Germs

Healthy habits can protect everyone from getting germs or spreading germs at home, work, or school.

Clean and disinfect surfaces or objects.

Cleaning and disinfecting surfaces and objects that may be contaminated with germs like the flu can help slow the spread of influenza.

CDC

UC Walks - 4th Annual Systemwide Walk

In 2013, fourteen UC locations participated in the fourth annual system-wide UC Walks event.

Goals for 2013:

1. Maintain and/or increase by 10% participation numbers across UC. *Increased by 3% from 2012*
2. Maintain and/or increase by 10% total minutes walked. *Increased by 33% from 2012*
3. 50% of the sites will secure a person of 'leadership' to support/sponsor the system wide activity, and be present for the event. *2 of 14 'walking sites' secured a person of leadership present at the event. Thus 14%*
4. Non-university media coverage will occur at a minimum of one site, demonstrating to the public, the Health and Wellness initiative present within the UC system. *None for 2013*

Systemwide UC Walks Summary

UC Walks included participation of **5485** staff, faculty, post docs, retirees, residents/fellows, and students. This is a 3% increase in participants from 2012. A total of **160,479 minutes** were walked, equivalent to **10,698 miles** (1 mile is approximately 15 minutes based on standard average!). A marathon is 26.2 miles, 10,698 miles is the equivalent of **408 marathon distances walked**. A range of 10-60% of a location's participation was reported to be from NEW participants (first time attending UC Walks).

UC Location Summary

UC Berkeley - Faculty and staff were invited to walk independently or walk to the Celebration Event on Campanile Way with one of four organized walks led by the Health*Matters Walking Group Leaders and other volunteers. Two off campus locations (4th St. and LHS) coordinated their own group walks.

UC Davis - One 30-minute lunchtime walk was offered at 5 sites across campus and at remote sites.

UC Davis Medical Center – Held UC walks on June 6, 2013 in order to promote wellness for staff, faculty, students, and retirees.

UC Irvine – Participants walked from their office/department to the ARC for the Wellness and Safety Fair or walked for at least 10 minutes on the track during the Wellness and Safety Fair.

UC Irvine Medical Center - Groups of 10-15 walked throughout the day; event included UC Walks t-shirt pick up point, prizes and an exercise instructor who lead the groups in a pre-walk stretching demonstration.

UCLA Main Campus - Handed out t-shirts and provided free items such as sunscreen, lemonade, Lara bars and Chap Stick. Vendors such as Apple & FITTED student groups were present. Three large groups were led on guided walks around the main campus.

UCLA Medical Center - Walkers were given walking maps, calorie counters and encouraged to walk 20 minutes, rain or shine.

UCOP - Everyone met at Snow Park, walked 1/2 the lake and turned back to Snow Park.

UC Riverside – This year's event was held at the UCR Track, which was a huge hit! Participants earned raffle tickets for each lap walked between 12 pm – 1:30 pm. For those that missed the walk, they participated by taking a pledge to walk at least 15 minutes that same day.

UC San Diego main campus – A group walk was held as well as other walk options. There were also a few campus health/wellness resources available.

UC San Francisco – The walk was held at 7 UCSF site locations. T-shirt pick up and check in were from 12-12:30 and the actual walk took place from 12:30-1pm.

UC Santa Barbara – Various events were held at different times to accommodate different work schedules. The main campus had warm-up exercise leaders and Housing/Residential Services gave away local organic tangerines.

UC Santa Cruz – Held in conjunction with the Dining employees' summer training so they could participate, and offered personal fitness assessments for those employees after the walk.

Several locations offered T-shirts and rewards to those who pledged to walk that same day but could not attend the UC Walks event. UC Walks T-shirts and giveaways were generously donated by StayWell Health Management and Kaiser Permanente. Many locations highlighted and promoted their walking programs, campus walking maps/routes, and wellness programs and services.

In 2014, UC Walks will be held on May 21, 2014.

