



HealthMatters
Wellness with Purpose

Inspiring employees.
Increasing productivity.
Improving performance.



Monthly Employer Newsletter January 2010

In This Issue:

Employer Tools regarding Winter Activities are now available on the *client only* part of our website!

If you don't have a login yet, request one from Amanda Moser at amanda.moser@lmcins.com.

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January's Theme: Winter Activities!

This month, on our *client only* portion of our website, you will find the following tools for you to utilize:

● **Monthly Employee Newsletter:**

This month, learn about why folic acid is so important for a woman, as well as how to practice self-care. Also in this issue: decisions to make about assisted living, creative New Year's resolutions, and TWO recipes for healthy dinners.

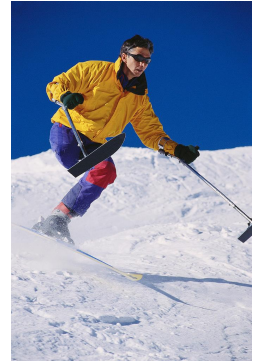
● **Monthly Flyer - Mental Health: Seasonal Affective Disorder**

This month's flyer discusses the causes, symptoms of seasonal affective disorder (SAD). It also includes advice on how to cope with the condition.

● **Monthly Poster - Fun Winter Workouts**

This month's poster contains calorie-burning activities that will help you stay in shape and lose weight all winter.

Only clients of LaMair Mulock Condon Co. are able to access these free monthly resources, as a value-added service. Please contact Amanda Moser at amanda.moser@lmcins.com to be set up with a username and password.



Wellness News Happenings

Earlier bedtimes make for happy teens

It's wrongly assumed that older adolescents don't need as much sleep as younger adolescents. Short sleep times and depression have been linked in both teens and adults and this relationship could be bidirectional - meaning getting too little sleep boosts depression risk, while being depressed makes it harder to sleep. [Read more...](#)

Lessons Of A Weekend Of Free Health Care

For 17 years, Stan Brock has piloted a nonprofit initiative called Remote Area Medical, offering free health care to the uninsured, the underinsured and the desperate, and, in a country convulsed over health care, the scene is alarming. [Read more...](#)

Obesity trends will snuff out health benefits gained by decline in smoking

University of Michigan and Harvard researchers find that the U.S. population won't live longer because even though they've quit smoking, more are overweight. [Read more...](#)

For information on wellness news, visit our [HealthMatters](#) website and click on "[Healthy Happenings](#)".

Senate Passes Patient Protection and Affordable Care Act

A report from

Michael P. O'Donnell, MBA, MPH, PhD
Editor in Chief, American Journal of Health Promotion
Chairman, Health Promotion Advocates

The Senate passed the Patient Protection and Affordable Care Act on December 24. It included an amendment to restore the grant program for comprehensive wellness programs for small businesses. All eight of the provisions we have been advocating for are in either the Senate or the House health care reform bill. Four are in both the Senate and House bills and the remainder are in on or the other. See the list below for details. For details and links to the actual legislative text, see the Health Promotion Advocates website: www.healthpromotionadvocates.org or [contact the Health Management Service Department at LMC](#)

Health Promotion Provisions in Senate and House bills

Senate and House

1. Development of a national health promotion plan.
2. Enhanced health promotion research.
3. Research on best practices in workplace health promotion programs.
4. Grants or tax credits to pay a portion of the cost of comprehensive workplace health promotion programs.

Senate

5. Technical assistance to enhance evaluation of workplace health promotion programs.
6. Regular periodic surveys on workplace health program prevalence and components.
7. Allow employers to offer employees a premium discount of up to 30% (instead of the current 20%), for positive lifestyle practices or participation in health promotion programs, include safeguards, and refer to Health and Human Services to study benefits of increasing the portion to 50%.

House

8. A national campaign to employers on the benefits of workplace health promotion programs.

Final Passage of Health Care Reform Legislation

It is very difficult to predict when a final health care reform bill will be signed by President Obama. Efforts to resolve differences between the Senate and House health care reform bills have already begun. Democrats hope to vote on a combined bill as soon as late January, and as late as mid February, so the President can sign a final bill by mid to late February.

Health Promotion Advocates continues to work with members of Congress to tweak some of the details in the health promotion provisions in the bills, and to make sure all of them remain in the final combined bill. We are doing this work with Congressional staffers we know well, so we are not asking for grassroots support on these efforts.

What's Next for Health Promotion Advocates?

A formal process to discuss the focus of advocacy work for 2010 and beyond has begun. The basic options include working to introduce and pass more legislation, or focusing on helping to write the regulations that guide the implementation of legislation. We will reach out to our grassroots advocates to ask for your input.

Thank you very much for all your efforts to integrate health promotion concepts into national health policy. It took us nearly 8 years to achieve what we have achieved, and the finish line is in sight. We believe that the provisions in the final bill will accelerate the evolution of health promotion by a decade. We expect to see more programs in clinical, workplace, educational, and community settings. We expect more intensive research to help us produce better outcomes. We expect new and better jobs to be created for qualified health promotion professionals.

Respectfully,
Michael P. O'Donnell, MBA, MPH, PhD

Economy Spurs Increased Quitline Services

**Iowans can get twice as much
nicotine gum, patches in January**

Faced with the worst economic downturn since the Great Depression, Iowans who smoke have another reason to quit—it's expensive. With the typical pack-a-day Iowa smoker now spending nearly \$1,900 per year on cigarettes, Quitline Iowa (1-800-QUIT-NOW) is doubling the amount of nicotine patches and gum available to callers during the month of January.

"Smoking—Iowa's number one preventable cause of death—costs Iowans \$1 billion dollars annually in health care costs," said Iowa Department of Public Health Director Tom Newton. "By offering four weeks of nicotine replacement products throughout January, we're providing this valuable resource to improve the health and bottom line for thousands of Iowans and our state as a whole."

In Iowa, cigarettes cost \$5.18 per pack on average, or about \$36 per week for a pack-a-day smoker. Iowans can call 1-800-QUIT-NOW (1-800-784-8669) to receive a free four-week supply of nicotine patches, gum or lozenges. Quitline Iowa also has specially trained quit coaches who help make individualized quit plans and offer ongoing support through follow-up calls. After January 31, Quitline will resume offering callers the two-week supply available throughout the year.

Iowans who quit smoking will see improvements in blood circulation and lung function in as little as two weeks. Coughing and shortness of breath will begin to decrease after the first month. By this time, most smokers will have saved enough to buy a Blu-ray disc player or 60 gallons of gas.

Using nicotine patches and gum in conjunction with telephone counseling makes it twice as likely that a smoker will be able to quit successfully. For smokers who need help beyond the four weeks of medication through Quitline Iowa, most pharmacies sell a two-week supply for about \$25—considerably less than the cost of just one week's supply of cigarettes to a pack-a-day smoker.

For more information, call 1-800-784-8669 (1-800-QUIT-NOW). To calculate how much tobacco costs you based on your brand and the amount you smoke, visit www.quitlineiowa.org.