How Much Physical Activity do Adults Need?



Physical activity is anything that gets your body moving. According to the *2008 Physical Activity Guidelines for Americans*, you need to do two types of physical activity each week to improve your health-aerobic and muscle-strengthening.

For Important Health Benefits Adults need at least:

2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week

AND

Muscle-strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

1 hour and 15 minutes of vigorous-intensity aerobic activity (i.e., jogging and running) every week

AND

Muscle-strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

An equivalent mix of moderate- and vigorous-intensity aerobic activity

AND

Muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

UC Food Day - 3rd Annual Systemwide Food Day

Food Day is a nationwide campaign for delicious, healthy, and affordable food produced in a sustainable, humane way. Food Day raises awareness of not only the importance of food as it relates to health, but is a nationwide celebration. For more information on Food Day, please visit <http://www.foodday.org>

On October 24, 2013, 13 UC locations participated in the 3rd annual system-wide UC Food Day event. The goal of the event was to:

1. Participate and support the nationwide Food Day campaign
2. Promote healthy, affordable food produced in a sustainable, humane way at the UC locations
3. Track system wide Food Day participation through an on-line pledge and location specific data.
4. Create a UC system wide Food Day website to promote and communicate location activities

System wide UC Food Day Summary

UC Food Day included participation from staff, faculty, postdocs, retirees, and students. A total of 2506 Food Day pledges were received, which is 288 more pledges than were received in 2012. In addition, in 2012 a total of 11 locations participated in Food Day. In 2013, there were 13 locations participating.

UC Location Summary

UC Berkley: Celebrated Food Day with a campus-wide event featuring: cooking demonstrations; musical performances; tastings and samples from local food vendors; student and campus organization booths; and prizes and giveaways.

UC Davis: The following series of events were held during the week: food preservation class and a UC Davis Farm-to-College Dinner event that celebrates UC Davis' commitment to locally sourced food and sustainability.

UC Davis Health System: Offered a one-hour class centered around healthy eating and quick/easy healthy recipes to all of its employees, faculty, staff, and students.

UC Irvine and UC Irvine Medical Center: The following series of events were held: Monday, October 21st was Meatless Monday encouraging individuals to eat meatless on and around campus with logos for vegan and vegetarian meal options on campus. October 24th was Food Day with the Medical Center hosting a Farmer's Market and presentation about organic farming and cooking healthier. Friday, October 25th was Health and Fitness Friday. UCI also hosted the "Clean Eating" workshop from 12pm-1pm at the Anteater Recreation Center to promote sustainable dining.

UCLA: Had a panel discussion with the following presenters: Stephanie Leonard, Graduate Student Research Assistant for Eat Well under the Healthy Campus Initiative; Ian Hunter, horticulturist and designer for the organic garden at Sunset Canyon Recreation Center; Dolores Hernandez, MA, RD, will introduce and overview the new healthy dining hall called "Bruin Plate"; and Monique King, executive head chef for ASUCLA.

UCLA Medical Center: Had nutrition experts at both hospital cafeterias to answer questions, and had a Chef exhibit where staff got to see their specialty salad being made to order and were provided with the healthy/sustainable recipe.

UC Merced: Dining showcased healthy items and a local Farmer (Shasky Farms) gave away fresh-picked peaches. Dining served a "Healthy-themed meal" at the Blue Plate station during lunch.

UCOP: UCOP sponsored a food drive Oct. 24 to 28, to benefit the local food bank which serves 49,000 East Bay residents every week.

UC Riverside: Teamed up with a variety of campus groups and presented "How to Navigate a Farmer's Market" and "Making Healthy Food Fun."

UC San Diego: Collaborated with Housing, Dining & Hospitality and challenged the campus community: to try different healthy, fresh meals and snacks at various campus eateries; to attend the Farmer's Market; and to find nutrition information about a campus meal using the campus app or web page.

UC San Francisco: Held a nutrition lecture/cooking demo, geared toward families (in partnership with UCSF Family Services dept); the Pub restaurant featured a new menu special under Living Well 'guidelines'. Retail Vendors offered a 10% discount special on their Smart Choice items.

UC Santa Barbara: Also celebrated Sustainability week every day in the 4 dining commons the week of October 21. October 23 saw the grand opening of the weekly UCSB Farmer's Market. H&RS hosted a Learn at Lunch on Food Day which included presentations from representatives from the Farmer's Market, the campus CSA and the local IV Food Coop. A canned food & toiletries drive was also held at this event to support the UCSB Student Food Bank.

Careless Chris

Careless Chris Makes a Change ...an Imaginary Scenario



Careless Chris looked up from the mound of carrots she was slicing and stretched her fingers briefly from their tight grip on the knife. At the back door of the kitchen near her prep table, the receiver was putting on his gloves and rolling his shoulders to get ready for another burst of activity bringing in supplies.

[Read the story](#)

Feedback, Please

Send an email to safetyspotlight@ucdavis.edu to submit your comments on the April 2014 issue or to suggest content ideas for future issues. We look forward to hearing from you!

COMING SOON!

Heat Illness Prevention



Check out our April 2014 issue to learn how to stay safe as temperatures rise!

connect

Know where to turn on your UC campus for the information you need to keep yourself, your workplace and your environment safe and secure. Click on the campus links below to connect to local program, educational and informational resources.

[UC Berkeley](#)

[UC Riverside](#)

[UCOP](#)

[UC Davis](#)

[UC San Diego](#)

[UC ANR](#)

[UC Irvine](#)

[UC San Francisco](#)

[UCLA](#)

[UC Santa Barbara](#)

[UC Merced](#)

[UC Santa Cruz](#)

Laughter is the Best Medicine

Can a laugh every day keep the heart attack away? Maybe so!

Laughter, along with an active sense of humor, may help protect you against a heart attack, according to a recent study by cardiologists at the University of Maryland Medical Center in Baltimore. The study, which is the first to indicate that laughter may help prevent heart disease, found that people with heart disease were 40 percent less likely to laugh in a variety of situations compared to people of the same age without heart disease.

"The old saying that 'laughter is the best medicine,' definitely appears to be true when it comes to protecting your heart," says Michael Miller, M.D., director of the Center for Preventive Cardiology at the University of Maryland Medical Center and a professor of medicine at the University of Maryland School of Medicine. "We don't know yet why laughing protects the heart, but we know that mental stress is associated with impairment of the endothelium, the protective barrier lining our blood vessels. This can cause a series of inflammatory reactions that lead to fat and cholesterol build-up in the coronary arteries and ultimately to a heart attack." In the study, researchers compared the humor responses of 300 people. Half of the participants had either suffered a heart attack or undergone coronary artery bypass surgery. The other 150 did not have heart disease. One questionnaire had a series of multiple-choice answers to find out how much or how little people laughed in certain situations, and the second one used true or false answers to measure anger and hostility. Miller said that the most significant study finding was that "people with heart disease responded less humorously to everyday life situations." They generally laughed less, even in positive situations, and they displayed more anger and hostility.

"The ability to laugh -- either naturally or as learned behavior -- may have important implications in societies such as the U.S. where heart disease remains the number one killer," says Miller. "We know that exercising, not smoking and eating foods low in saturated fat will reduce the risk of heart disease. Perhaps regular, hearty laughter should be added to the list."

Miller says it may be possible to incorporate laughter into our daily activities, just as we do with other heart-healthy activities, such as taking the stairs instead of the elevator. "We could perhaps read something humorous or watch a funny video and try to find ways to take ourselves less seriously," Miller says. "The recommendation for a healthy heart may one day be exercise, eat right and laugh a few times a day."

-- Michelle Murray

Source: Laughter is the Best Medicine for Your Heart | University of Maryland Medical Center